

# Tooth Protecting Tools

## Talk Together



Talk with your child about the tools we use to protect our teeth.

- A toothbrush cleans away food and germs.
- Toothpaste has fluoride to protect teeth from cavities.
- Dental floss gets out the foods and germs that get stuck between teeth.
- Swishing and swallowing helps rinse food off teeth when we can not brush.

**Swish and Swallow** when you don't have your toothbrush with you! Take a big drink of water and swish it all around your mouth.

## Take the Healthy Mouth Challenge!

I will:

- Brush my child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste—a smear from the first tooth up to age 3, a pea-sized amount after that.
- Help my child floss his teeth once a day.
- Have my child swish and swallow when he eats and doesn't have his toothbrush.



Color in the box when you brush in the morning and night and when you floss.

## Weekly Toothbrushing Chart

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY