



Dentaid
The Dental
Charity

Registered Charity N° 1075826



Denplan
Part of Simplyhealth

BrightBites

Registered charity 1075826

All about our teeth

We have **20** primary teeth that we need to brush and protect.

Why do we need our teeth?

We need our teeth to eat, talk, sing, and smile!



Our teeth are all different shapes and sizes

Biting incisors

For gripping and tearing tough foods



Pointed canines

For gripping and tearing tough foods



Premolar

Help you tear, crush and grind food



Chewing molars

With deep pits to chew our food into small pieces



Brushing our teeth

Morning

Brushing your teeth after breakfast cleans away any leftover food and plaque.

Plaque is a sticky coating which is made up of germs.

Morning brushing means you can start the day feeling fresh and clean!



Night

Brushing your teeth at night can help remove food particles and bacteria.

Brushing before bed is important, as it protects your teeth while you sleep.

How to brush

- Use a pea-sized amount of fluoride toothpaste
- Brush in small circles overlapping the gums
- Brush the outsides, insides and chewing surfaces
- Brush for 2 minutes then spit, **don't** rinse the paste away!



What is in my toothpaste?

Fluoride is added to toothpaste and has contributed to a significant reduction in dental decay cases over the past few decades.

How does fluoride work?

Fluoride strengthens the tooth enamel, making it more resistant to decay.

You need to simply spit out the excess toothpaste; this will ensure that the fluoride is in contact with the teeth for as long as possible, allowing it to work.



Food and drink choices

Can you give a **thumbs up** if you think the food or drink choices are **good** for our teeth, and a **thumbs down** if you think they could damage our teeth?



Cheese



Cookies



Milk



Rice Cakes



Pear



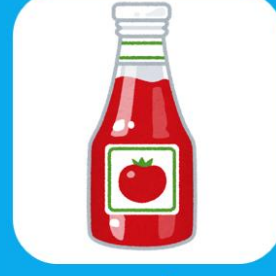
Ice Cream



Raisins



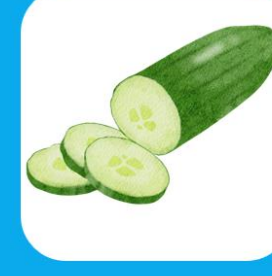
Strawberries



Ketchup



Fizzy Drink



Cucumber



Chocolate Spread



Healthy foods

- Healthy teeth are **happy** teeth!
- Eat fruit and vegetables to keep your teeth strong.
- Choose healthy snacks like cheese, yogurt, apples and bananas.
- Also drink water and milk.

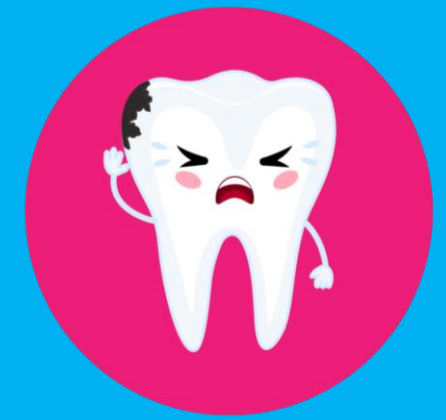


Unhealthy foods

- Sugar is harmful for both our teeth and health. Too much can cause holes in your teeth, these are called cavities.
- Treats on occasions are fine, but avoid eating lots of sweets, fizzy drinks and sugary snacks.



How much sugar is in drinks?



Capri Sun
(330ml)

4



Fanta(3
30ml)

4



Ribena
(500ml)

6



Smoothie
(250ml)

6



Coca Cola
(330ml)

10



Milkshake
(400ml)

1



Consuming Soft drinks is one of the main causes of tooth decay.

Carbonation, sugar and acids in soft drinks weaken tooth enamel and encourage the growth of bacteria that contribute to tooth decay.

Whilst some fruit-based drinks do not have **added** sugar, they should still be consumed in moderation.

What will happen to my teeth if I don't look after them?

- Without good oral health, teeth will begin to decay and rot, which can be painful.
- If they get really sore, a dentist might have to give you a filling or take the bad tooth out which is called an extraction.



Visiting the dentist

Why do I need a dental check-up?

- A check-up allows your dentist to see if you have any dental problems and helps you keep your mouth healthy.
- Leaving problems untreated could make them more difficult to treat in the future, so it's best to deal with problems early, or, if possible, prevent them altogether.



Remember...

Brush your teeth **twice** a day, for **2 minutes**.

Use a **pea-sized** amount of toothpaste. Make sure you brush every bit of each tooth – front and back, top and bottom!

Don't forget your gums too. Do **not** rinse your mouth.

Make **healthy** food & drink choices, a treat is ok – but not too often!

Visit the Dentist for a check-up, to make sure your mouth, teeth and gums are all healthy.



Thank you for listening.



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