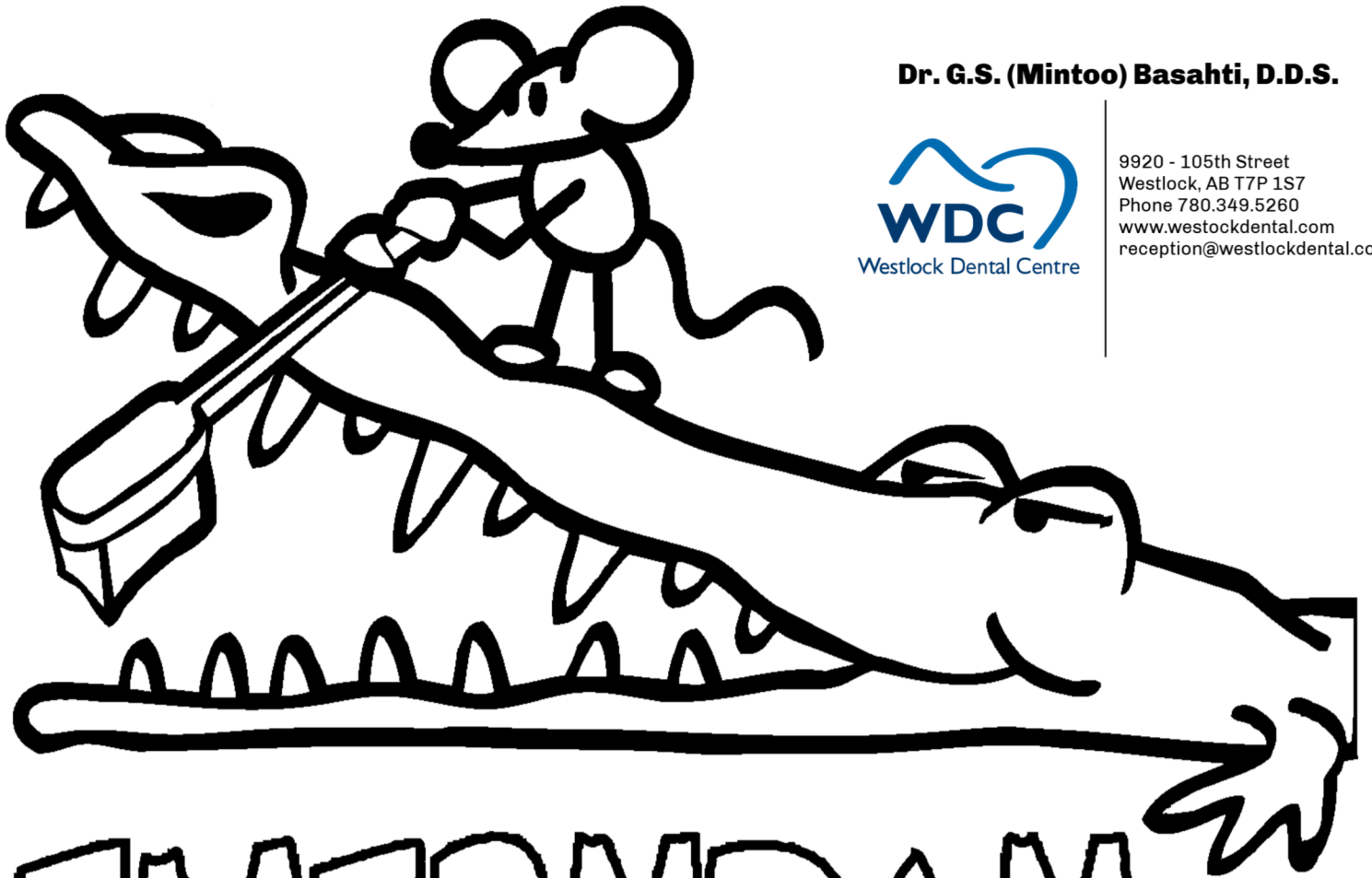


BRUSH AND FLOSS



Dr. G.S. (Mintoo) Basahti, D.D.S.



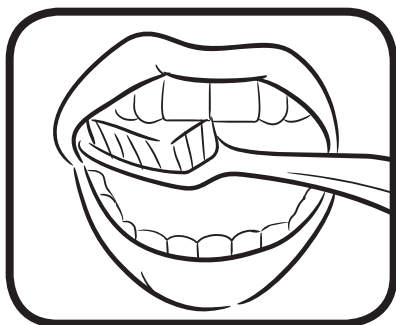
9920 - 105th Street
Westlock, AB T7P 1S7
Phone 780.349.5260
www.westlockdental.com
reception@westlockdental.com

EVERYDAY

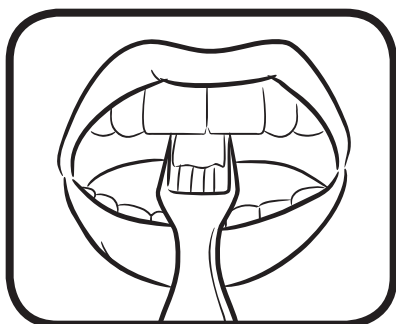
How to Brush



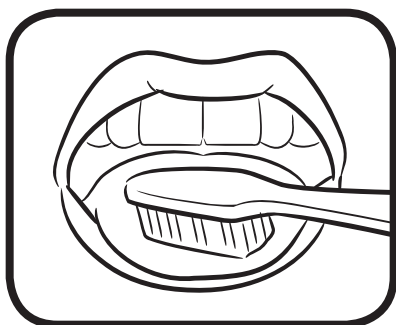
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

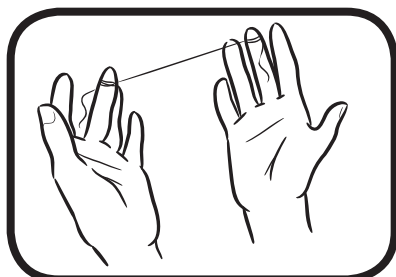


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

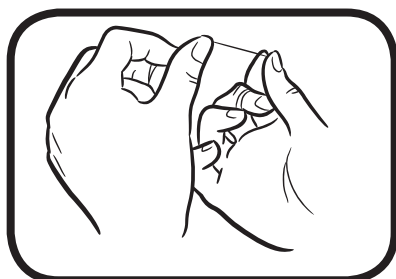


- Brush your tongue to remove bacteria and keep your breath fresh.

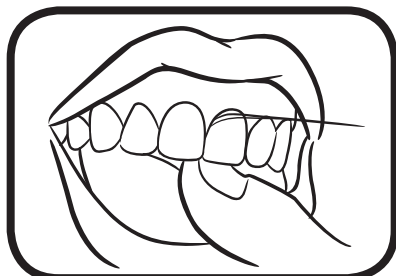
How to Floss



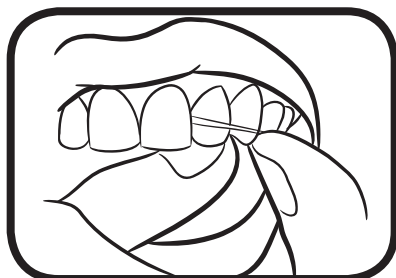
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.






- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.






- Floss all your teeth. Don't forget to floss behind your back teeth.




A TALE




Have fun reading this tale! You can color in the pictures.





Once there was a little  . It lived in  's  .

Every day it worked hard. It chewed  and  and  .




Then **1** day  **8** an  . The  was loose




and it came out.  looked at the  . "My  !"


he cried. "It's in the  !"  took it out of the  .

That night  put the  under his  in his  .

When he was  , the  came. She took the  .

She left  a new  and some shiny  . Soon after,

 saw a new  in his  . It was big and strong

and it did not come out when he **8** an  .



decided to take good care of his



brushed them. He used a



and



flossed between his



very gently.

His dentist showed



how to



. His mom and

dad watched him. He visited the dentist

2

times

a year.



foods that were good for his



was proud of himself!

What word has
lots of teeth
in it?

That's easy —
mouth!



Name: _____

Date: _____

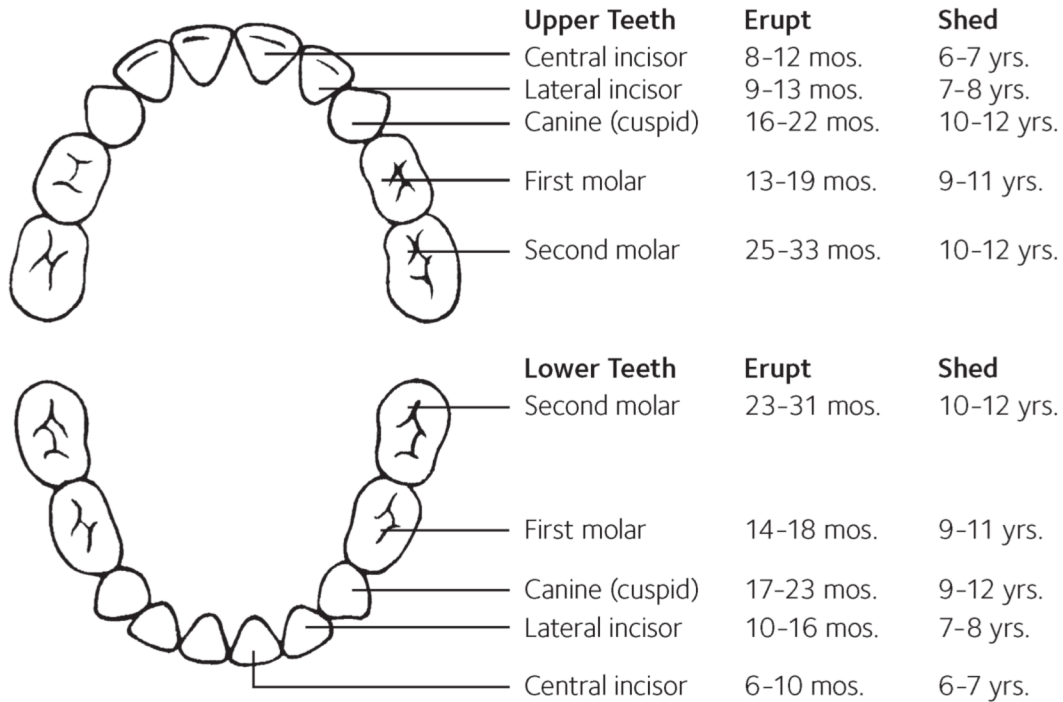
Dental Health Challenge

Complete the activity.

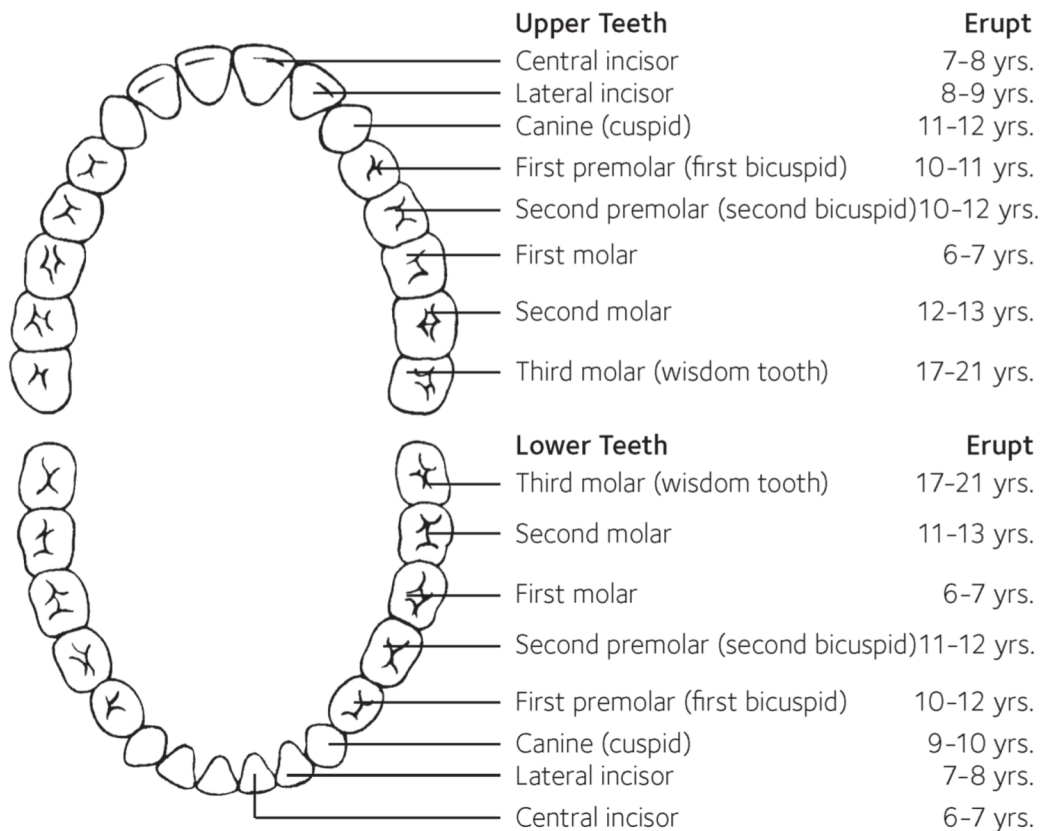


- ___ 1. Soft, strong thread used to clean between the teeth
A. Floss B. Cavity C. Dentist D. Root
- ___ 2. A soft, sticky, whitish film attached to tooth surfaces
A. Enamel B. Molars C. Plaque D. Gums
- ___ 3. A brush for cleaning the teeth
A. Cavity B. Enamel C. Toothbrush D. Molars
- ___ 4. A hole in the tooth caused by tooth decay
A. Cavity B. Root C. Gums D. Molars
- ___ 5. A person whose profession is dentistry
A. Cavity B. Dentist C. Floss D. Toothbrush
- ___ 6. A paste for cleaning teeth
A. Toothpaste B. Enamel C. Dentist D. Gums
- ___ 7. The part of the tooth below the gums
A. Toothbrush B. Gums C. Enamel D. Root
- ___ 8. The hardest substance in your body
A. Molars B. Cavity C. Plaque D. Enamel
- ___ 9. Large back teeth used for grinding your food
A. Gums B. Molars C. Enamel D. Toothbrush
- ___ 10. The pink tissue at the bottom of teeth
A. Toothpaste B. Floss C. Cavity D. Gums

Primary Teeth Eruption Chart



Permanent Teeth Eruption Chart



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BRUSHED & FLOTTED MY SMILE!

NAME

MONTH

HONDAY

TUESDAY

WEDNESDAY

THURSDAY

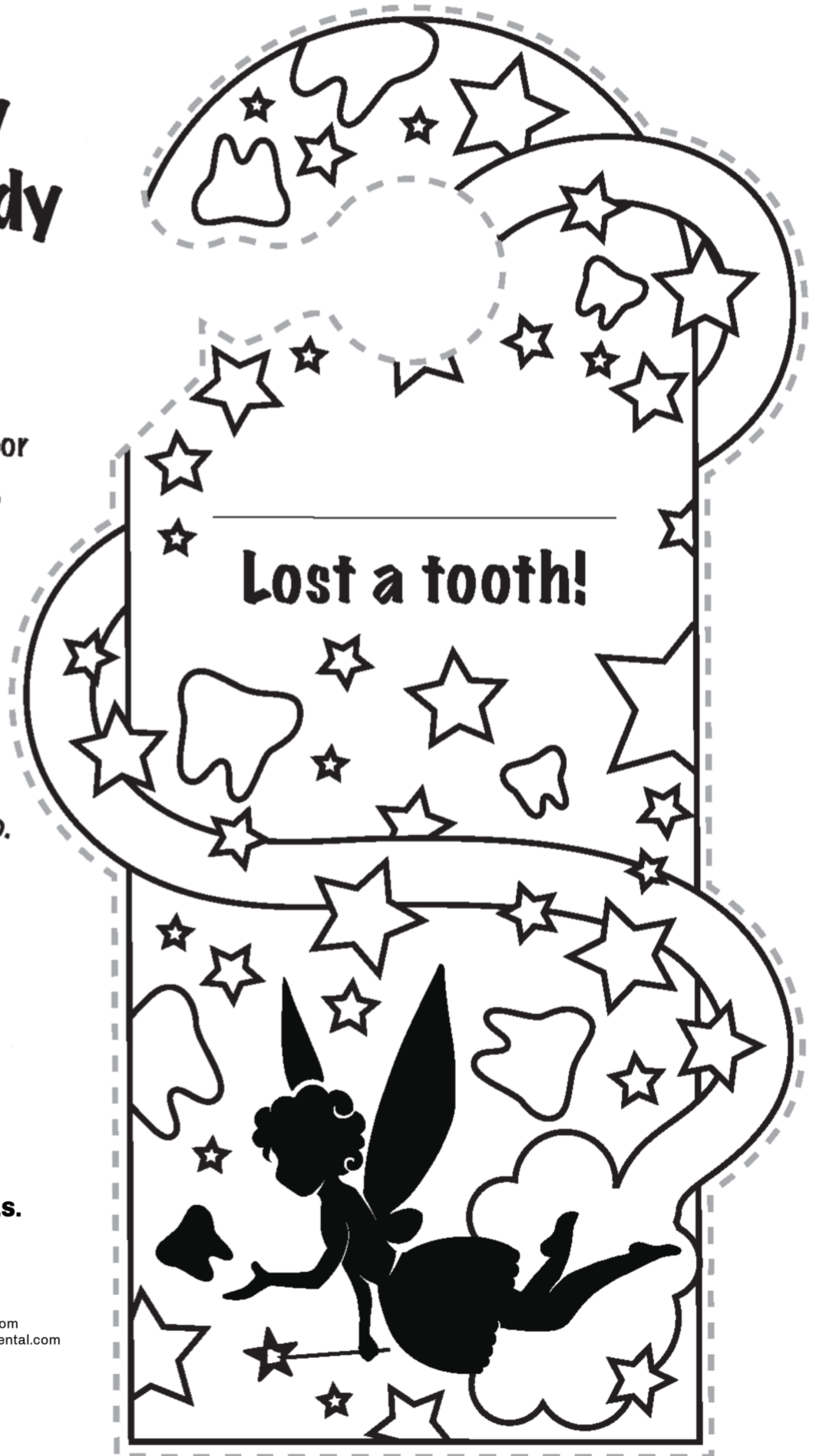
FRIDAY

SATURDAY

SUNDAY

Tell the Tooth Fairy You're Ready for a Visit!

After you lose a tooth,
color and cut out this door
hanger. (Ask a grown-up
for help if you need it.)
Then, hang it on the
outside of your door
before bed to let the
Tooth Fairy know your
tooth is ready for pickup.



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