

The story of the tooth.



Dental Health Foundation
Ireland

**The story
of the tooth.**

What is it



The story of the tooth.

Reminds us **HOW** important
it is to look after our teeth

The story of the tooth.

**It reminds us how to
CLEAN & BRUSH
our teeth**

And what to drink

A tall, tapered glass filled with blue liquid, with the text 'what to' overlaid on it. The glass is white with a blue gradient fill. The text 'what to' is in a purple, rounded font. The background is a solid yellow color.



**And
what
to eat**

So...

Let's start and

LOOK

at your teeth...

A Tooth!





**How many teeth
do you have**

Answer:

20





Incisor



**The incisors at the front
of the mouth are used
for biting and cutting food.**



Canine

**The Canines
are beside the
incisors;
they are used
to grip and
tear food**





Molar



The molars are the largest of the teeth. They are used to chew, crush and grind food.

OK...

**How do we
look after
our teeth?**

**It is very important
to look after all your
teeth, especially the
ones at the back
of your mouth**

Brush twice a day...

**Last thing
at night**



**and another
time during
the day**

**Brush your teeth with
short movements
going this way...**



What with?



**Toothbrush
and...**

Fluoride Toothpaste



**Use a toothbrush
with a small sized head
and soft/medium bristles**

**How much
do you use?**

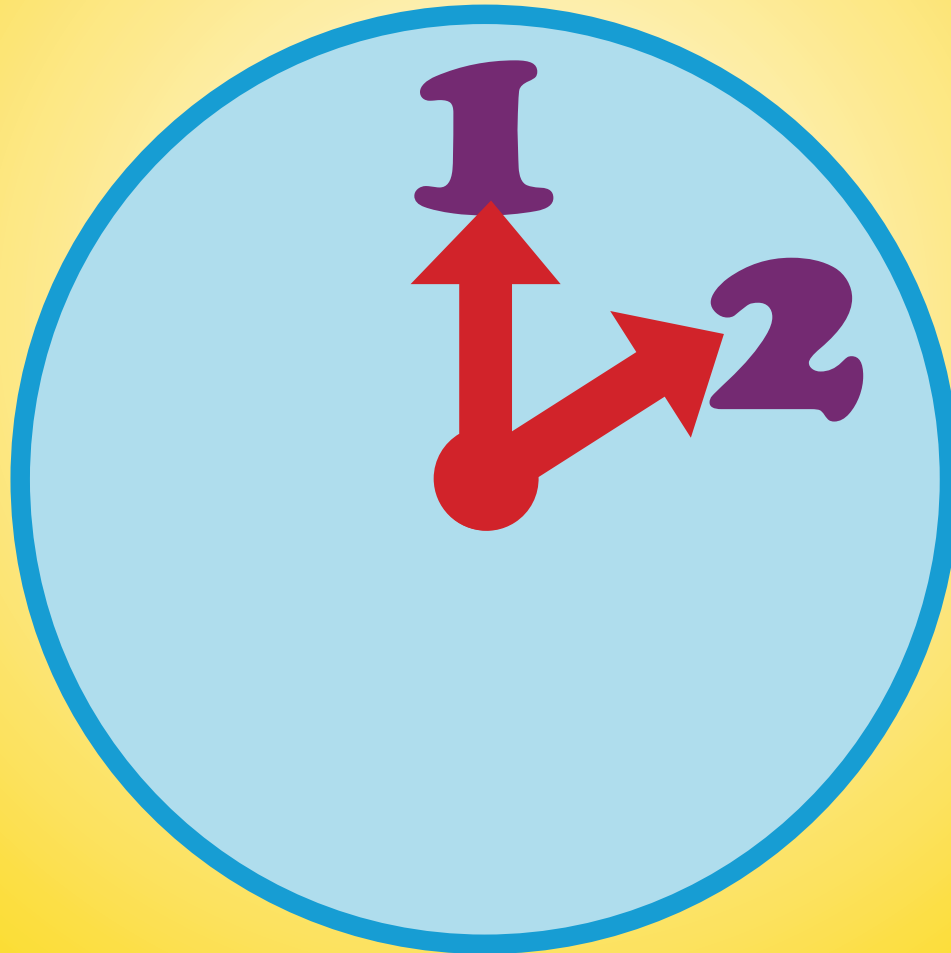
The size of a pea.



**How long
do I brush for...**



2 minutes...



**Let's start
the clock.**

**Keep
brushing
until you
hear the bell.**



**Maybe your teacher
might have a song you
can learn after this
which is 2 minutes long...**

Then what....



**Spit out the toothpaste
after all that brushing**



Remember...
just spit,
don't rinse your
mouth out
with water

**When do we
brush our teeth?**

**Most importantly,
last thing at night...**



**And one other
time you choose.**

**How about
brushing your teeth
before you go
to school?**

Why
do we do this
?

**Looking after baby teeth
will make sure your
big teeth are healthy!**



**Get your
parents/guardians to
help you and to
supervise your brushing**

**And what
should you drink**



Tap Water



**Any time
of day**

Milk



**What drinks are
only ok at meal times?**

Juices
Fruit drinks
Smoothies

**Fizzy drinks are
not good for your teeth
and should be avoided**

Snacks

**Snacks are
foods and drinks
that you have
between meals**

**There are good
and bad snacks
for teeth**

Snacks bad for teeth

**SWEETS & LOLLIPOPS
CHOCOLATE
BISCUITS & CAKES**

Snacks good for teeth

MILK

CHEESE

BREAD/TOAST

PLAIN SCONE

FRUIT AND VEGETABLES

And finally...

**Please visit your
dentist regularly.**

**Will you promise
to brush twice a day?**

Great!
Thank you.

**Thank you for
promising to look
after your teeth.**



Now...

**let's see your lovely healthy
teeth with your best smile!!!**



**For more on oral health
check out
www.dentalhealth.ie**