

# Protecting All Tooth Types

When we know what kind of teeth we have and how they work, we can take better care of them!



**Incisors** are the sharp and flat teeth in the front of our mouth that help us take bites and cut food up.



**Cuspids, or Canines,** are the sharp and pointy teeth in the corners of our mouth that hold and tear apart food.



**Molars** are the big, flat-topped teeth in the back of our mouth we use to crush and grind food before we swallow it.

## Protect all kinds of teeth by:

- \* Brushing teeth two times a day for two minutes each time
- \* Never using teeth as tools to open things
- \* Wearing mouthguards when playing sports
- \* Keeping our mouth empty when we run
- \* Not chewing on things that aren't food—like pencils or fingernails
- \* Helping children brush their teeth until they can tie their own shoes



**WATCH NOW: Lesson 1**  
[Tour of Your Mouth](#)

