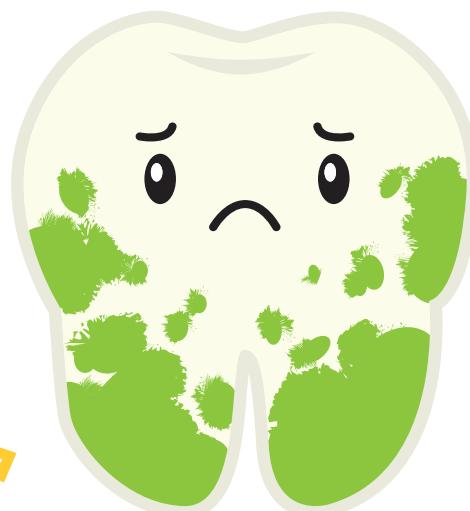


Tackling Plaque

The foods we eat contain sugars that feed the bacteria that live in our mouth to create **plaque**, the sticky, fuzzy stuff that gets on our teeth and causes cavities.



Plaque likes to sit on our teeth and attack the hard outer layer of our teeth, called **enamel**.

Follow these tips to keep your and your child's teeth clean and healthy:

- Play a two-minute song to listen to while toothbrushing!
- Use a soft-bristled toothbrush to keep tooth enamel strong.
- Most tap water has fluoride in it. Drink tap water after each meal, snack, or sugary drink to help teeth stay clean and fight against plaque. To find out if your city's water has fluoride in it, [visit here](#).
- Visit the dentist for regular cleanings at least every six months for healthy smiles.

Visit [Smile Help Now](#) or [www.insurekidsnow.gov](#) for help finding affordable and accessible dental care near you!



WATCH NOW: Lesson 2
[Brushing, Flossing and Plaque](#)

