

# Keeping Your Mouth Healthy!

Keeping our teeth healthy is important!

## Layers of a Tooth



**Crown** is the top of the tooth, the part that we can see.



**Enamel** is the hard outside part of the tooth that keeps it strong.



**Dentin** can be at risk of cavities if enamel is eaten by plaque.



**Pulp** is the soft part inside your tooth.



## Brushing and Flossing Basics



**Brush** twice a day for two minutes each time!

- » Use a soft bristled toothbrush and pea-size amount of toothpaste.
- » Place the toothbrush half on your teeth and half on your gums.
- » Brush all sides of your teeth: Front, back, top, and bottoms.
- » Don't forget to brush your tongue!



**Floss** once a day at nighttime!

- » You will need a string of floss as long as your arm or a floss pick.
- » Gently curve the floss around each tooth.
- » Move the floss up and down between each tooth.



## Caring for Our Teeth



Limit sugary and sticky food and drinks.



Visit the dentist twice a year.



Brush and floss every day.



**WATCH NOW:** Lesson 1  
[Keeping Your Mouth Healthy](#)

