

# Healthy Teeth Habits!

It is important to get your child into a routine of practicing healthy habits every day.

## Healthy Teeth Habits

- Brushing twice a day for two minutes each time with a soft tooth brush
- Flossing once a day at nighttime
- Using fluoride toothpaste
- Eating healthy foods
- Drinking water
- Wear mouth guard when playing sports
- Don't forget to brush your tongue!

## Habits to Avoid

- Eating sugary foods instead of healthy foods
- Drinking sugary drinks
- Not brushing or flossing teeth
- Delaying dental check-ups
- Using teeth as tools
- Tooth grinding and clenching



## Identifying Tooth Concerns

It is important to visit the dentist if your child experiences:



- Sore mouth or teeth
- Toothache or pain
- Bleeding gums
- Tooth sensitivity



## Prepare for the Dentist

Explain what the dentist does:

- Examines teeth to check for growth and development
- Checks teeth for cavities, tooth decay, or other concerns
- Takes x-rays of teeth
- Offers tips to better dental routine



**WATCH NOW: Lesson 5**  
[Reviewing Healthy Teeth Habits](#)

