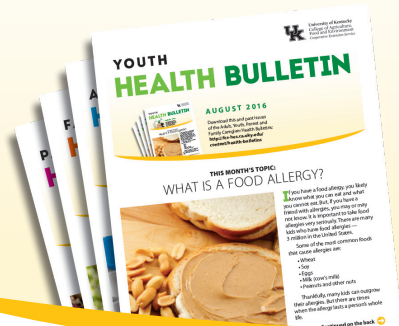




YOUTH HEALTH BULLETIN



FEBRUARY 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: HEALTHY TEETH

How often do you brush your teeth?
You should brush your teeth at least two times a day to make them strong.
Did you know that having strong, healthy teeth can help you chew the right foods to help you grow, help you speak clearly, and help you look your best?

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Floss at least once a day. Flossing helps get rid of food that is hidden where your toothbrush can't reach.

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Tips for healthy teeth

Taking care of your teeth is very important because you want them to last a very long time.

- **Brush at least twice a day** — after breakfast and before bedtime.
- **Take at least two or three minutes each time you brush your teeth.** Use a timer or play a song you like to help you keep track of the time.
- **When you brush, you do not need a lot of toothpaste: just the size of a pea.** You can even choose from different colors and flavors of toothpaste.
- **Floss at least once a day.** To floss, you slip the dental floss in between each tooth and along the gum line, the pink fleshy part of your mouth that your teeth come out of. Flossing helps get rid of food that is hidden where your toothbrush can't reach.
- **You should visit your dentist at least twice a year.** Regular dental visits and cleanings not only keep teeth bright and shiny, they can also help catch small problems before they get big.

It is not just brushing and flossing that keep your teeth healthy — you also need to be careful



about what you eat and drink. Sugary foods, like juices or gummy candy, can cause a cavity, which is a rotten part in your tooth. If you eat these foods, try to rinse or brush your teeth after eating them to wash away the sugar.

If you play sports, like basketball or field hockey, make sure to wear a mouthguard. You can get a custom-fitted mouthguard from your dentist or just buy one from the store.

Remember to take time for healthy habits!

SOURCES:

- https://www.cdc.gov/oralhealth/children_adults/child.htm
- <https://kidshealth.org/en/kids/go-dentist.html>
- <https://kidshealth.org/en/kids/teeth-care.html>



YOUTH
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