



# Advice for a healthy mouth



Below are a set of cards for your role play activity. Use them to offer advice.

CUT ALONG THE SOLID LINES CAREFULLY



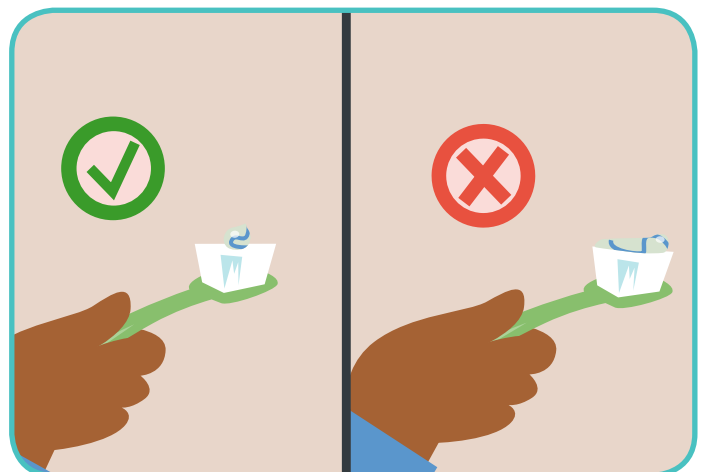
## BRUSHING CARD

- ✓ How many times do your patients brush their teeth every day?
- ✓ Do they brush gently in a circle? How long do they brush for?
- ✓ Do they brush every tooth – front, back and all-around?
- ✓ Do they know they should not rinse with water after brushing?



## TOOTHPASTE CARD

- ✓ Do your patients know how much toothpaste to use to brush their teeth?
- ✓ Do they know it's important to use a fluoride toothpaste?



Ready, set, BRUSH!





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## BEDTIME CARD

- ✓ Do your patients brush their teeth before bedtime?
- ✓ Do they snack after they've brushed their teeth at night?
- ✓ Do they understand the importance of going to bed with a clean mouth?
- ✓ Do they know germs will stick to their teeth all night if they snack after brushing?



## HEALTHY EATING CARD

- ✓ Do your patients know what foods and drinks are healthy for their teeth and body?
- ✓ Do they avoid sugary snacks?
- ✓ Do they know too much sugar can make holes in our teeth?



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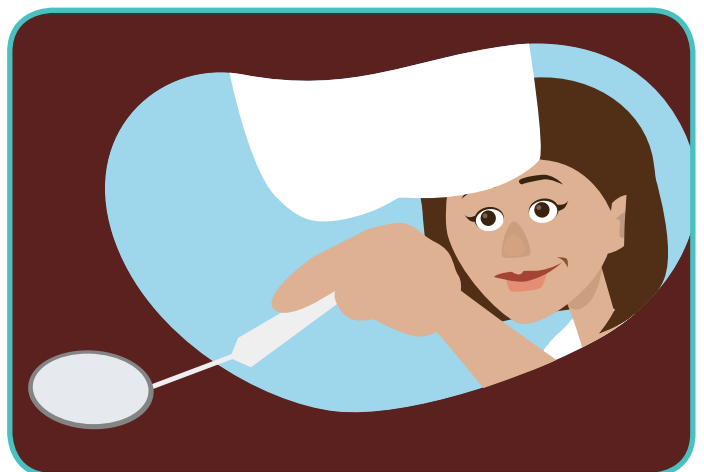
## TOOTHBRUSH CARD

- ✓ Do your patients know they need to change their toothbrush every 3 months?
- ✓ What will clean their teeth better – an old, worn-looking toothbrush or a brand new one?



## DENTIST CARD

- ✓ Do your patients know they should visit the dentist at least once a year?
- ✓ Do they know how the dentist helps them?
- ✓ Tell your patients how you help them.



Ready, set, BRUSH!

