



## Toothie's tips



Here are Toothie's tips on how to have a healthy mouth. Can you match the cards with the correct pictures?



CUT ALONG THE SOLID LINES CAREFULLY

**Brush your teeth twice a day.**

**DID YOU KNOW?** It is especially important to brush before going to bed.

**Use a pea-sized dab of toothpaste to clean your teeth.**

**DID YOU KNOW?** It is really important to use a fluoride toothpaste to protect your teeth.

**Brush gently in a circle.**

**DID YOU KNOW?** Brushing too hard, up and down or back and forth, can damage your gums.

**Brush every tooth - front, back and all-around.**

**DID YOU KNOW?** If you don't brush your teeth properly, they get covered in germs. This can lead to holes in your teeth.

**Brush your teeth for 2 minutes.**

**DID YOU KNOW?** It is a common mistake to not brush for long enough!

**Spit out the toothpaste after brushing.**

**DID YOU KNOW?** You should not rinse with water after brushing. It washes the fluoride away.

**Change your toothbrush often.**

**DID YOU KNOW?** You need to change your toothbrush every 3 months. A worn-out toothbrush won't clean your teeth properly.

**Don't snack after you've brushed your teeth at night.**

**DID YOU KNOW?** Going to bed with a clean mouth is very important. Otherwise, germs will stick to your teeth all night. This can lead to holes in your teeth.

**Visit the dentist every year.**

**DID YOU KNOW?** The dentist checks your teeth are growing properly and makes sure they are clean and healthy.

**Avoid sugary snacks.**

**DID YOU KNOW?** Our teeth are healthier and happier when we choose healthy foods and drinks. Too much sugar can make holes in our teeth.



Ready, set, BRUSH!