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?
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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.