

Building **STRONG** Teeth



Why do we need teeth?



To chew

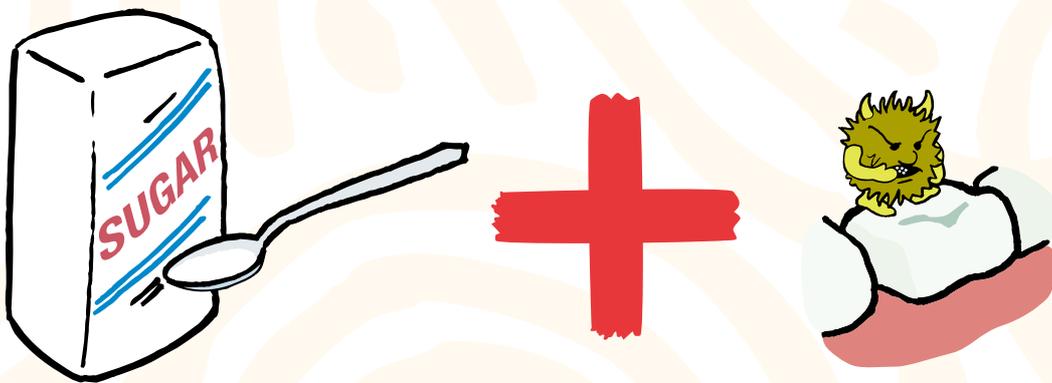


To smile



To speak

How do teeth get holes?



When we eat foods with lots of sugar, the germs in our mouth feed on the sugar.

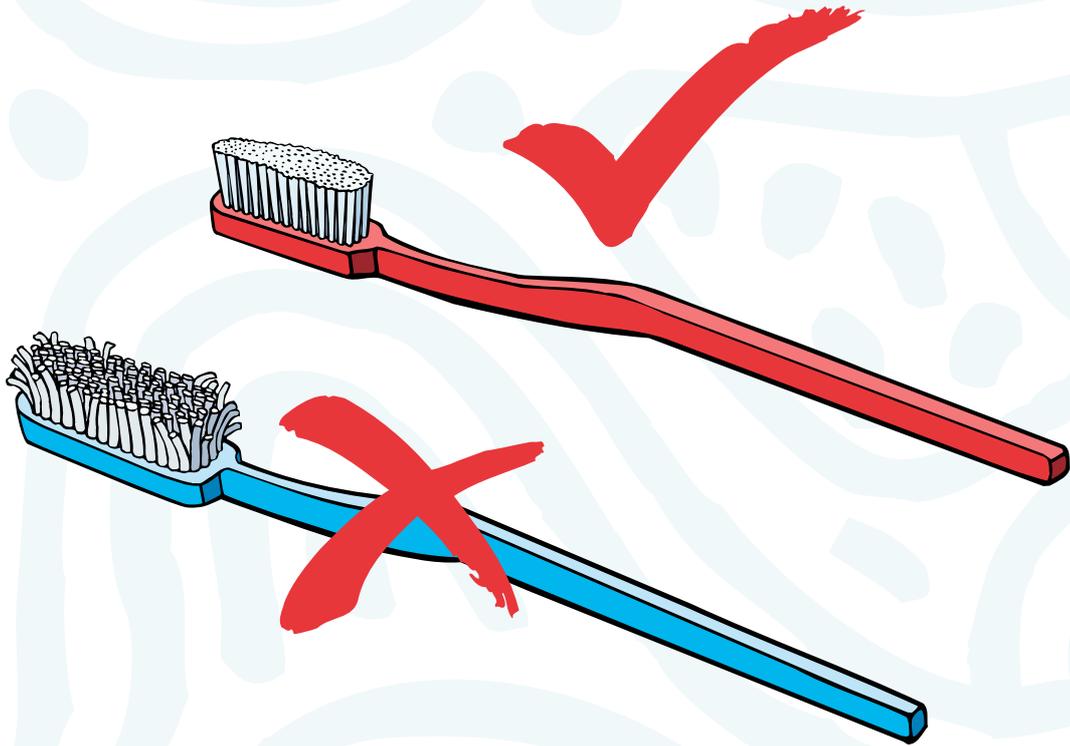


This makes acid.

The acid makes holes in our teeth.

How to keep teeth clean

Keep teeth clean by brushing them twice a day. Use a small, soft toothbrush to clean your teeth.



Use a small amount of toothpaste on your brush. Too much toothpaste can be harmful for children's teeth.



Use fluoride toothpaste



Fluoride helps build strong healthy teeth.



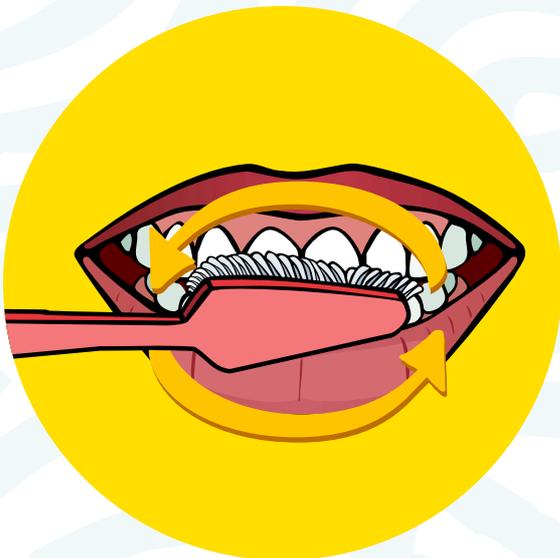
Children, 1–6 years of age, should use a low fluoride toothpaste.

Brushing your teeth



1 Brush over the top of each tooth.

2 Brush the back of all your teeth.



3 Then brush over the front of each tooth.

Don't forget to brush the gums

Gums get sick too. Gum disease is caused by plaque that stays on our teeth for a long time.

Early signs of gum disease are:



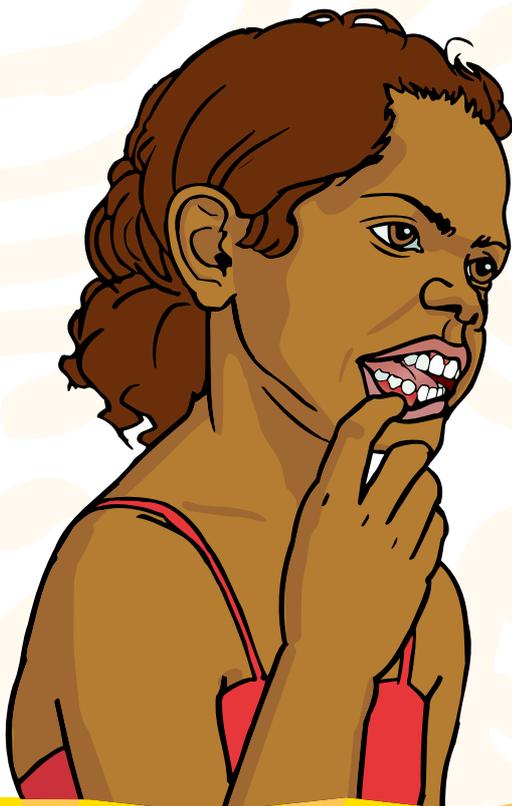
bleeding



redness



bad breath



See a health
worker or dentist
straight away.

If your gums bleed,
make sure you gently
clean that area well.

Keeping teeth strong

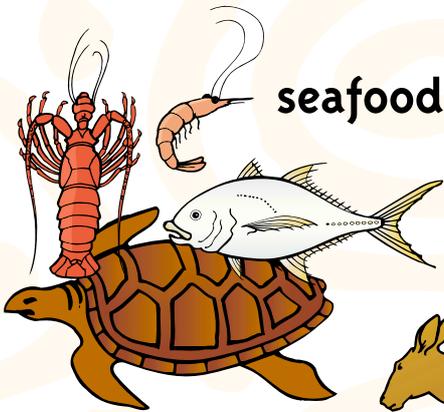
Eating healthy food helps keep teeth strong.



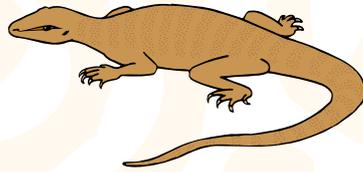
Too many sweets
can make teeth weak.



Everyday foods



seafood



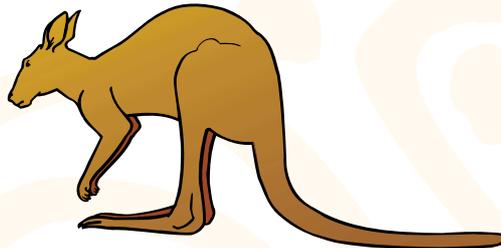
goanna



yoghurt



cheese



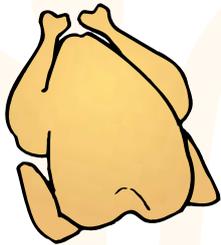
kangaroo



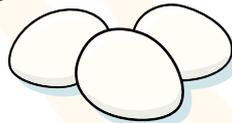
milk



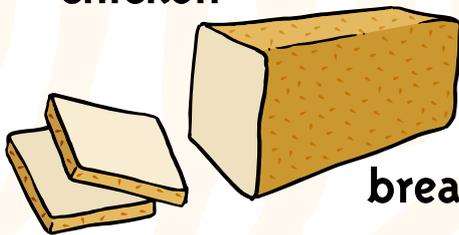
water



chicken



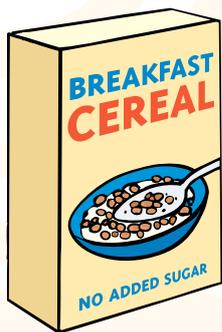
eggs



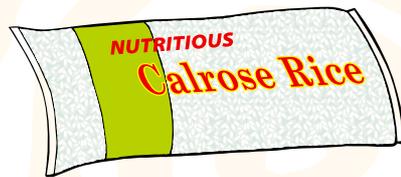
bread



baked beans



oats/cereal



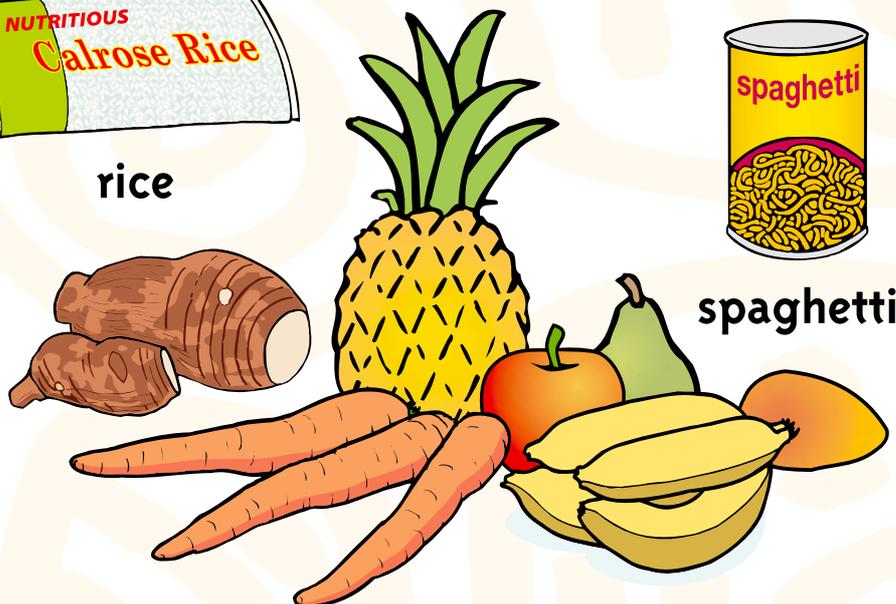
rice



spaghetti



frozen vegetables



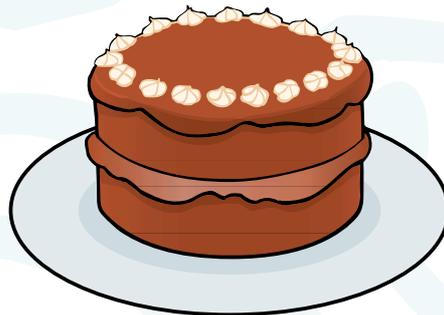
fruit and vegetables

Sometimes foods

Eat only in small amounts – not every day.
These foods cause holes in your teeth.



ice cream



cake



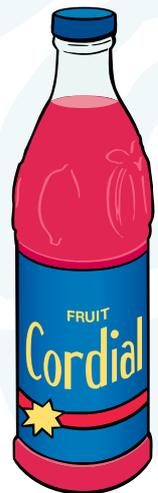
chips



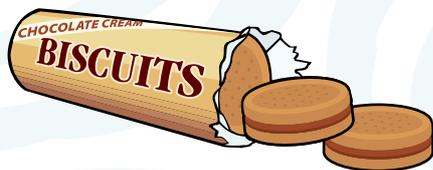
chocolate



cola



cordial



biscuits



fruit juice



jam



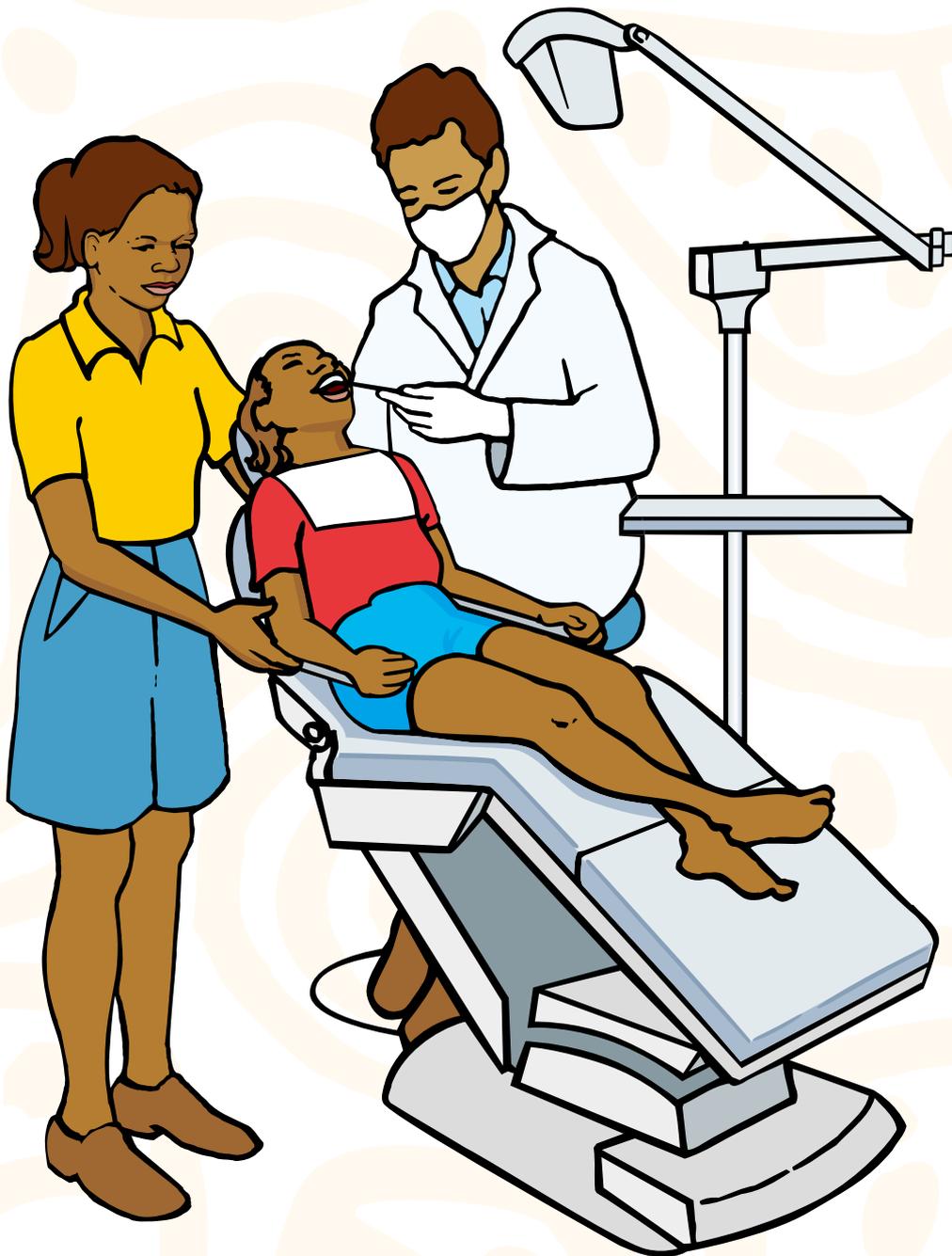
sports drink



sweets

A visit to the dentist

Your dentist or dental therapist can help you to keep your teeth strong. You should get your teeth checked by them once a year. Pick a time to remember, like when school starts each year.



If you have a toothache – visit the dentist or see your health worker straight away.

Keeping teeth healthy

To stop your teeth from getting holes:

DO NOT

- do not eat sugary, sticky foods every day
- do not drink juice, cordial or soft drink every day.



To build strong teeth:

DO

- eat healthy foods every day
- drink water and milk regularly
- brush your teeth with fluoride toothpaste daily
- visit your dental clinic at least once a year.

