

How to Get a Superstar Smile



This sheet will give you tips to keep your whole mouth healthy. You already know some of these tips. Some of them might surprise you!



WHY SHOULD I TAKE GOOD CARE OF MY TEETH AND MOUTH?



When you take good care of your mouth, you keep your teeth, mouth, and gums healthy. Your gums are the soft area around the base of your teeth. Healthy teeth and gums can give you fresh breath and a nice smile. If you want your whole body to be healthy, your mouth has to be healthy!



HOW DO I BRUSH MY TEETH LIKE A SUPERSTAR?

When you brush the right way, you can keep plaque (you say this 'plak') from building up. Plaque is the main thing that can cause tooth decay (cavities). Plaque can also make your gums bleed or your teeth fall out.

Choose the right gear.

- ★ Make sure your toothpaste has fluoride. Fluoride is a mineral that helps prevent tooth decay.
- ★ Change your toothbrush every 3 to 4 months. Pick one with soft bristles.

Put in the time. Brush at the **right times** and for **enough time**.

- ★ Just like a superstar has to spend time on practice, you should spend time taking care of your smile.
- ★ Brush 2 times every day. Be sure one of these times is **just before you go to bed**, after you have finished eating and drinking for the day.
- ★ Also brush after you eat, if you can. If you cannot brush then, swish some water around in your mouth.
- ★ If you eat a sweet snack or drink a sweet drink, wait an hour to brush your teeth.
- ★ Brush for 2 minutes every time you brush. Use a timer or phone app to help you!

Move the toothbrush like a superstar.



Hold the brush at a 45 degree angle.

Hold your toothbrush at a 45-degree angle from your teeth or gums.

Move your toothbrush in short circle motions.

Brush your teeth, gums, and tongue gently.

Go for the gold! Brush your whole mouth. Be sure you brush:

- ★ The inside and outside of all your teeth
- ★ The areas where your teeth come together
- ★ Your gums and the area where your gums connect with your teeth
- ★ Your tongue



HOW DO I FLOSS MY TEETH LIKE A SUPERSTAR?

When you floss, you keep plaque from building up between your teeth, where your toothbrush cannot reach. This helps you prevent disease and bad breath. Floss your teeth at least 1 time every day. It may be hard to get used to it at first, but keep practicing and it will get easier. Follow these steps to floss your teeth:

1. Pull the floss from its container. You need about as long as your arm from your hand to your elbow.
2. Wrap almost half the floss around a finger from your left hand. Wrap the same amount of floss from the other side around a finger from your right hand. There should only be a few inches between your hands.
3. Hold the floss between your thumb and pointer finger on each hand.
4. Move the floss in a back-and-forth motion between each of your teeth. Gently press toward your gum as you do this so the floss goes between your teeth. Go all the way down to your gum.
5. Pull the floss so it is tight against the side of one tooth.
6. Slide the floss up and down against the first tooth.
7. Pull the floss so it is tight against the side of the other tooth. Slide it up and down against that tooth.
8. Move to the next set of teeth and do steps 4 through 7 again.



How to hold your floss.



WHAT ELSE CAN I DO TO HAVE A SUPERSTAR SMILE?

- Visit your dentist 2 times each year. Even if you think your teeth and gums are healthy, your dentist may be able to find problems early.
- Set a good example for younger kids. Brush and floss your teeth, and show other kids how to do it.

REMEMBER!

The main things you can do to have a superstar smile:

- Brush your teeth 2 times each day.
- Floss your teeth 1 time each day.
- Visit your dentist 2 times every year (every 6 months).
- Teach younger kids how to brush and floss like a superstar.



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