Tooth Care

Tooth decay is caused by food that is left on your teeth. These bits of food make a film on your teeth called plaque. Germs in the plaque make acid, which can eat holes in your teeth. These holes are called cavities.

To Keep Your Teeth Clean and Strong:

- Brush your teeth twice a day, after breakfast and before you go to bed.
- Brush with toothpaste that has fluoride. Fluoride helps prevent cavities. (You should never swallow toothpaste).
- Use a toothbrush with soft bristles.
- Brush the front, back, and top of every tooth. Brush your tongue too!
- Visit your dentist twice a year. The dentist will clean and check your teeth.