

# Big Brush Club





# What do we use our teeth for ??



eat

Speak



smile





# How do we look after our teeth?





# Why should we brush our teeth?

To keep them...

**Clean!**

To keep them...

**Shiny!**

To keep them...

**Healthy!**



# What happens if we don't brush our teeth?



...we come and eat the sugar on your teeth!

We turn sugar into bad bugs!

The more sugar you eat, the more bad bugs we make!

These bad bugs makes holes in our teeth.

So, make sure you brush the germs away at least twice every day!





# What do we need to be able to brush our teeth?

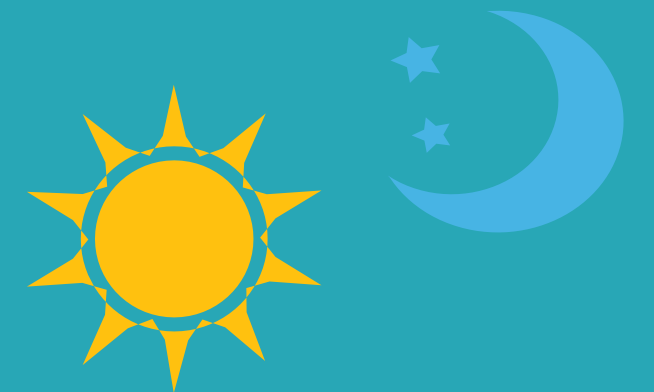
1. Toothbrush
2. Toothpaste - the magic ingredient **fluoride** will help protect our teeth.



# How do we brush?

We need to:

- Brush in small gentle **circles**.
- Brush **all around** including the fronts, backs and chewing parts.
- Brush for **2 minutes**.
- Give our **tongue** a quick brush at the end.

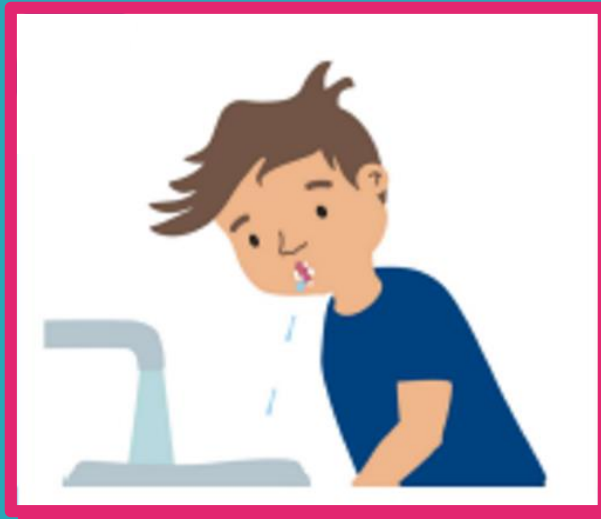


Remember to brush every **morning** and just **before bed!**

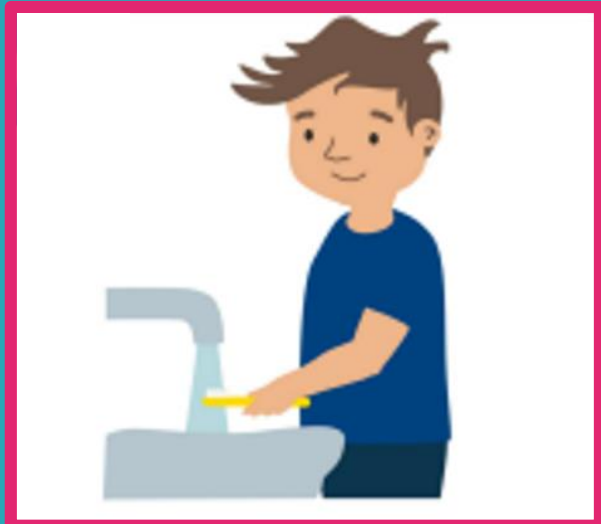




# What do we need to do after we have finished brushing our teeth?



We do **NOT** rinse our mouth with water, just the toothbrush.



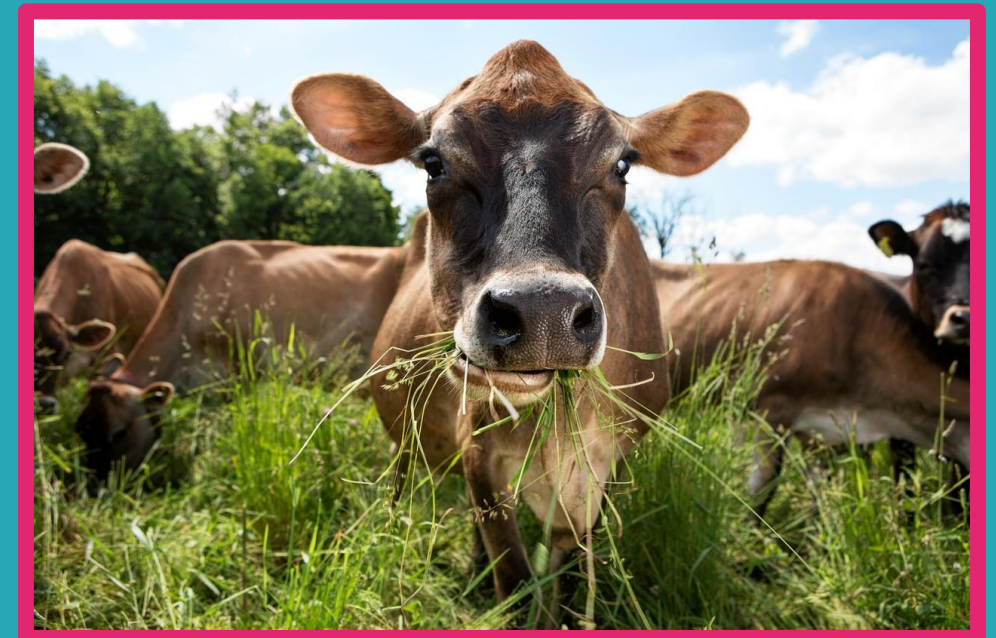
We want to leave that magic ingredient **fluoride** on.





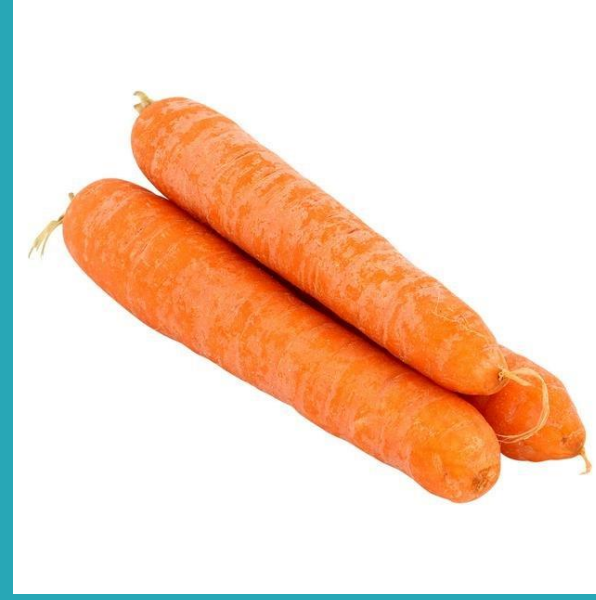
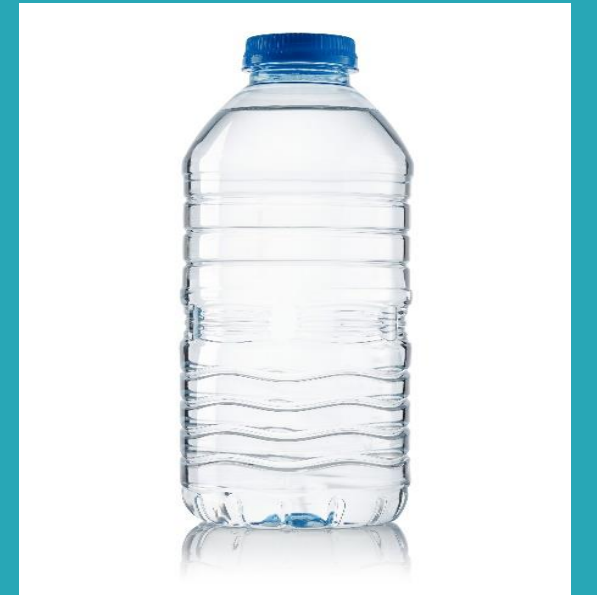
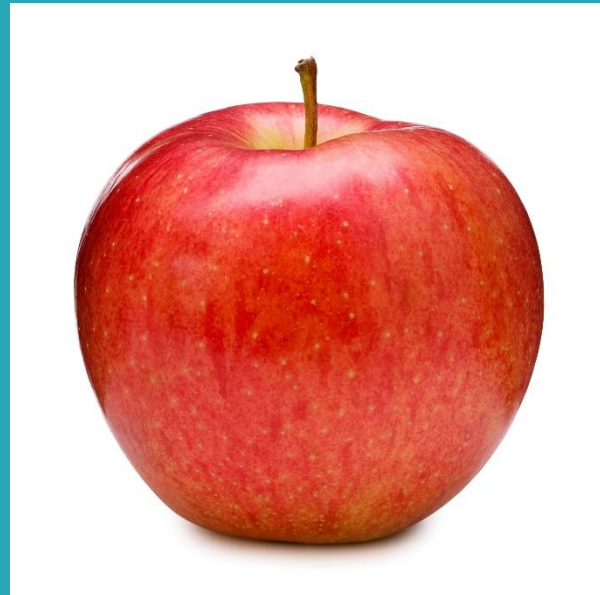
# Why don't animals need to brush their teeth?

Because they don't eat **sugary** things!



Service provided by:

# Let's see if we all know which foods and drinks are either good or bad for our teeth





# Who do we see to get our teeth checked?

The dentist!

