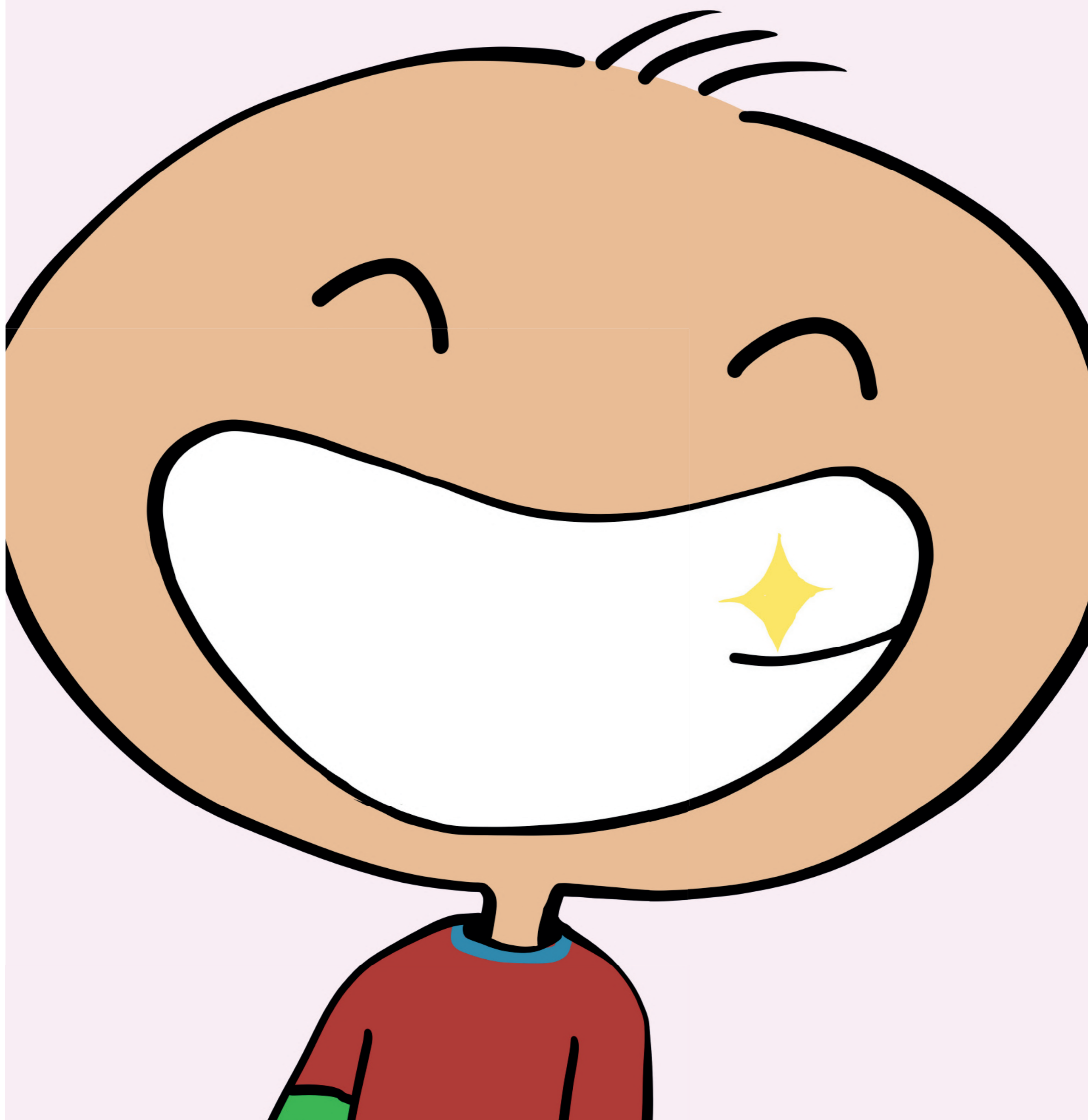
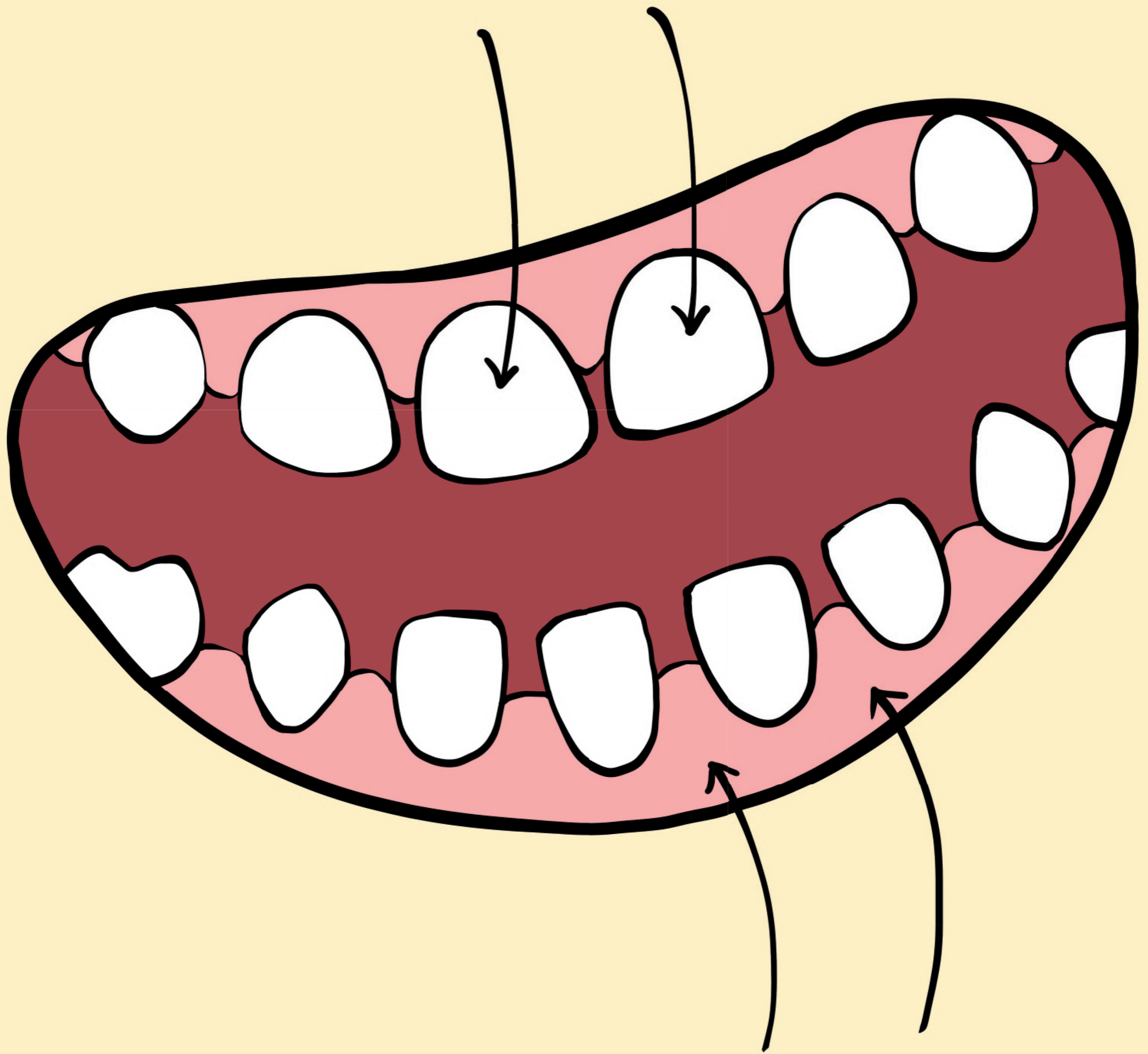


# Let's take care of our teeth !



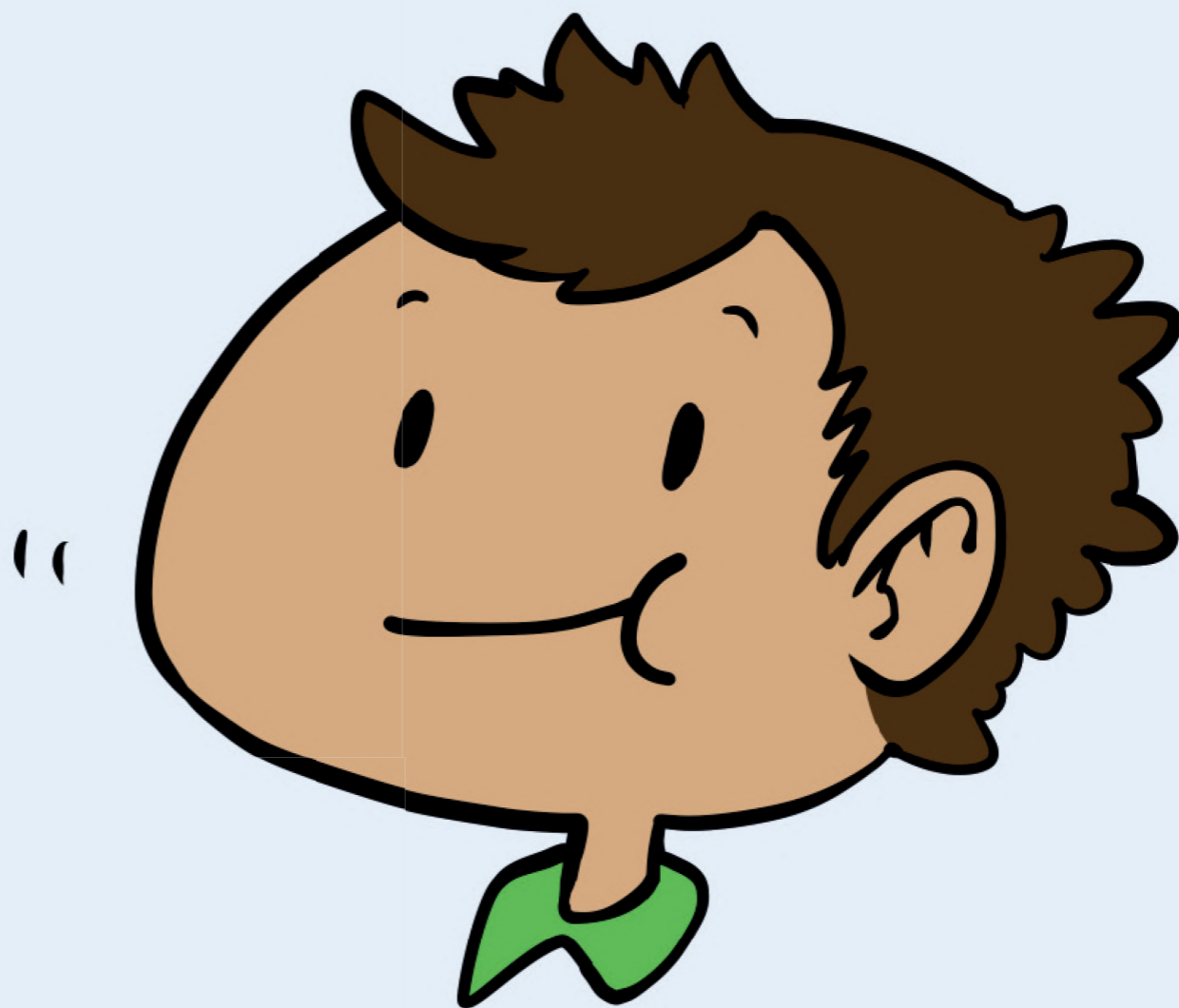
Where are my teeth?  
Here are my teeth!



Where are my gums?  
Here are my gums!

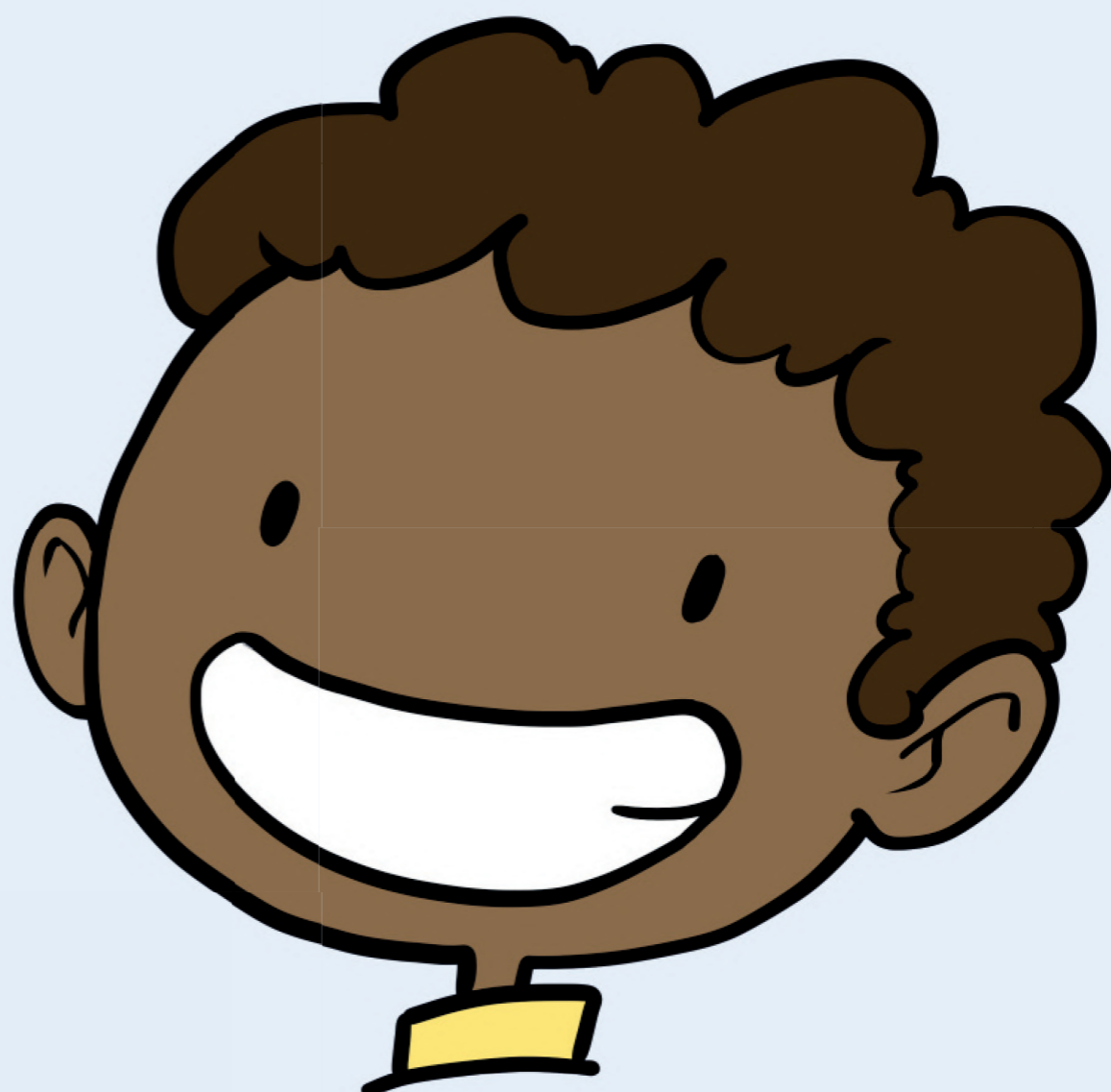
# Why should I take care of my teeth? I need my teeth.....

To eat well



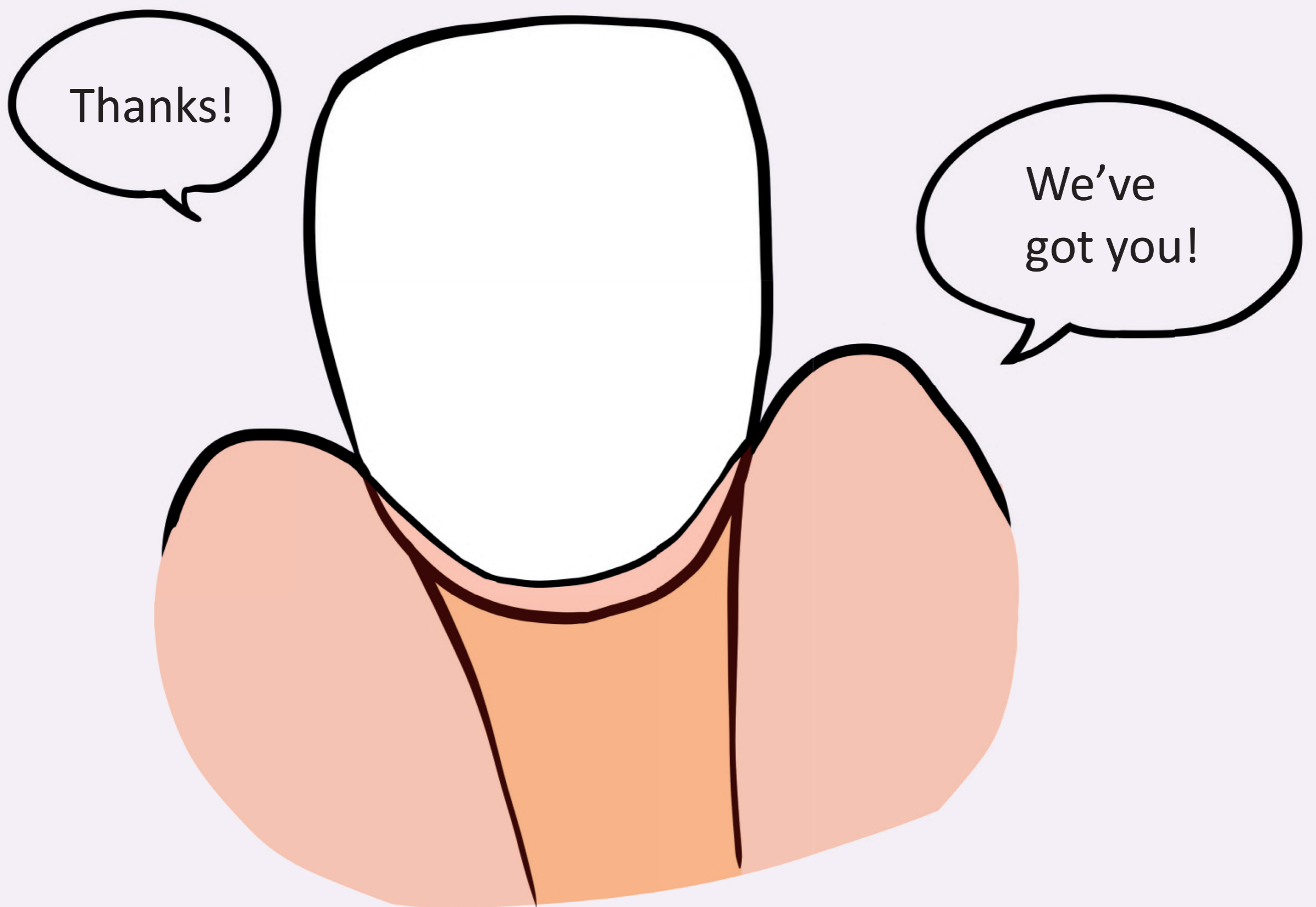
To talk and sing

To look good

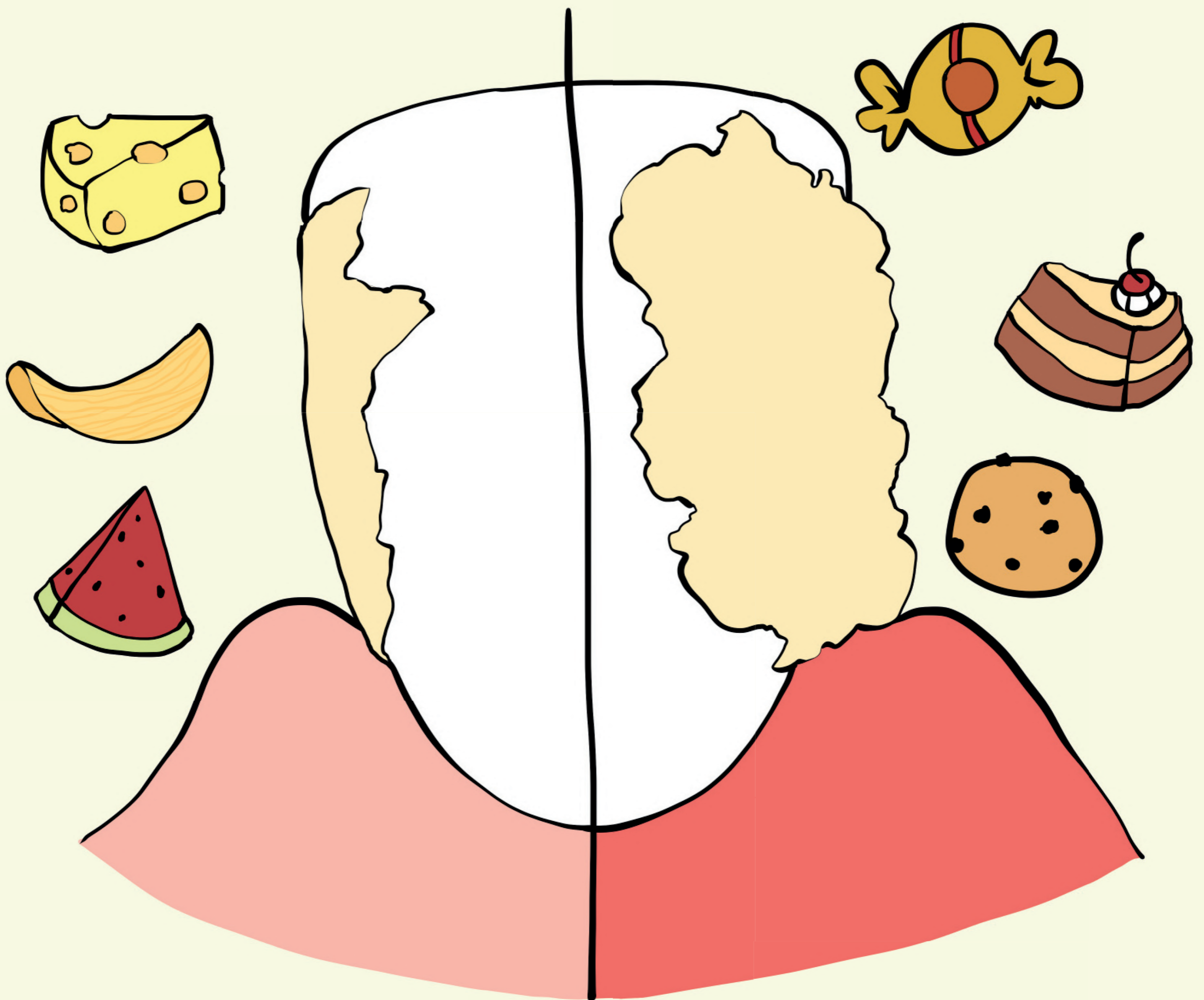


# Why should I care for my gums?

My gums hold and support my teeth!



When we eat,  
**plaque** forms on our teeth.



When we eat sweet, sugary food,  
**a lot** of plaque forms on our  
teeth!

# What is **PLAQUE** ?

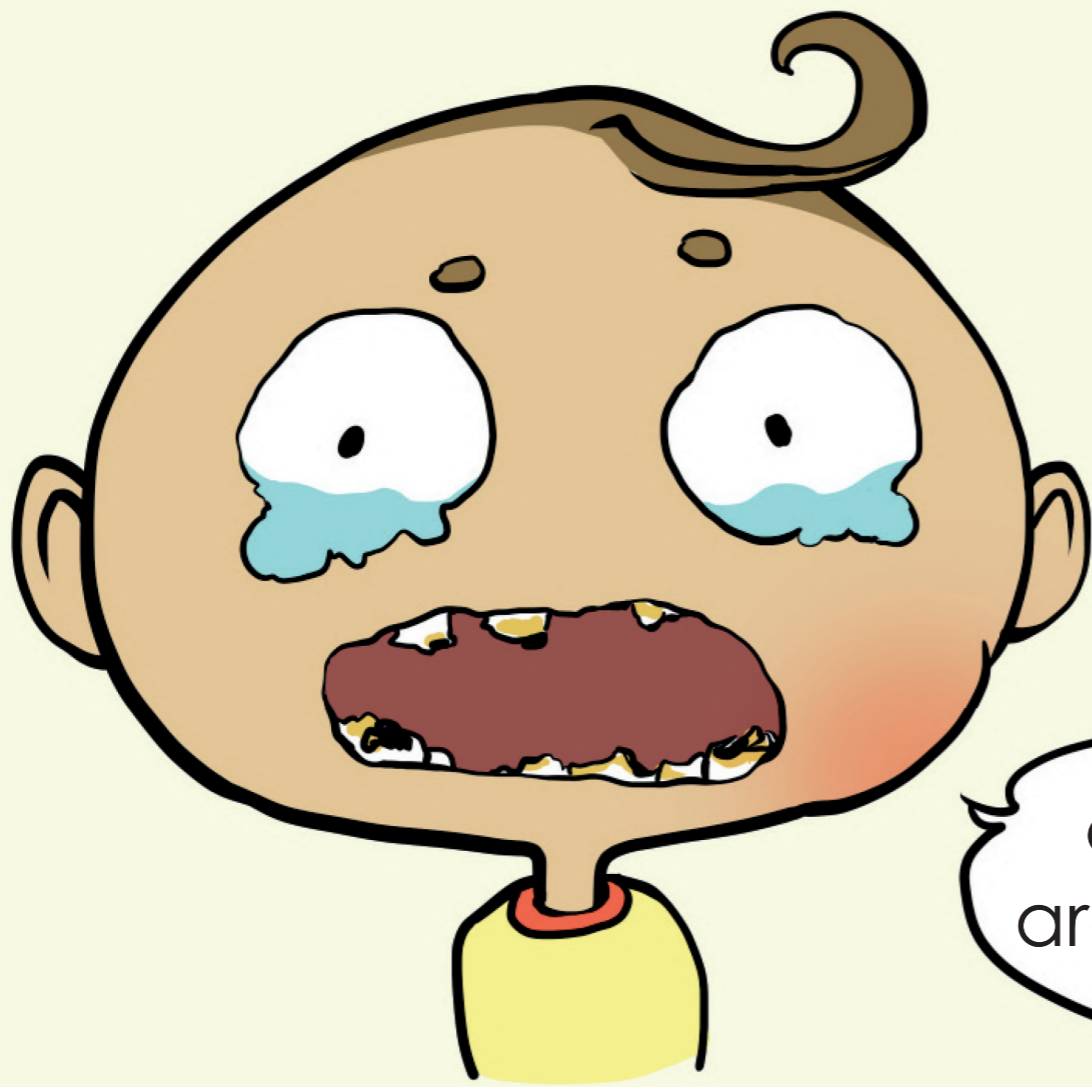
Plaque contains germs and food substance.

Plaque is yucky and sticks to the teeth.

Plaque is bad for teeth and gums!



# Why is plaque bad?



Plaque causes cavities

Plaque causes gums to bleed!



Plaque causes bad breath too!



**Let's get rid of plaque!  
Let's brush, brush, brush!**

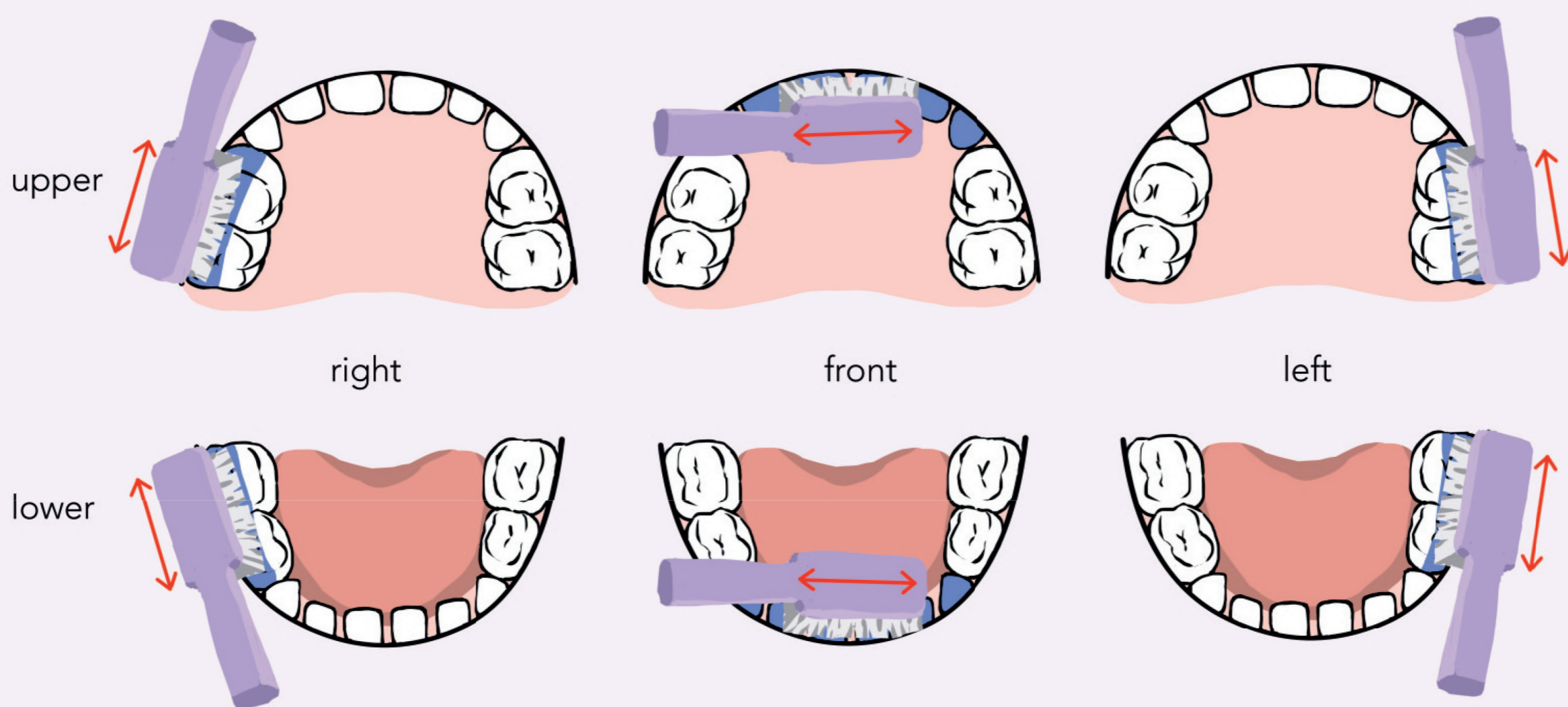


**With a toothbrush  
and a bit of toothpaste,  
Let's brush, brush, brush!**

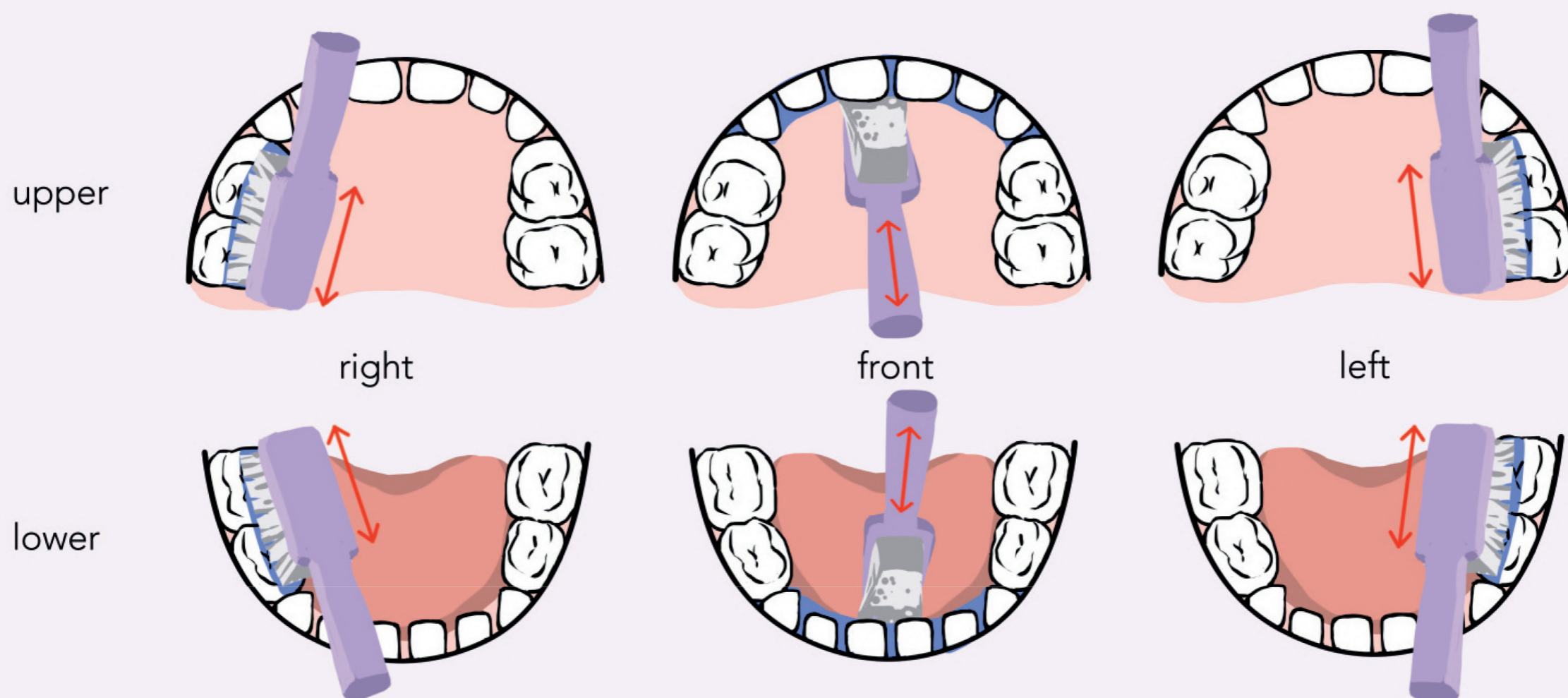
# How do we brush?

## We brush every single tooth well!

### outside + biting surfaces

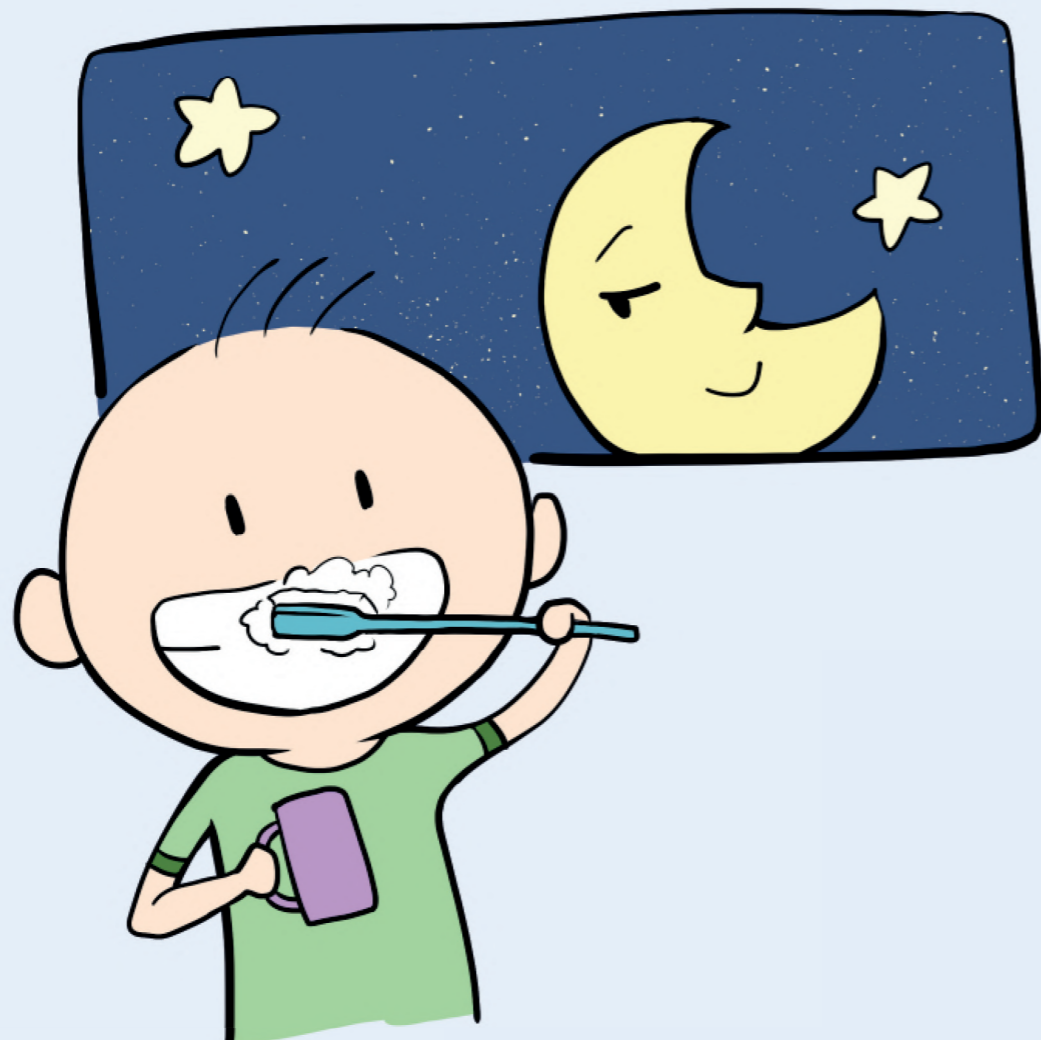
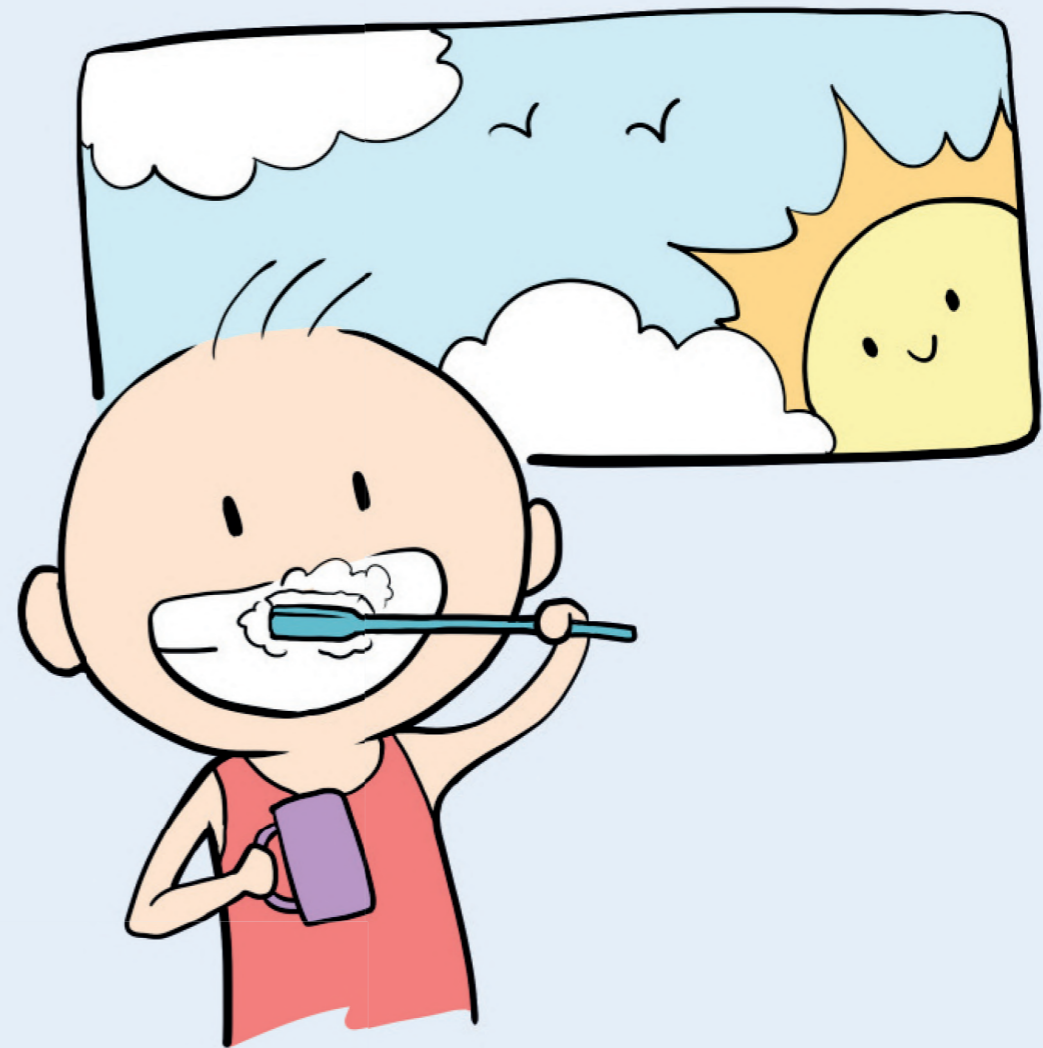


### inside + biting surfaces



# When should we brush?

Once in the morning...



Once at night  
just before  
bedtime

**and**



Oh No! I have a cavity!  
What should I do?



Let's visit the dentist!

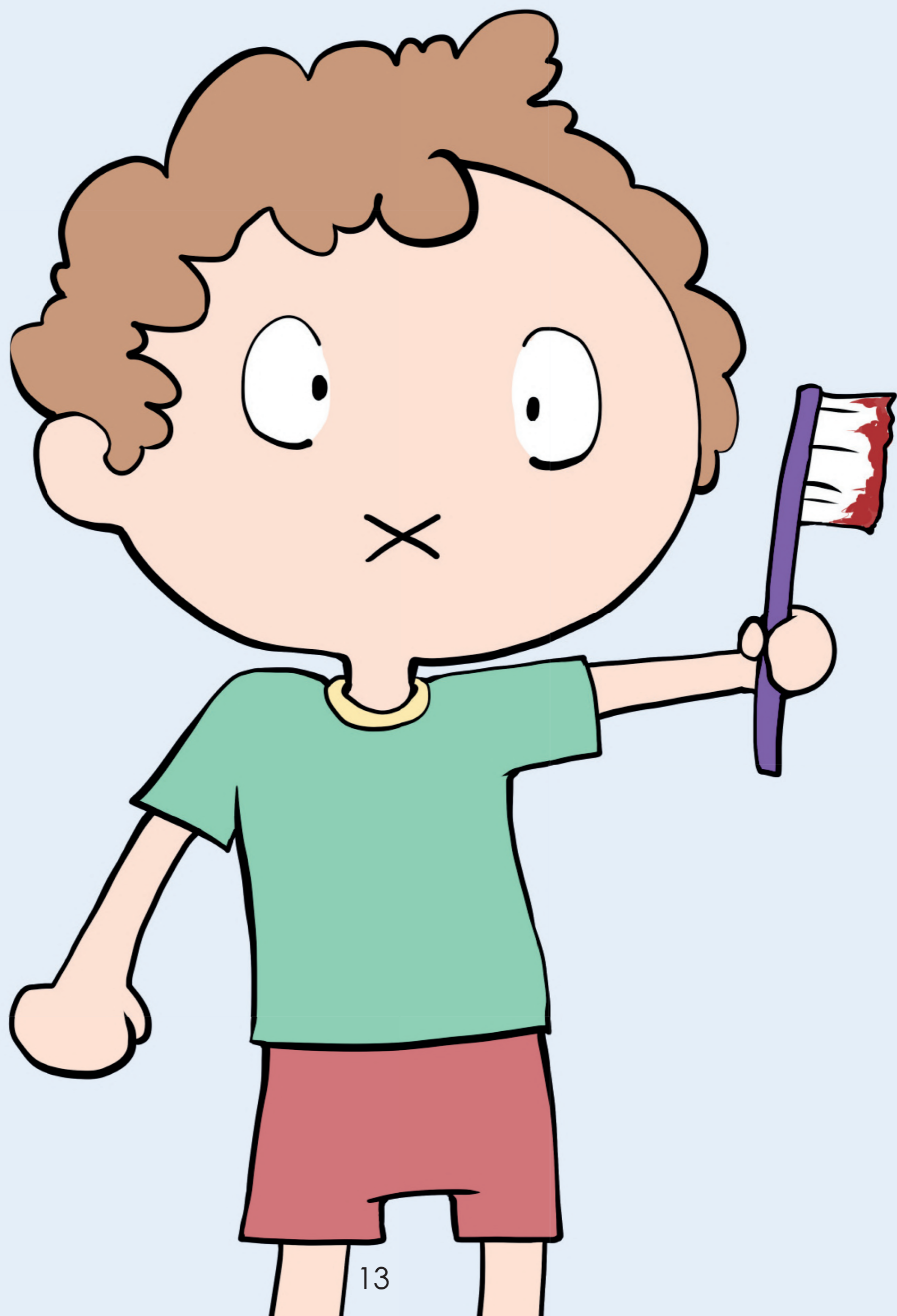
The dentist will help repair my tooth,  
so it's good again.



I also need to brush my teeth well and  
eat less sweets.

Oh No! My gums bleed,  
especially when I brush!

What should I do?

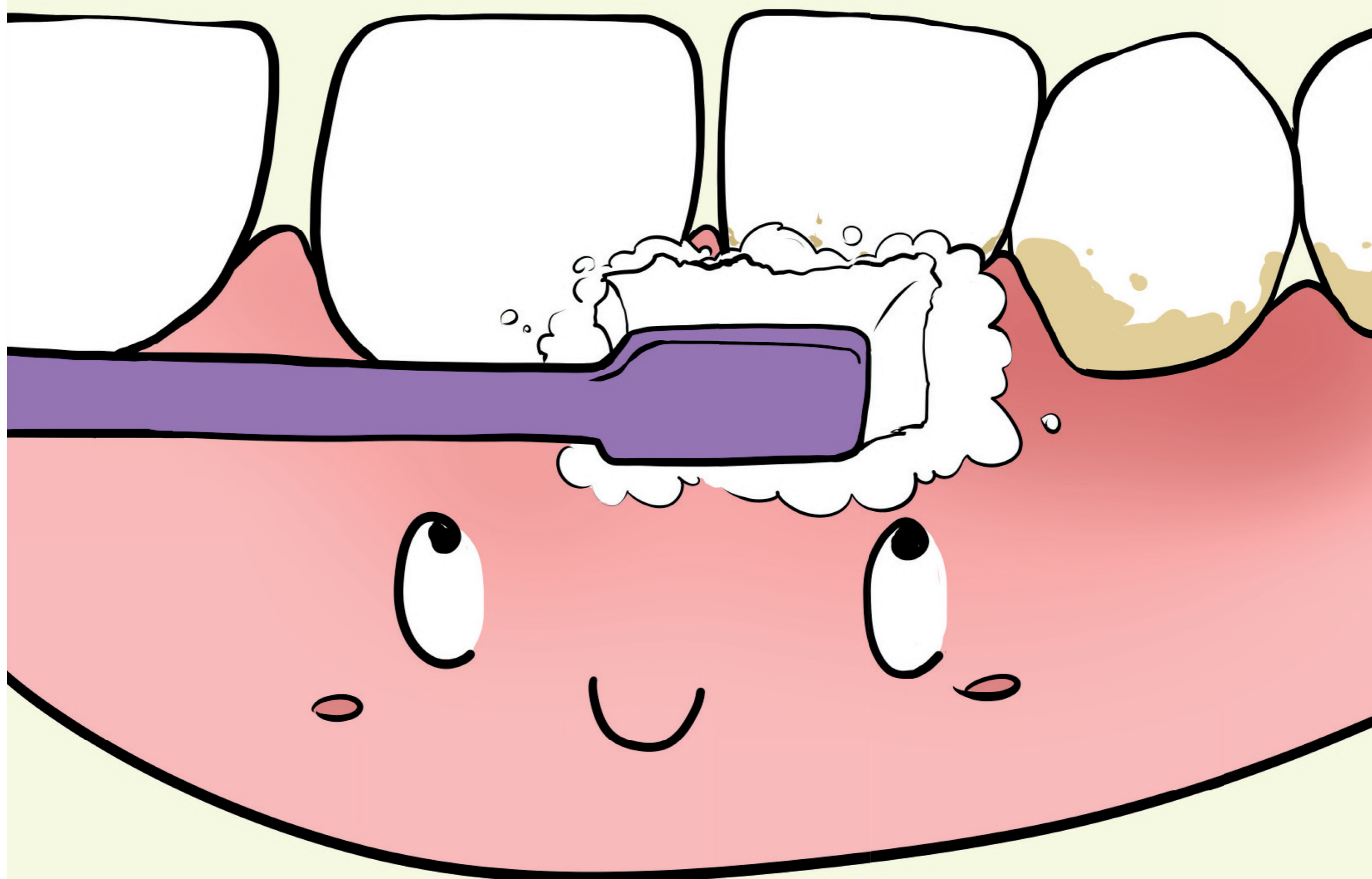


Do not be afraid to brush. The more you brush, the healthier your gums get, the less they will bleed.

Plaque is the culprit!

Brush the gumline well.

Your gums will soon get well.



**Now I know everything  
about how to take care  
of my teeth!**



**The End.**  
**Thank You!**

