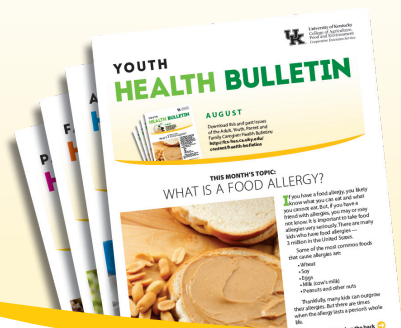




# YOUTH HEALTH BULLETIN



**FEBRUARY 2022**

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## THIS MONTH'S TOPIC: DENTAL HEALTH

**S**mile Big! Do you brush your teeth at least twice a day? Yes? Good, because you should! Having strong, healthy teeth can help you chew the right foods to help you grow, help you speak clearly, and help you look your best. Taking care of your teeth is very important for your overall health and helps prevent cavities or gum disease.

Why should you brush your teeth? To clean them! Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy.

### How to brush your teeth:

1. Wet the toothbrush and apply a small amount of fluoride toothpaste to it.
2. Brush all teeth surfaces and your tongue for two minutes.
3. Spit the toothpaste into the sink. Rinse out your mouth.
4. Rinse out the toothbrush and let it air dry.

Continued on the back ➡



## Use a toothbrush with soft bristles. The toothbrush package will have the word “soft” on it.

### → Continued from page 1

Should everyone brush their teeth?  
Yes, everyone. From babies with one tooth,  
to teenagers with braces, and even your  
grandparents need to brush their teeth.

### Be sure to keep these tips in mind to maintain healthy teeth.

- Brush at least twice a day — after breakfast and before bedtime. If possible, also brush after lunch and after eating sweet snacks.
- When you brush, you do not need a lot of toothpaste: just the size of a pea. You can even choose from different colors and flavors of toothpaste.
- Use a toothbrush with soft bristles. The toothbrush package will have the word “soft” on it. Pick a toothbrush that is your favorite color or has a favorite character on the handle.
- Take your time brushing. Spend at least 2 or 3 minutes each time you brush. Use a timer or play a song you like to help you keep track of the time.
- Brush ALL of your teeth, even along the sides and the back.
- Get a new toothbrush at least every three months.



It is important to visit the dentist twice a year to check for cavities and gum disease. You can also ask your dentist to show you the correct way to brush your teeth so you do not get a cavity. If you play sports, like basketball or field hockey, make sure to wear a mouthguard. You can get a custom-fitted mouthguard from your dentist or just buy one from the store.

#### RESOURCES:

- <https://kidshealth.org/en/kids/go-dentist.html>
- <https://kidshealth.org/en/kids/teeth-care.html>



### Can you unscramble these words?

O O B T U H S R T H: \_\_\_\_\_

T H T O O P A T E S: \_\_\_\_\_

I A C T S V I E: \_\_\_\_\_

ANSWERS: (1) TOOTHBRUSH; (2) TOOTHPASTE; (3) CAVITIES

YOUTH  
**HEALTH BULLETIN**

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