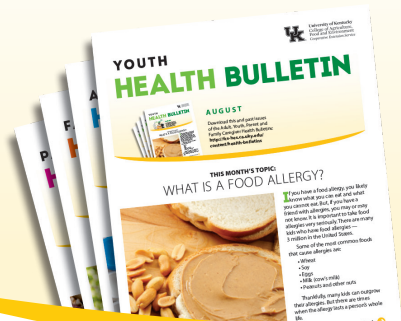




YOUTH

HEALTH BULLETIN



OCTOBER 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

KEEPING TEETH HEALTHY



A healthy mouth and teeth are important parts of a healthy body. There are many things that you can do to keep your teeth clean, strong and healthy. Do you know how to keep your teeth healthy? That's right; keeping your teeth healthy includes brushing, visiting the dentist, good food and drink choices and flossing.

Brushing your teeth

Dentists say you should brush your teeth for at least 2 minutes twice a day. Be sure to use a child-size toothbrush that is easy to hold, has soft bristles, and is comfortable to use.

- Gently brush all areas of your teeth, gums, and tongue. Move the brush back and forth gently in short strokes. Brush the top, front, and backsides of each tooth.
- Brush for 2 to 3 minutes. Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

Continued on the back ➔



Use a timer or play a favorite song while brushing your teeth to let you know when 2 minutes are up.

➔ Continued from page 1

- Brush twice a day with a fluoride toothpaste. Fluoride prevents cavities by strengthening and protecting tooth enamel.
- After you have brushed your teeth, spit out all the toothpaste! Do not swallow it. Toothpaste is for cleaning your teeth, not your stomach!

Flossing your teeth

To keep your teeth and gums as healthy as possible, you need to use dental floss. Dental floss is a special kind of string for cleaning between your teeth. Cleaning between your teeth is just as important as brushing. Flossing helps remove bits of food and plaque from between the teeth where your toothbrush cannot reach. It helps keep your teeth and gums healthy. Flossing is not easy, so you should ask your parents or another grown-up to help you floss. You should floss your teeth very gently, once a day.

- Insert the floss in between two teeth and use a back and forth motion to clean. Gently bring the floss to the gum line, but do not force it under the gums.
- Repeat this process between all your teeth.



Proper nutrition

Brushing and flossing are very important ways to keep teeth clean and healthy, but there are a few more things that each of us can do. The foods we eat and the beverages we drink are very important for keeping our teeth healthy. Eating a nutritious mix of foods from all the food groups is the best way to keep your teeth and body healthy.

Dental visits

Visit your dentist regularly. Dentists help take care of your teeth by checking your teeth to see if they are healthy. They show you how to take good care of your teeth and fix cavities or repair teeth. Your dentist will tell you when your next visit should be.

Taking good care of your teeth is something that each of us can do. When you take care of your teeth, they can last a lifetime. Remember, healthy teeth are part of a healthy body.

REFERENCES:

- <https://kidshealth.org/en/kids/teeth-care.html>
- <https://www.cdc.gov/oralhealth/basics/childrens-oral-health>

ADULT HEALTH BULLETIN

Written by:

Dr. Natalie Jones, MPH, DrPH

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)

