

How Can I Keep My Teeth Healthy?



Brush and Floss Every Day

1. **Visit the dentist every 6 months.** You should have a “dental home,” a place to get checkups and dental cleaning every 6 months.
2. **Use a soft-bristled nylon brush.**
3. Hold the brush at an angle to the teeth.
4. **Brush back and forth and in little circles TWICE a day for 3-5 minutes** or the length of a song on the radio.
5. **Clean all sides of all the teeth.**
6. **Brush your tongue.**
7. **Use fluoride toothpaste**, about a pea-size amount on your toothbrush.
8. **Drink tap water**, which has fluoride.
9. **Floss at least once a day to remove plaque from between the teeth.**
10. Try to dry brush your teeth while watching T.V.
11. Let your parents supervise your brushing until you are 7 years old or able to do it on your own.
12. **Replace old tooth brushes about every 3 months**, and especially if you have the flu or a cold.
13. **Eat a balanced diet**, limit sugary snacks and substitute with fruit or vegetables.
14. **Talk about what the dentist will do before you go.** For example, you will need to open your mouth wide and he may take an x-ray of your teeth.
15. **For more information visit the following websites:**
 - www.colgate.com for articles about oral and dental health at any age
 - www.ifloss.org for a list of dental clinics and other dental resources
 - **American Academy of Pediatrics** for oral health resources:
<http://www.aap.org/commpeds/doors/oralhealth>
 - **National Foundation of Dentistry for the Handicapped** to find donated dental services: http://www.nfdh.org/joomla_nfdh/

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