

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 cleanings every 6 months.
2. Hold the brush at an angle to the teeth.
3. **Brush back and forth and in little circles twice a day for 3-5 minutes.**
4. If it is hard for you to hold and place your toothbrush due to your disability, talk to an occupational therapist about adapting your toothbrush to make it easier.
5. **Clean all sides of all the teeth.**
6. **Brush your tongue.**
7. **Use fluoride toothpaste.**
8. **Floss at least once a day to remove plaque from between the teeth.**
9. Try to dry brush your teeth while watching TV.
10. **Replace old tooth brushes about every 3 months**, and especially if you have the flu or a cold.
11. **Eat a balanced diet**, limit sugary snacks, and substitute with fruit or vegetables.
12. If you mainly drink bottled water, **be sure to buy bottled water with fluoride.** To learn more, go to: <https://www.cdc.gov/healthywater/drinking/bottled>, or drink tap water, which has fluoride.
13. **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/commpeps/dochs/oralhealth>
 - **National Foundation of Dentistry for the Handicapped** to find donated dental services:
<http://www.nfdh.org/about-us>

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