

Healthy Teeth Happy You

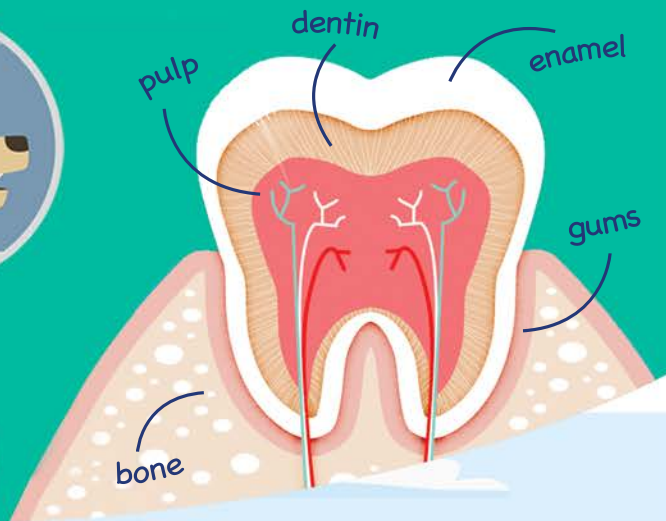
Good habits to keep your teeth strong and bright!

Can you count how many teeth you have?



Children have 20 milk teeth.
These appeared when you were a baby

and adults have
up to 32 teeth!



Our teeth help us every day to make sure that we can



Chew our food



Speak Clearly



Smile Fully

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When we don't brush our teeth properly



Our teeth and gums can be attacked by small germs called bacteria and our teeth can ache

These bacteria are so small that we cannot see them with the naked eye



The bacteria attack our teeth



This causes tiny holes in our teeth, called cavities.

Cavities can cause a lot of pain and make eating difficult



Visit your tooth doctor to get your teeth checked



Brush your teeth **two times every day** for two minutes



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