

# Tooth Care

Tooth decay is caused by food that is left on your teeth. These bits of food make a film on your teeth called plaque. Germs in the plaque make acid, which can eat holes in your teeth. These holes are called cavities.

Tips for  
Parents and  
Kids



## To Keep Your Teeth Clean and Strong:

- Brush your teeth twice a day, after breakfast and before you go to bed.
- Brush with toothpaste that has fluoride. Fluoride helps prevent cavities. (You should never swallow toothpaste).
- Use a toothbrush with soft bristles.
- Brush the front, back, and top of every tooth. Brush your tongue too!
- Visit your dentist twice a year. The dentist will clean and check your teeth.

