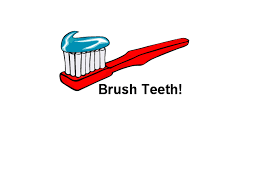
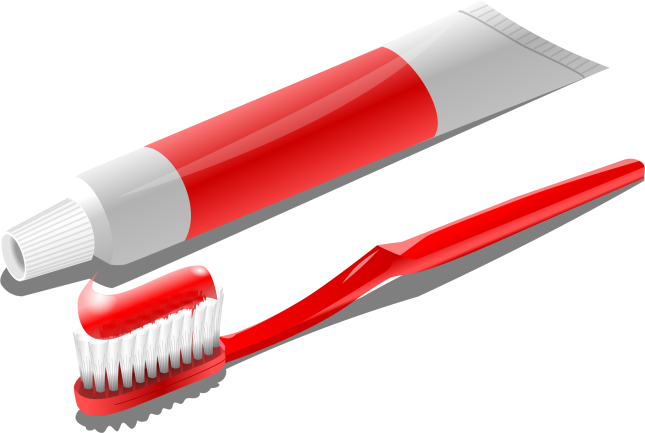
**My Dental Routine**

**[insert picture of \_\_\_\_\_\_ brushing his/her teeth]**

**To keep my teeth healthy and strong I need to brush them every morning and every night.**

**First I use my toothbrush and toothpaste and brush front and back for at least 2 minutes.**





**When I am finished brushing I need to rinse my mouth out with water and put my toothbrush away.**



**I then need to floss my teeth.**

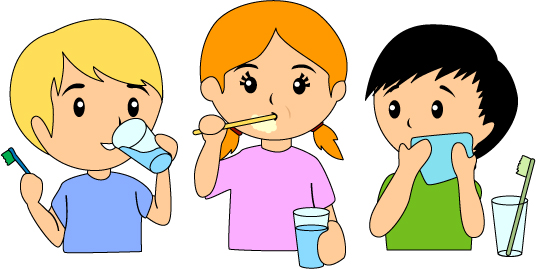


**This helps get all the food out from between my teeth.**

**Sometimes I might not feel like brushing my teeth.**



**I will need someone to remind me that everyone brushes their teeth.**

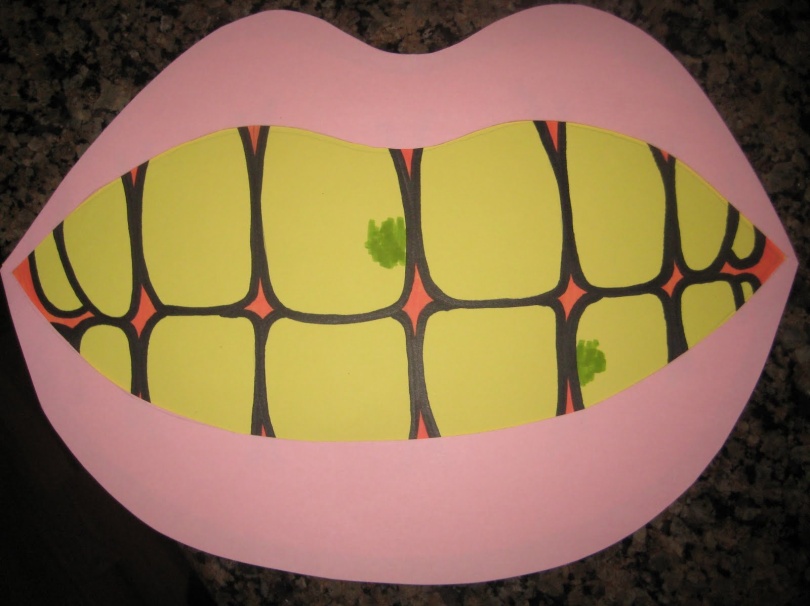


**I might like to check my routine and put a tick next to the task when it is completed. This makes me happy!**

**If I don't brush my teeth I will have bad breath. I don't like this.**



**My teeth will start to feel furry. They won't look nice and white if I don't look after them.**



**I might have some problems with my teeth such as weakening, holes or enamel erosion.**





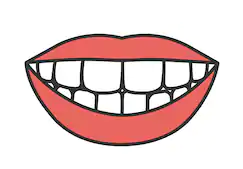
**This may be from my saliva or teeth grinding. The dentist will give me a special mouth wash to help.**



**Drinking water during the day helps to keep my mouth and teeth clean as well.**



**I like looking after my teeth and having a beautiful smile**

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