

STRONG *teeth*

strong
body



strong
mind



This book belongs to



Introduction

Did you know that your teeth should last you your whole life?

When you have strong healthy teeth everything feels better.

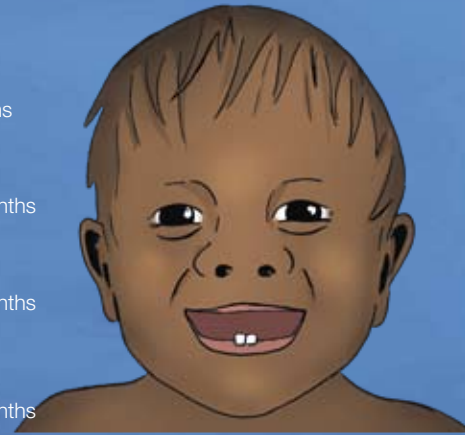
All you need to do to have strong teeth is keep them clean and to eat and drink good tucker.



Strong teeth for mothers & babies

Babies' teeth are being made before they are born.

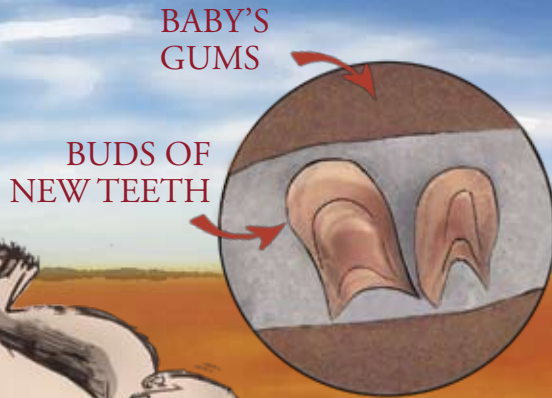
If you are healthy and eat good food, your baby will have strong teeth.



There are 20 baby teeth and they need to last until 12 years old.

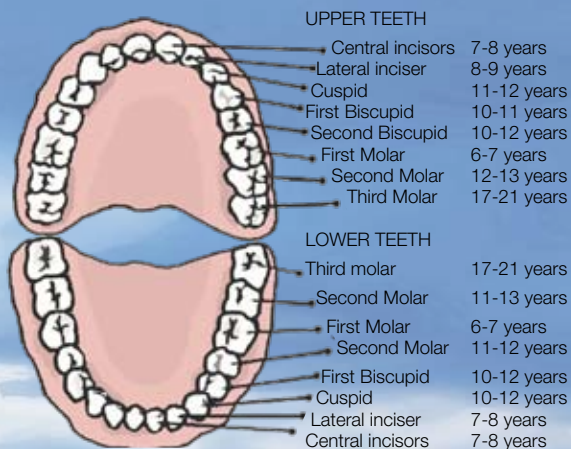
Clean your baby's teeth gently with a soft cloth or toothbrush every day to keep them strong.

Sugary food and bottles of sweet drinks make holes in your baby's teeth.



Strong teeth for kids

When you are about 6 years old your baby teeth start to get loose and fall out and the new ones called permanent teeth appear.



Your new teeth need to last all your life so brush them every day to keep gums and teeth clean and healthy.



Good Tucker

Growing kids need healthy food and drinks to grow strong bones and teeth *and* a strong heart, body and mind.

Local food like fruit and vegetables and bush tucker is best for everyone.

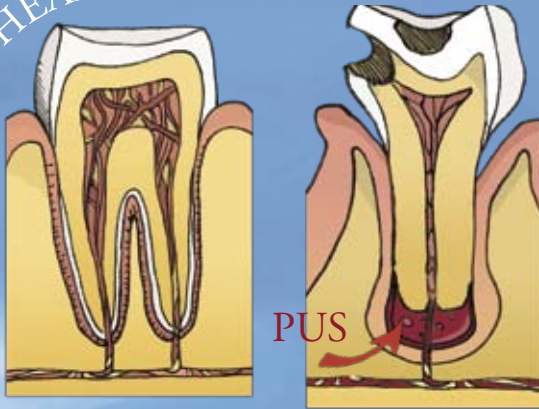
Drink lots of plain water instead of sugary drinks.

Use plain water to rinse out after eating and drinking sweet food.



Tooth decay

HEALTHY



Germs in your mouth attack your teeth and make holes.

These germs join with the sugar in food and drinks and **make acids that eat into your teeth.**

If you have a hole in your tooth it starts to cause pain and infection.

Holes in teeth do not get better on their own.

While the hole is small the dentist or therapist can fix this tooth by cleaning out the germs and putting in a special filling.

If the hole is too big you need the tooth taken out.

Gum disease

As well as holes in your teeth germs left on your teeth make your gums red and bleed and make your teeth loose or slack.

If they bleed, brush gently along the gums every day.

Soon the bleeding will stop and your gums will get healthy and strong again.

Your dentist can help by polishing your teeth.



Strong teeth for adults

A healthy heart and body needs healthy teeth and gums. Brush your teeth every day to stop decay and keep them healthy.

Keep your gums clean as well or they can get sore, bleed easily and your teeth get loose.

Kids need to see you brushing your teeth every day and eating healthy food to learn good habits.

Wisdom teeth

Adults can have pain and trouble with their very back teeth, called wisdom teeth.

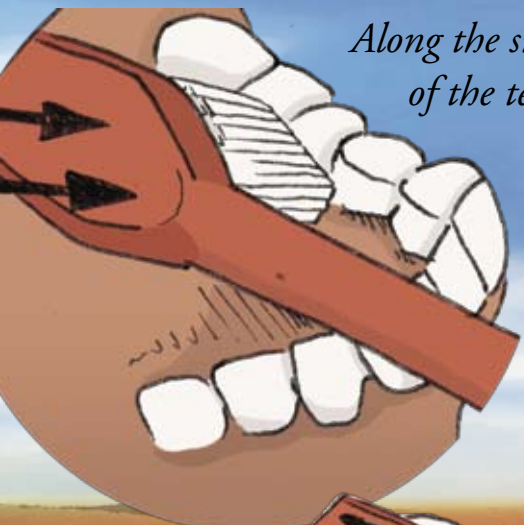
If there is no room they should be taken out by your dentist.

If you have enough room careful brushing and weak salt mouthwashes can help these teeth to come through.




Tooth brushing

Clean your teeth and gums every day with a soft toothbrush and a little bit of toothpaste.



*Along the sides
of the teeth*



*... and along
the tops*



Every part of the tooth needs cleaning to remove the germs that build up each day.



No toothbrush ...?

Use a soft cloth to remove some of the germs from your teeth or ask your grandmother what she used.

*No toothpaste
(or don't like the taste) ...?*

Brush gently anyway with water.

Checking teeth

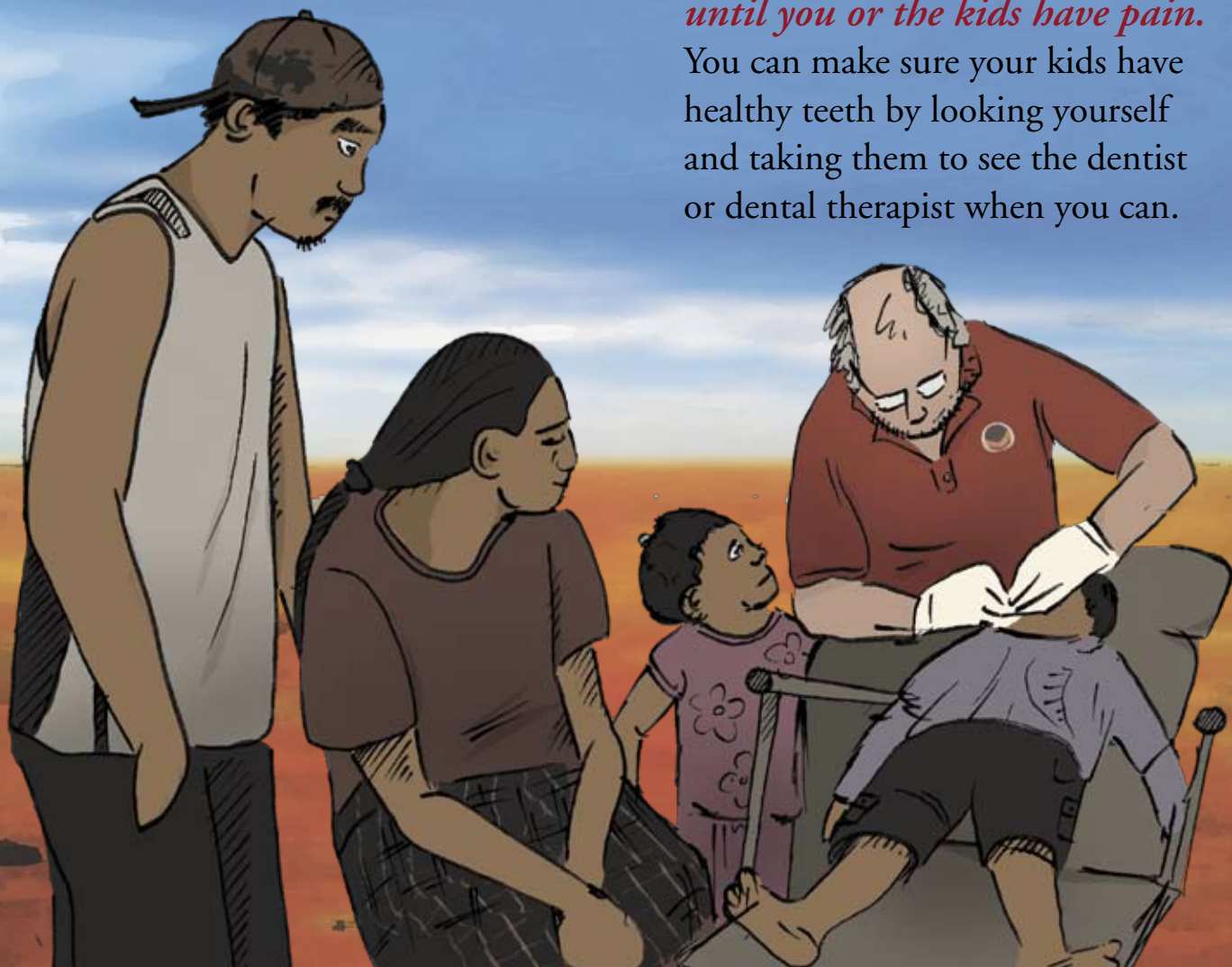


Look in a mirror at your teeth to see that they are healthy and strong and there are no dark spots or holes.



Don't wait until you or the kids have pain.

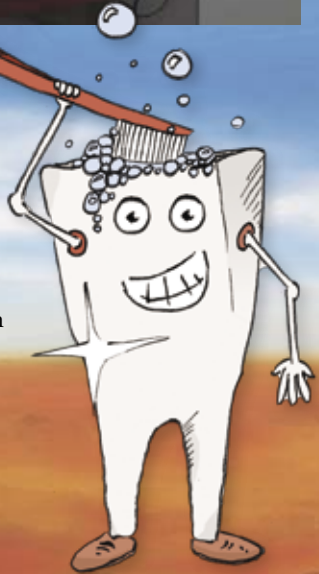
You can make sure your kids have healthy teeth by looking yourself and taking them to see the dentist or dental therapist when you can.





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First published May 2011
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Illustrations: Dan Barwick
Text and layout: Steve Barwick
Printed by Scott Print, Western Australia