

Let's talk about teeth



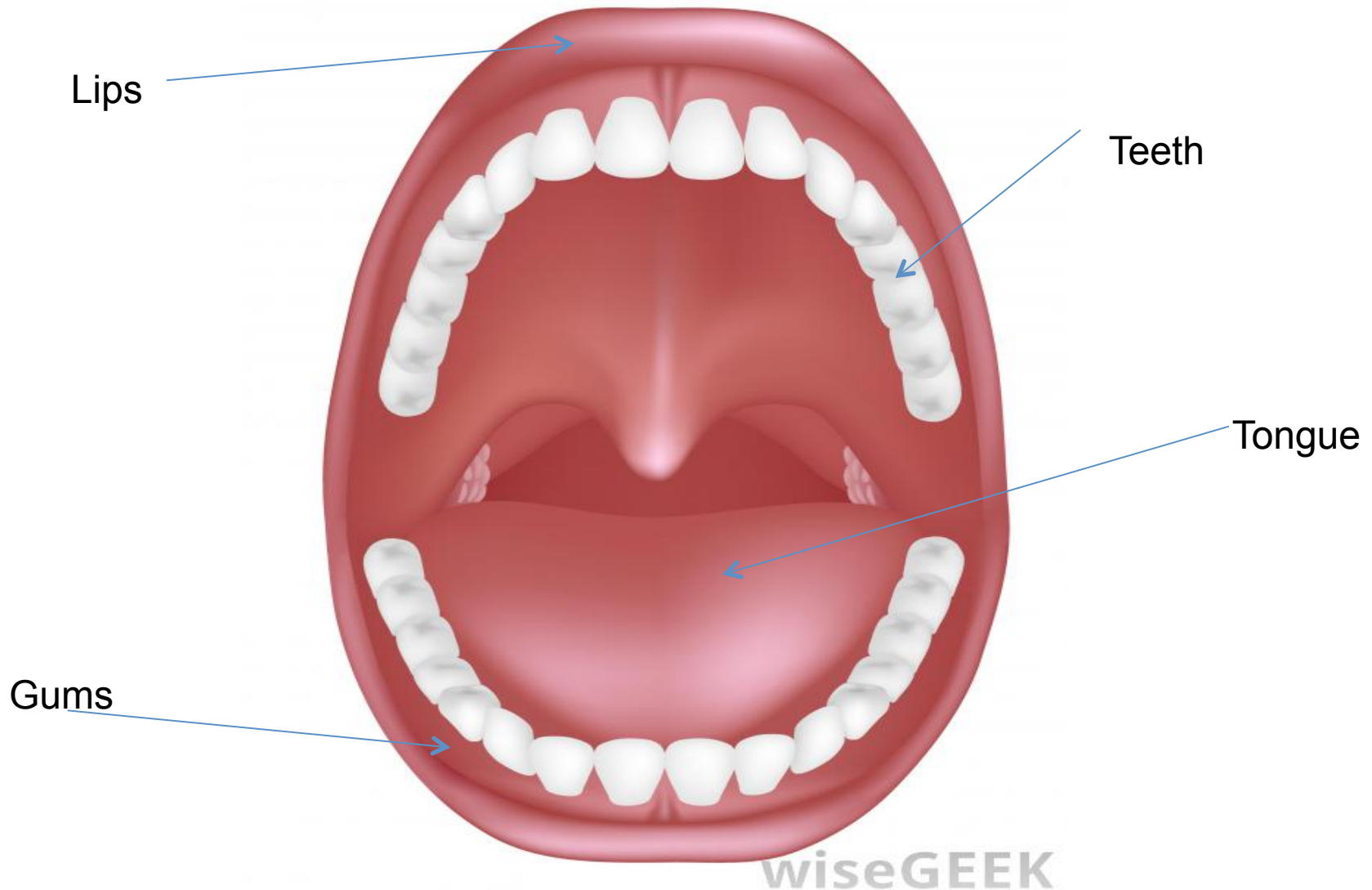
**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you

In this lesson I will learn about

- What I can see in my mouth.
- What I need teeth for and how they help me.
- How to look after my teeth:
 - brushing my teeth twice a day, before going to bed at night and in the morning.
 - what happens if I don't brush my teeth
 - visiting the dentist
 - food and drinks that are good for our teeth
 - foods and drinks that hurt our teeth

What does a mouth look like?



Why do we need our teeth?

Biting



Chewing



Speaking



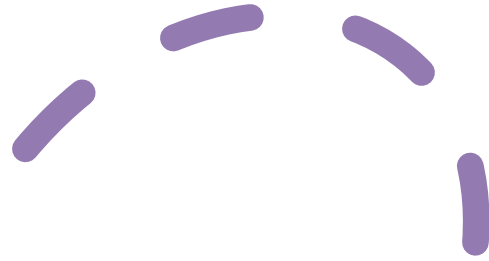
Smiling
Looking good

What do
we need
to do to
look after
our teeth
and
mouth



What do we need to clean our teeth?





How much toothpaste?



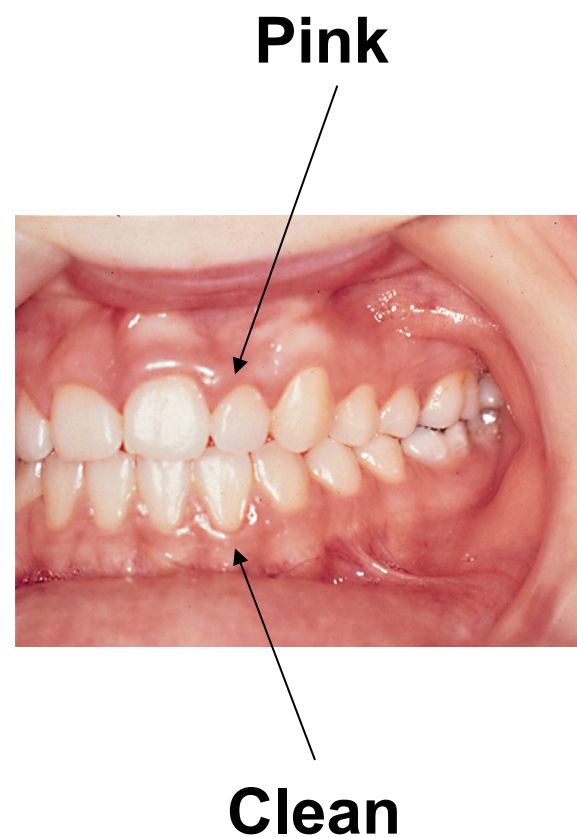
What happens if we don't clean our teeth?



Plaque



Teeth and Gums



How many times a day should we
brush our teeth and gums?





Before we go to bed



In the morning
when you get up

Toothbrushing chart reminder

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							

How I brush my teeth



Outside top teeth



Inside top teeth



Outside bottom teeth



Inside bottom teeth



Biting surfaces

Don't Forget!!!!



Spit



Don't Rinse

The Dentist



Food and drinks
that are good for
our teeth





Food and drink that hurt teeth



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Save sweets for after tea then your teeth will
be happy...