



Tooth Tips for Kids

How does a healthy mouth look?



A healthy tooth is white and clean.



Healthy teeth grow straight and strong.



Healthy gums are pink and fit snugly around teeth.

What happens when I have a problem with my teeth?



A tooth with a cavity may have a dark spot and sometimes cause pain.



Teeth that need to be cleaned will have a yellow buildup called "plaque."



Bad smelling breath is a sign of dental problems.

How can I take care of my teeth?



See a dentist for regular cleanings and exams.



Brush your teeth twice a day for two minutes and floss once a day.



Get dental sealants to keep back teeth healthy and strong.