

HELLO!



I'm TWINKLE TOOTH and I am your Six-Year Molar;
your First PERMAMENT MOLAR. I need YOU
to keep me healthy for Life. So follow these tips

To make ALL your Teeth Shine!

BRUSH YOUR TEETH EVERYDAY!

- ✦ Brush in the Morning
- ✦ Always before Bedtime
- ✦ Brush Every Tooth Everyday
- ✦ For fresh breath brush your tongue



FLOSS ONCE A DAY!

- ✦ Flossing removes plaque germs from between teeth
- ✦ Flossing is a skill; start young to make this a lifetime habit
- ✦ Healthy Gums & Teeth are important for overall health



EAT HEALTHY FOOD FIRST!

- ✦ Eating sugary & starchy foods helps to promote cavities

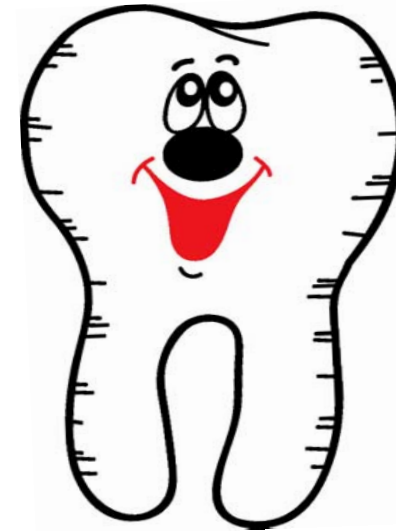
VISIT YOUR DENTIST

- ✦ Regular Checkups at your dentist prevents problems

PROTECT YOUR SMILE

- ✦ For sports wear a mouth guard to protect your teeth
- ✦ Habits like Smoking & Oral Piercing are risky to your teeth & health

TWINKLE TOOTH!
TOOTH TIPS
FOR HEALTHY
TEETH!



BRUSHING &
FLOSSING CHART

Edmonton Dental Assistants Association

www.edaa.ab.ca



TWINKLE TOOTH!

Brushing and Flossing Record



CIRCLE













































THE SUN IN THE MORNING



THE MOON AT NIGHT



FLOSS
ONCE A DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1						
						
						
WEEK 2						
						
						
WEEK 3						
						
						
WEEK 4						
