

**Caring for Your Teeth** 

Do you know that you have about 20 teeth in your mouth?

You use your teeth to chew your food.

You got your first teeth when you were a baby.





It is very important to take care of your teeth.

You need to brush your teeth at least two times a day.

It is also important to use dental floss to clean between your teeth where the brush cannot reach.

Keep your teeth clean.



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Remember to smile and show everyone your clean, healthy teeth.

You need to go to the dentist to have your teeth cleaned and checked every six months.

The dentist will make sure your teeth are healthy and clean.



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