

Oral Health

How Can I Keep My Teeth Healthy?



Brush and Floss Every Day

- Visit the dentist for routine dental cleanings
- Use a soft-bristled nylon brush
- Hold the brush at a angle to the teeth
- Brush back and forth and in little circles twice a day for 3-5 minutes
- Clean all sides of all the teeth
- Brush the tongue
- Brush while listening to a song or use a timer for 3 minutes
- Use fluoride toothpaste
- Floss at least once a day to remove plaque from between the teeth
- Dry brush while watching T.V.
- Replace old tooth brushes about every 3 months and especially if you have the flu or a cold
- Eat a balanced diet, limit sugary snacks and substitute with fruit or vegetables
- For more information visit the following websites:
 - www.colgate.com articles about Oral and Dental Health at Any Age
 - www.ifloss.org a list of dental clinics and other dental resources
 - American Academy of Pediatrics for oral health resources
<http://www.aap.org/commpeds/doch/oralhealth>
 - National Foundation of Denistry for the Handicapped to find Donated Dental Services http://www.nfdh.org/joomla_nfdh