

# Healthy Smiles Arkansas

Small Habits.  
Big Smiles.





# A Healthy Mouth is Part of a Healthy Body!

Healthy mouths help us  
TALK, SMILE, and CHEW





# Healthy mouths help us **TALK,** **SMILE,** and **CHEW**

- What do you like to talk about?
- What makes you smile?
- What is your favorite food to eat?

Keeping our mouths healthy is  
important!



# How do we keep our mouths healthy?

1. Brush teeth 2 times a day for 2 minutes
2. Clean between teeth
3. See a Dentist
4. Choose healthy foods & drinks

# Brush Teeth

Brush for 2 minutes 2 times a day

- Morning
- Night

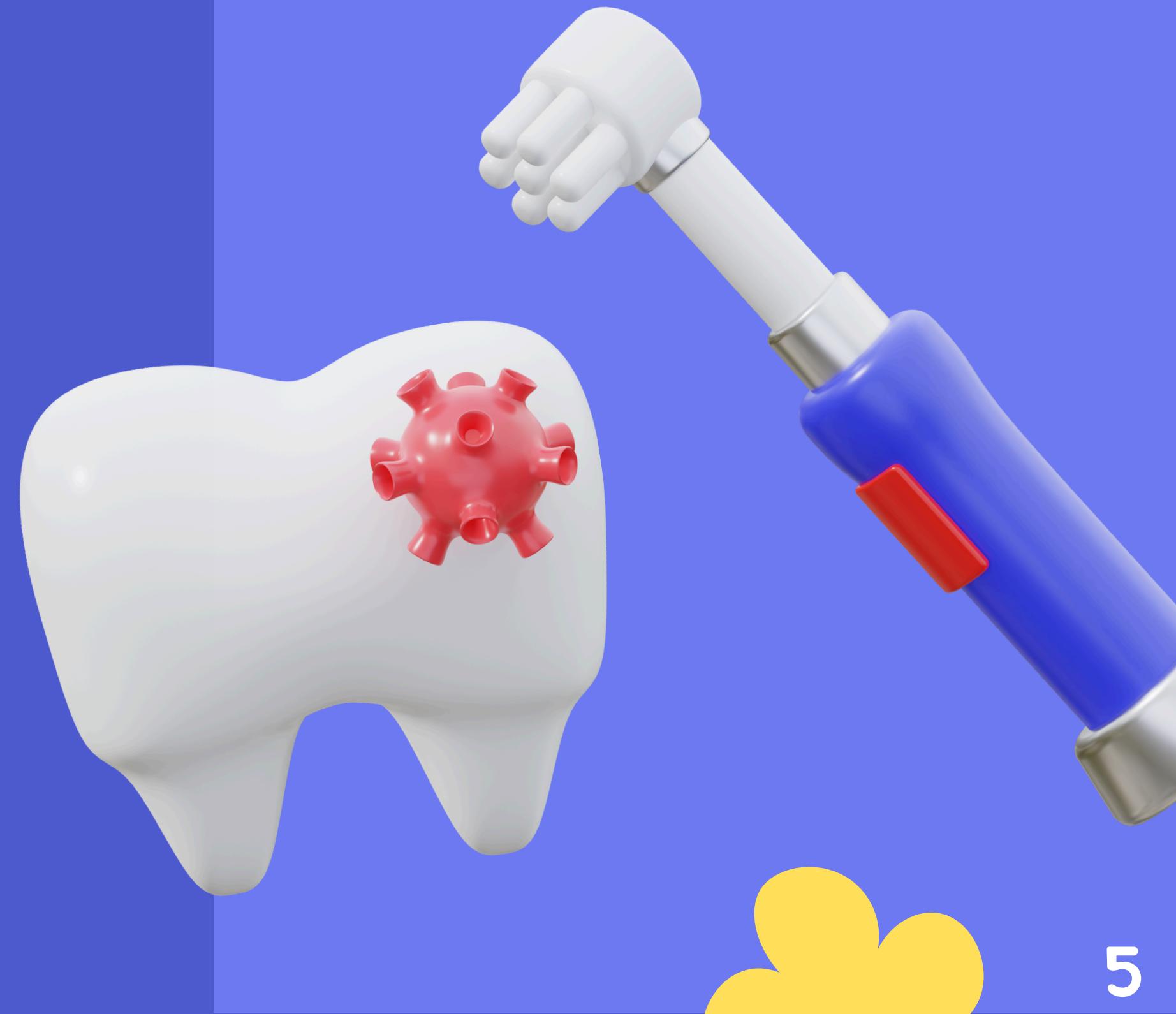
Use toothpaste

- 0-2 years: use a rice-sized smear
- 3+ years: use a pea-sized dollop

Brush every side of every tooth

- Don't forget your tongue!

Move the brush in small circles  
using gentle pressure



# FLOSS

Brushing cleans the tops and outsides of teeth.

**Floss cleans between them!**

- Floss once a day
- Wiggle the floss into a “C” shape around each tooth
- If you have braces, use floss threaders or small brushes that fit between teeth

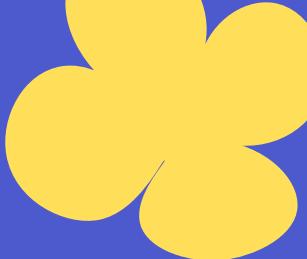




# See a Dentist

You should see your dentist 2 times a year to

- Check for cavities
- Clean teeth



# Choose Healthy Foods & Drinks



**Healthy foods are good for teeth**

- Fruits & Vegetables
- Cheese
- Healthy Meats

**Water is good for teeth**

Soda, energy drinks, chocolate milk, and candy can make it harder for teeth to stay strong

**Tooth Tips**

- Thirsty? Choose water first!
- Save sweets for mealtime!

# TOOTH TRUTH QUIZ

## TRUE / FALSE

1. You should brush your teeth 2 times a day for 2 minutes.
2. Soda is very safe for teeth.
3. Floss cleans between teeth where a toothbrush can't.
4. A pea-sized dollop of toothpaste is enough.

