Healthy teeth for life
Dental plaque and toothbrushing

- Plaque is a bacterial film that forms daily
- It sticks to our teeth and along the gum line
- The bacteria convert sugar to acids
- Acids cause cavities

How to brush

- Use a pea-size amount of fluoride toothpaste
- Brush in circles overlapping the gums
- Brush all surfaces inside and out
- Spit the toothpaste - don’t rinse it away with water

Toothbrushing chart
Tick a box every time you brush your teeth

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Our teeth and tooth decay

We need our teeth to chew, speak, sing and smile. Take good care of them!

- MOLARS for chewing
- CANINES for tearing
- INCISORS for biting

Science fact

When we eat sugary foods and snacks, the pH in our mouth turns from neutral to acid. It takes 20 minutes after we have eaten for the pH to return to neutral.

Acid attack

- The outer layer of our teeth is made of strong enamel crystals.
- Sugary foods and bacteria produce acid.
- Plaque + sugar = ACID
- Acid + enamel + time = CAVITIES

Fizzy drinks dissolve our enamel

Between the ages of 6 and 12 our teeth get loose and are replaced by permanent teeth.

www.dentaid.org/bright-bites
Sugar

Children aged 4-6 should have no more than 19g of sugar a day and 7-10 year olds should only have 24g a day.

That’s 5 sugar cubes if you are 4-6 years old.

and 6 sugar cubes if you are 7-10 years old.

A can of fizzy drink has 9 cubes of sugar

Healthy food choices
Vegetable sticks, fruit, crackers, yoghurts, milk and water, porridge and toast for breakfast.

Try to reduce how often you eat sugar

Unhealthy food choices
Fizzy drinks, juice and smoothies, cakes, biscuits, sweets and sweet cereals cause cavities.

Content written by Anne M Powders – Dentaid Oral Health Advisor