Brushing Basics
Activity Book
for Healthy Teeth and Gums

Missouri Department of Health and Senior Services
5 Steps for Healthy Teeth

1. Brush your teeth twice every day.

2. Floss your teeth once every day.

3. Avoid sugary drinks and foods.

4. Eat fruits and vegetables daily.

5. Visit your dentist twice a year.
What comes next? Draw the next picture in each pattern.

- Carrot, toothbrush, toothpaste
- Apple, toothbrush
- Teeth, floss, teeth
BRUSHING BASICS

It is important to brush a child’s teeth twice a day to ensure the removal of plaque to prevent tooth decay. Until the age of six, children should be supervised while brushing and flossing. Brushing should last for at least two minutes. Many children, under the age of 6, need adults to help with brushing and flossing.

Q. What do I need to use for brushing my teeth?
   You need a soft bristled toothbrush and toothpaste with fluoride in it.

Q. How much toothpaste will I need?
   Babies need only a smear of toothpaste while children under the age of 5 may use a dab (smaller than a pea).

Q. How long do I need to brush my teeth?
   Brush for two minutes.

Q. Why do I need to floss my teeth?
   Flossing can remove food and plaque that your toothbrush cannot reach.

Q. How do I floss?
   Use about 18 inches of floss but leave about two inches between your fingers to use. Gently slide floss between your teeth, following the curves of the teeth.
Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
Fighting tooth decay.

Floss, floss, floss your teeth
Gently around your gums.
Merrily, merrily, merrily, merrily,
Flossing can be fun.

Rinse, rinse, rinse your teeth.
Keep them clean and bright.
They’ll be healthy, they’ll be strong
If you treat them right.

Let’s Sing the Tooth Brushing Song!

BRUSH, BRUSH, BRUSH YOUR TEETH
(Sing this tooth brushing song to the tune of “Row, Row, Row Your Boat”)

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At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
Fighting tooth decay.

Floss, floss, floss your teeth
Gently around your gums.
Merrily, merrily, merrily, merrily,
Flossing can be fun.

Rinse, rinse, rinse your teeth.
Keep them clean and bright.
They’ll be healthy, they’ll be strong
If you treat them right.
Complete the dot to dot picture. Color the picture.
Eating fruits and vegetables can help keep your teeth healthy.