

BRUSHING BASICS

Activity
Book



for
Healthy
Teeth
and
Gums!



MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES

5 Steps for Healthy Teeth



1

Brush your teeth twice every day.

2

Floss your teeth once every day.

3

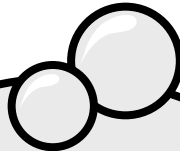
Avoid sugary foods and drinks.

4

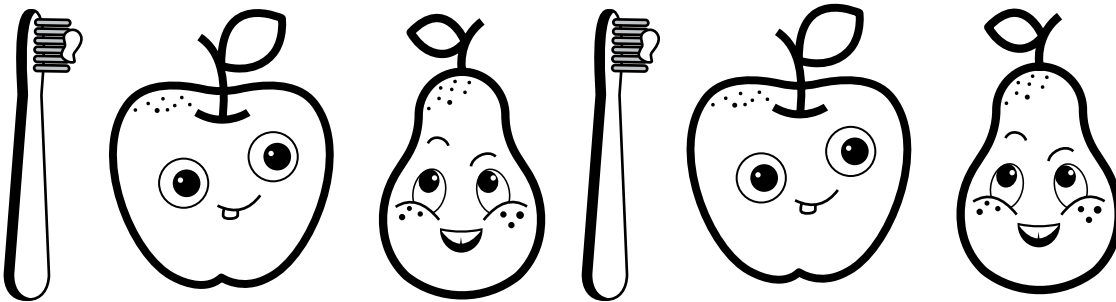
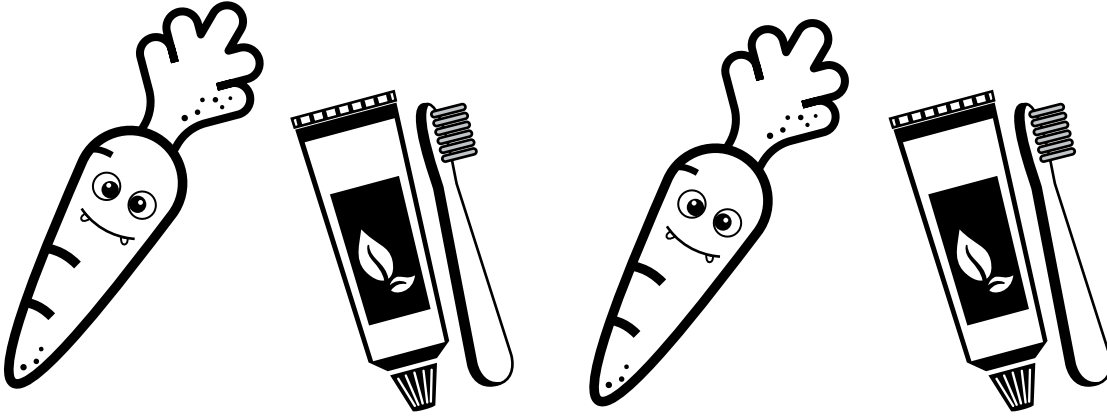
Eat fruits and vegetables every day.

5

Visit your dentist twice a year.



Draw to Complete the Pattern!



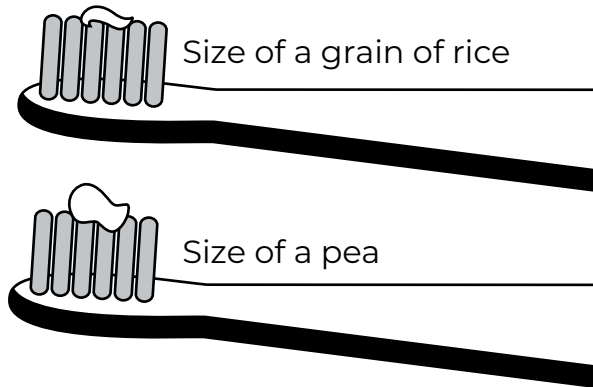
Learn the Brushing Basics

Many children need help from adults with brushing until age eight and flossing until age ten. **Ask an adult for help to get your teeth clean!** Brushing twice a day and flossing once a day removes plaque and prevents cavities.

What will I need to brush my teeth?
You need a toothbrush with soft bristles and fluoride toothpaste.

How much toothpaste should I use?
Children three and under need a smear of toothpaste the size of a grain of rice.

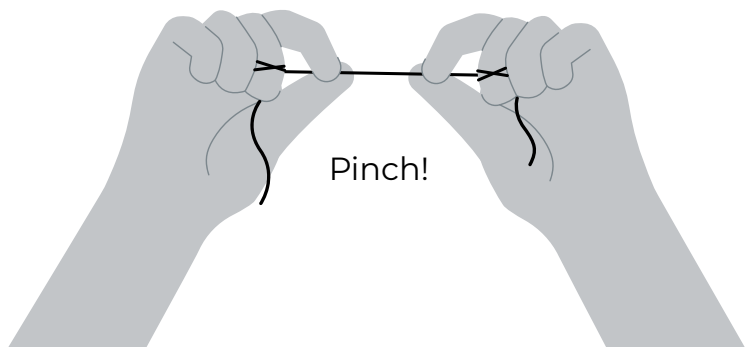
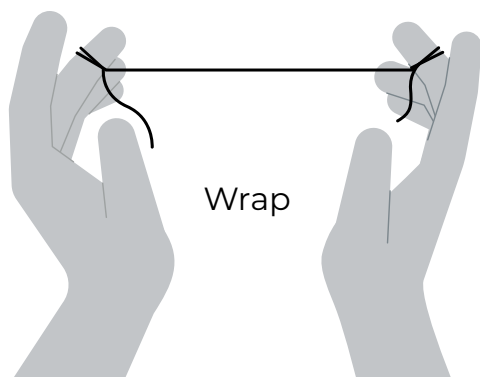
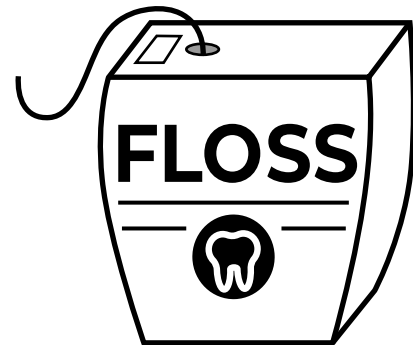
Children over three need a dollop of toothpaste the size of a pea.



How long do I need to brush my teeth?
Brush your teeth for two minutes in the morning and for two minutes before bedtime.

Why do I need to floss?
Flossing removes food and plaque that your toothbrush cannot reach.

How do I floss?
Use a string of floss that is the size of your arm and wrap it around your middle fingers on each hand. Leave a small part of the floss between your hands and pinch it tightly with your thumbs! Gently slide the floss between each tooth in the shape of the letter "C." Most children need help flossing until they are ten years old, so ask an adult if it is too hard!



Sing the Tooth Brushing Song!

Sing this to the tune of "Row, Row, Row Your Boat"
to remember the steps for clean teeth.

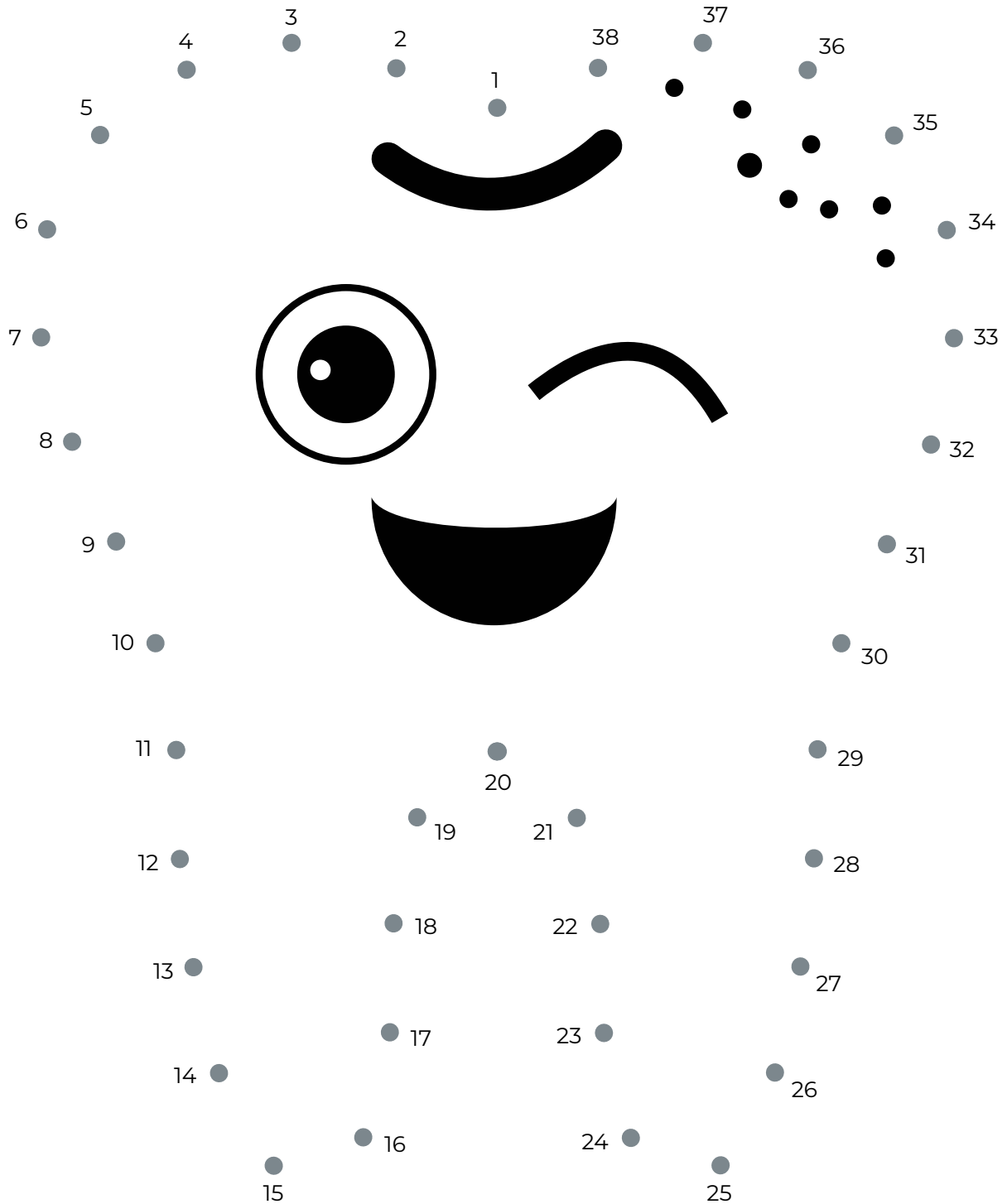


**Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
Fighting tooth decay.**

**Floss, floss, floss your teeth
Gently 'round 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.**

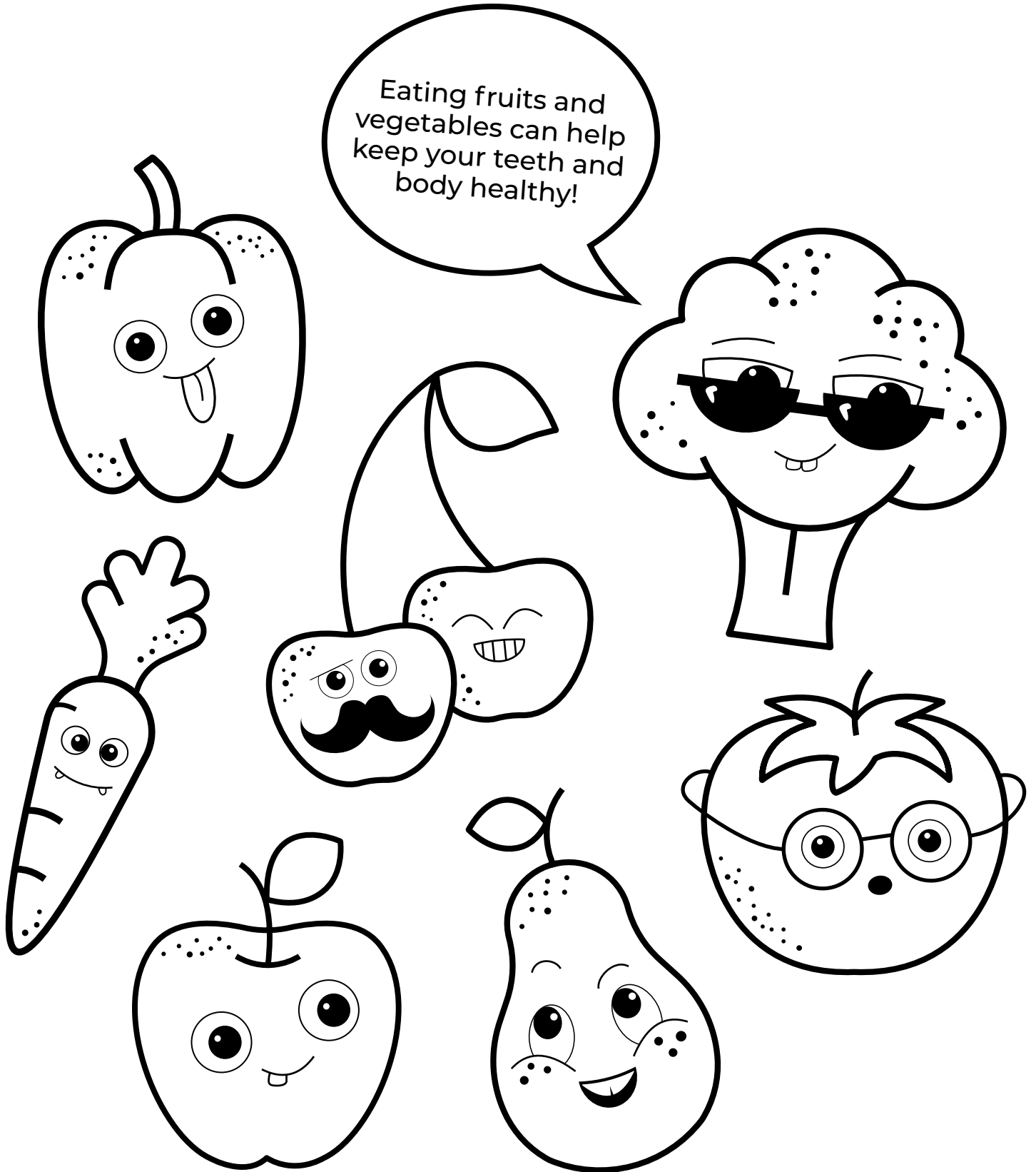
Connect the Dots!



Now, color the picture!

Color These Healthy Foods!

Eating fruits and
vegetables can help
keep your teeth and
body healthy!



Let's Play Word Games!

Find these words in the word search. Make sure to look up, down, diagonal and backwards!

E	T	S	A	P	H	T	O	O	T
Y	D	O	S	C	A	V	I	T	Y
C	L	E	A	N	M	E	P	O	H
S	F	L	N	I	B	F	S	Q	T
D	B	I	E	T	R	L	U	G	L
E	A	M	V	A	I	O	H	E	A
C	I	S	G	H	L	S	F	R	E
A	T	U	S	P	O	S	T	M	H
Y	S	R	M	X	G	U	M	S	A
T	O	O	T	H	S	U	R	B	L

DENTIST
FLOSS
TOOTH
BRUSH
TOOTHPASTE
GERMS
CAVITY
SMILE
CLEAN
HEALTHY
GUMS
SUGAR

UNSCRAMBLE!

HETTE → _____

QEUALP → _____

SHUBR → _____

TDNEITS → _____

Check Your Answers

Flip this page upside down to check your work!

Unscramble

HETTE ← TEETH

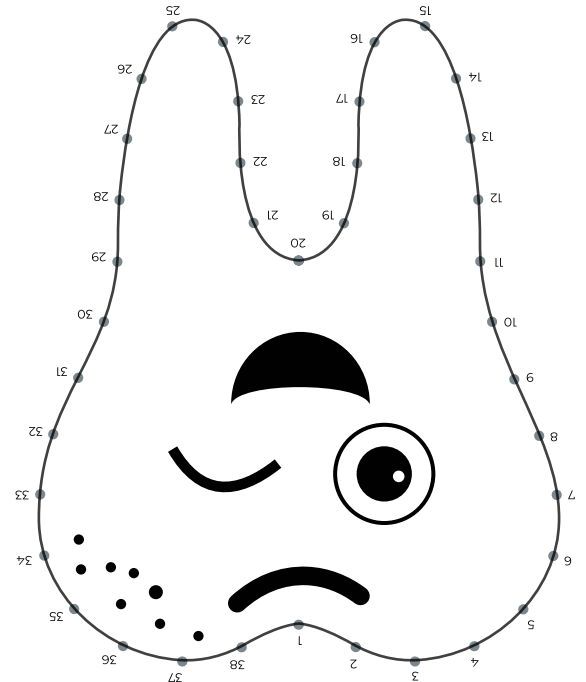
QEUALP ← PLAQUE

SHUBR ← BRUSH

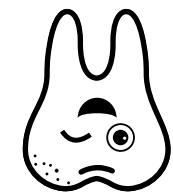
TDNEITS ← DENTIST

E	T	S	A	P	H	T	O	O	T
Y	D	O	S	C	A	V	I	T	Y
C	L	E	A	N	M	E	P	O	H
S	F	L	N	I	B	F	S	Q	T
D	B	I	E	T	R	L	U	C	L
E	A	M	V	A	I	O	H	E	A
C	I	S	C	H	L	S	F	R	E
A	T	U	S	P	O	S	T	M	H
Y	S	R	M	X	G	U	M	S	A
T	O	O	T	H	S	U	R	B	L

Word Search



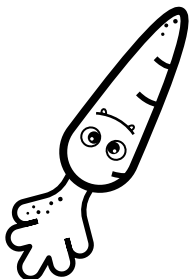
Connect the Dots



Row three:



Row two:



Row one:

Complete the Pattern



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Office of Dental Health

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