

Dental health- Looking after your teeth

Hello. We're from the Healthy Together team, and we're going to talk to you today about how you can look after your teeth.

It's really important to look after your teeth because if you do it properly from now, they can last you for your whole life.

So why do we brush our teeth?

We brush our teeth to stop them from rotting and turning black with decay.

We brush them to keep our teeth clean, looking nice and all white and shiny.

And we brush our teeth to stop us from having smelly breath.

Brushing twice a day can keep our breath fresh and minty.

So when should we brush our teeth?

We should brush our teeth twice a day, once in the morning and last thing before we go to bed.

It's really important that we brush our teeth before we go to sleep.

If you have anything to eat or drink, like a glass of milk and a biscuit, before bed, make sure you brush your teeth after you've eaten and after you've had your drink.

If you forget to brush your teeth at night, then germs will stay in your mouth for the whole night and we don't want that, do we?

Some foods are bad for our teeth like foods with lots of sugar in.

Foods like sweets, chocolate and cake as well as fizzy drinks should be avoided, especially at night time.

We're not saying that you should never have those things, because it will be very sad if we couldn't have them at all. But just to watch how many you have and to have them as a special treat every so often.

So what happens if we don't brush our teeth?

Well, they might decay, which means they'll look brown or black and may get rotten.

You may get holes in your teeth, which will need filling up by the dentist.

Your teeth might also hurt, which wouldn't be nice for you, or they may fall out, which will make it harder for you to eat all of your favourite things.

So how do you brush your teeth?

You just need a pea sized amount of toothpaste on your toothbrush. If you use any more, it will be a waste.

Everyone should have their own toothbrush and you shouldn't share toothbrushes with anyone, not even brothers and sisters, because you'll be sharing germs as well as your toothbrush.

You should brush all of your teeth for two minutes in circular motions front and back.

You can ask an adult to check how long two minutes is or you can use a timer.

After you have brushed your teeth, remember to just spit and don't rinse. This makes sure there is a protective film of toothpaste left on your teeth.

Did you know that you have 20 baby teeth, which will start falling out when you're about six years old?

Everyone is different though. So if you haven't lost any teeth yet, don't worry. This is perfectly normal and your adult teeth will grow in their place when they are ready.

By the time you're an adult, you have 32 teeth.

These teeth have to last you for the rest of your life which is a very long time, so that's why it's so important to look after your teeth right now.

If your teeth ever start to hurt, make sure you tell an adult so they can take you to a dentist who can help you.

At the moment, due to Coronavirus, dentists aren't seeing as many people as they normally would. But when things go back to normal, you should visit the dentist twice a year so they can check that you have a healthy mouth and healthy teeth.

Remember our top tips for brushing your teeth from before?

Brush your teeth for two minutes twice a day and spit, don't rinse at the end.

Thank you for listening today. We hope we've helped you to understand why looking after your teeth is such an important thing to do.