

# ORAL HEALTH

## WHY LOOKING AFTER MY CHILD'S TEETH IS IMPORTANT

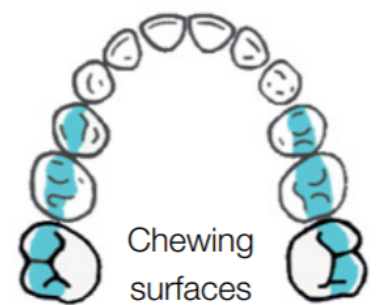
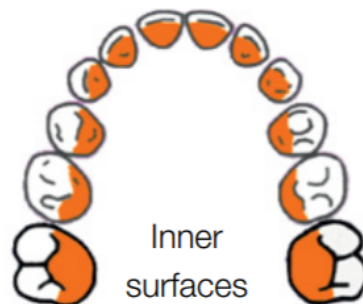
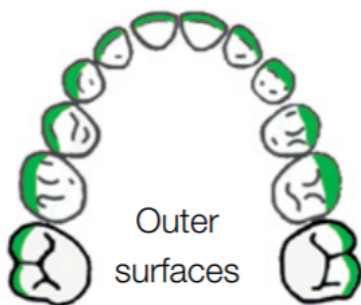
- A child with bad teeth might also have crooked teeth when the adult teeth grows.
- A child with good teeth will be able to speak properly and have self-confidence.

## HOW TO BRUSH MY CHILD'S TEETH

Your child needs to brush his teeth twice a day, once in the morning and once before he sleeps at night.

It is important to guide your child when he brushes his teeth till he is 7-9 years old

1. Be systematic
2. Divide the upper and lower jaws into three segments each
3. Brush all surfaces of a tooth



## TOOL TIPS

### Toothpaste

If your child has not learnt how to spit yet: Use fluoride-free toothpaste or children toothpaste.

Can spit: Use adult toothpaste. Use only a little toothpaste for children below 6 years old and increase to pea-sized after they turn 6.

### Toothbrush

Change toothbrushes every 3-6 months. Worn-out toothbrushes do not clean teeth well and may hurt gums.

## ACTIVITY TIME

### Brush Your Teeth

Draw a picture of a mouth with teeth. Shade the teeth using a pencil and have your child erase the black stains away. This can help them to understand the effects of brushing their teeth.