

Youth Health Bulletin



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THIS MONTH'S TOPIC: TAKING CARE OF YOUR TEETH



Wally Cat brushes his teeth at least 2 times a day! Do you? Did you know that having strong, healthy teeth can help you chew the right foods to help you grow, help you speak clearly and help you look your best? Taking care of your teeth is very important because you want them to last a very long time.

Long ago, people did not know how important it was to take care of their teeth. Because they did not take care of their teeth, many of them would have pain in their teeth and would have to get their painful teeth pulled. People did eventually learn that it was important to clean their teeth, but they did not have toothpaste. Instead, people made their own toothpaste out of different things.

People sometimes used the following things to clean their teeth:

- Ground up chalk or charcoal
- Lemon juice
- Ashes

Continued on the back 



Take your time brushing.

Spend at least 2 or 3 minutes each time you brush.

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I'm
SUPPOSED
to BRUSH
with
WHAT?!?



What does your toothpaste taste like?

Fun Fact: The first toothbrush was invented over 500 years ago by the Chinese. It did not become popular in the United States until World War II when soldiers were instructed to brush their teeth 2 times a day.

Follow these tips for healthy teeth:

- Brush at least twice a day — after breakfast and before bedtime. If possible, also brush after lunch and after eating sweet snacks.
- Brush ALL of your teeth, even along the sides and the back.
- Take your time brushing. Spend at least 2 or 3 minutes each time you brush.
- Use a tooth brush with soft bristles. The toothbrush package will have the word “soft” on it.
- Get a new toothbrush at least every 3 months.

- Learn how to floss — slip the floss between each tooth and along the gum line gently once a day. This gets rid of food hidden from the toothbrush.
- Brush your tongue to help keep your breath fresh.

It is important to visit the dentist twice a year to check for cavities and gum disease. You can also ask your dentist the correct way to brush your teeth if you do have a cavity.

SOURCE:

- Nemours Kidshealth. *Taking Care of Your Teeth*. October 2012 www.kidshealth.org
- American Dental Association <http://www.mouthhealthy.org/en/babies-and-kids/>

Word Scramble

BRHUS: _____
 EHETT: _____
 FLSOS: _____
 ICVAYT: _____
 UTOROHTBSH: _____
 ISMEL: _____

ANSWERS: Brush, Teeth, Floss, Cavity, Toothbrush, Smile



meet your
teeth's
2 best
friends!

Youth
Health Bulletin

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