

Keep Yourself **healthy**



a guide to a healthy mouth

This booklet will tell you how to keep your teeth and gums healthy.



If you do, you'll have a healthy, happy smile for life!

Why do you need your teeth?



Teeth help you eat food properly.



Chewing food is difficult without teeth.
You might not be able to eat your favourite things any more.



You need your teeth so you can talk clearly.



If you have no teeth, people will find it harder to understand what you're saying.

Teeth also make you look good



Everyone likes to see a nice healthy smile.

Here are some teeth that haven't been looked after.



They don't look good do they?

Bad teeth can give you toothache...



they might fall out...

and give you bad breath!

Remember, looking after your gums is important too!



Healthy gums stop your teeth from falling out. Cleaning your teeth helps keep your gums healthy.



If your gums are not kept clean they can get red, swollen and sore. They might bleed when you brush your teeth and make your breath smell bad. Your teeth could even fall out!

What happens if you don't clean your teeth?



If you don't brush your teeth and gums in the morning and at night, nasty stuff called plaque sticks to them! You can see it in the picture above.



If you don't clean this stuff off, germs will grow in it. They will make your teeth and gums bad.

So how do you keep your teeth and gums healthy?



It is very important to brush your teeth when you get up in the morning and before you go to bed at night.



Your dentist will tell you the best way to clean your teeth and gums. They will also tell you the best toothbrush and toothpaste to use.

Smoking is bad for your teeth too.



Smoking is bad for you in lots of ways, but it can also make your teeth go a horrible brown colour, and make your breath smell like an ashtray!

What you eat also helps to keep your teeth healthy.

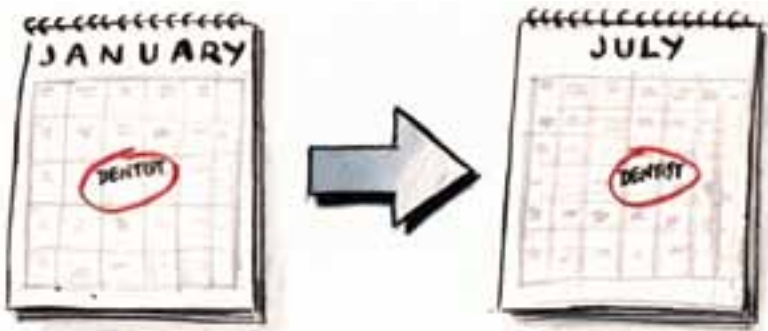


**A snack of fruit or sandwiches is better than sweets.
Drink milk or water instead of sugary drinks.**



If you like sweet foods, have them at the end of a meal, for your pudding!

Visit the dentist regularly.



You should visit the dentist every six months, to check that your teeth and gums are still healthy!



You can get help to go to the dentist from your family, friends, support workers or community nurses.

Don't worry about going to the dentist.

Some people are scared of going to the dentist. Tell somebody what makes you scared or worried and talk it over with the dentist.



If you have looked after your teeth well the dentist will tell you you have done a good job.

So remember – if you keep your teeth and gums healthy they should last all your life!



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