



**Why do we  
have teeth?**

**Our teeth are special,  
we need them to help us  
do many things.**

**What do we need  
our teeth for?**





We need our teeth to **eat**  
We need our teeth to **smile**  
We need our teeth to **talk**

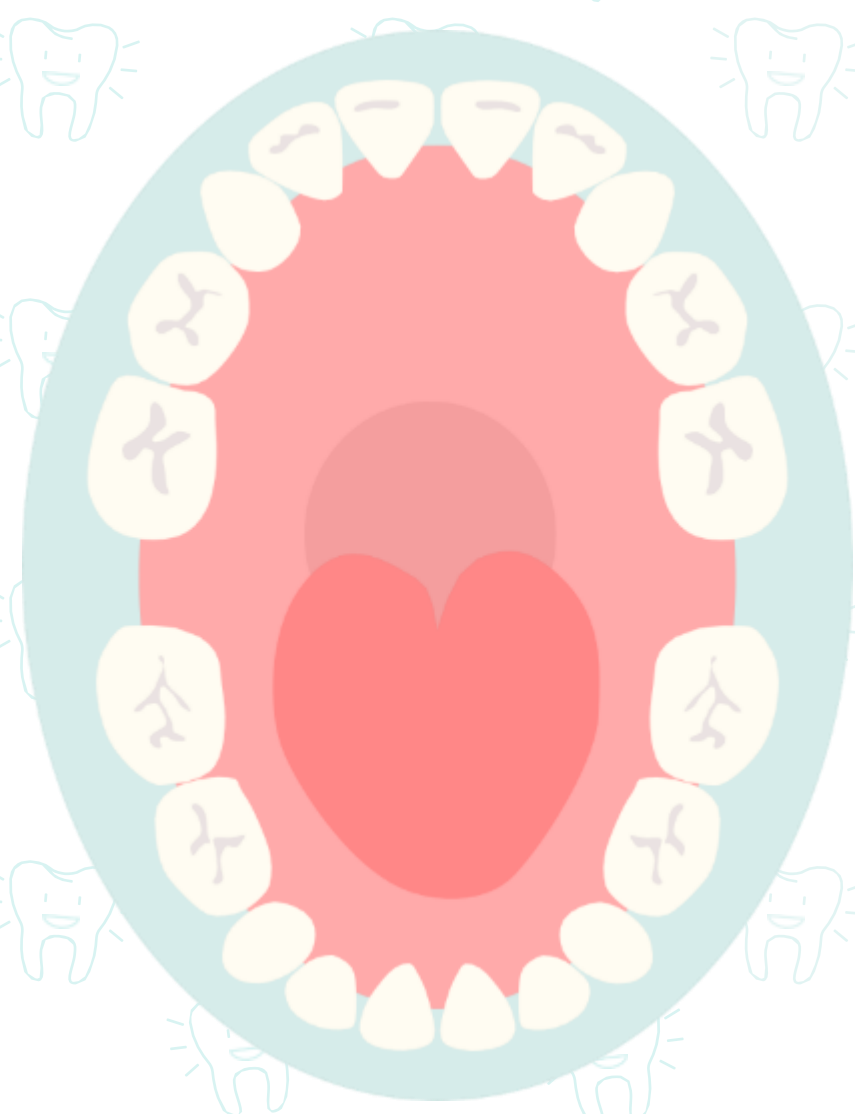


**How many  
teeth do  
you have?**





Let's  
count  
together





You should  
have 20 teeth

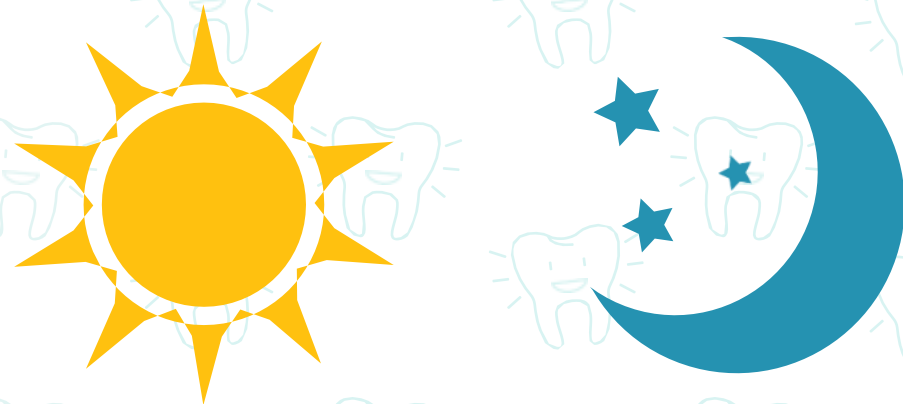
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It's important  
to look after  
these teeth

Do you know  
how we look after  
our teeth?

We should brush our teeth for **two minutes**, when we **go to bed** and **one other time** during the day.







We use a **pea sized**  
amount of toothpaste



Then we brush every tooth, and the gumline too, making tiny circles with the toothbrush. First brush the outside of the teeth, both top and bottom





Brush the inside of  
all the teeth and then the  
biting surface of every tooth.  
It's important that we take  
our time and make sure  
we do it properly.



Then spit out the  
toothpaste.  
**DON'T** rinse your mouth,  
just your toothbrush

**Well Done!**

