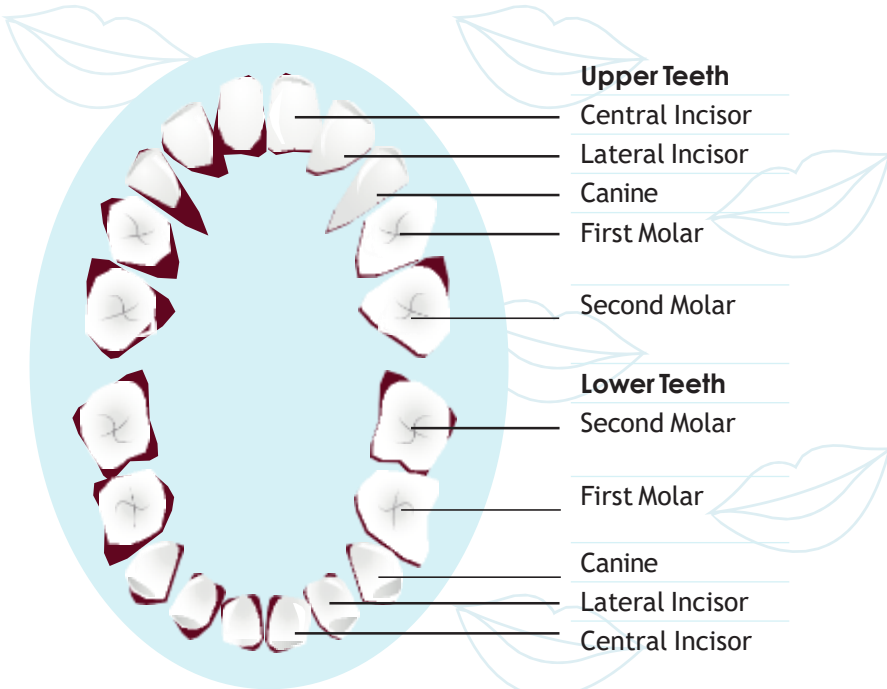




Our Smile

Our '**baby**' teeth start to come through (erupt) when we are around **6 months old**. We normally have 20 '**baby**' teeth by the time we are **2.5 years old**.





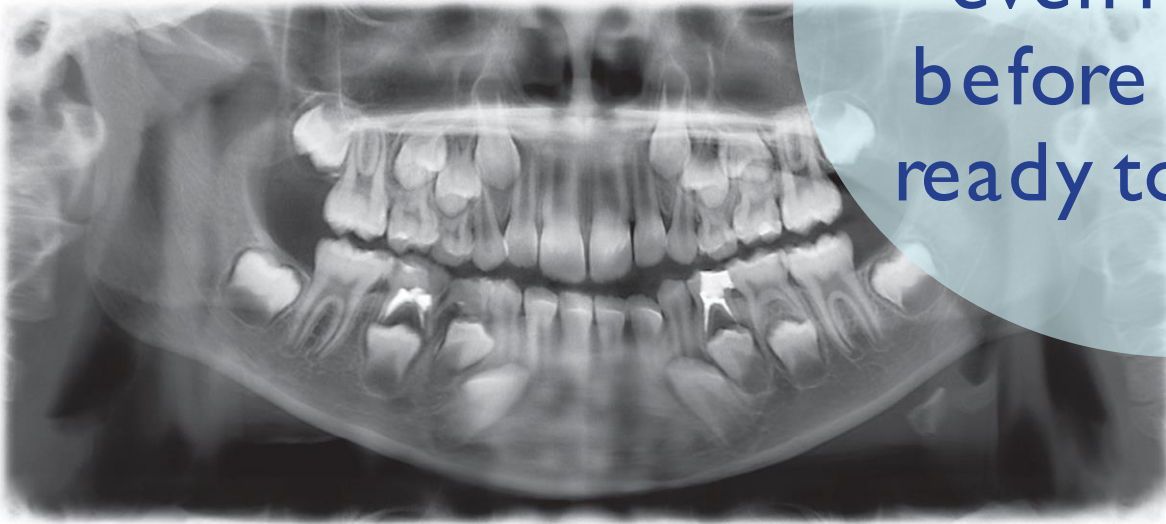
When we are about **6 years old**, or older, we start to get our **'adult'** teeth.



This normally starts with the teeth at the front of our mouths. Each one will become a little loose, then a bit **'wobbly'**.

This is because the **'adult'** teeth are growing underneath and pushing the **'baby'** teeth out of the way.

It can take many weeks or even months before they are ready to fall out.



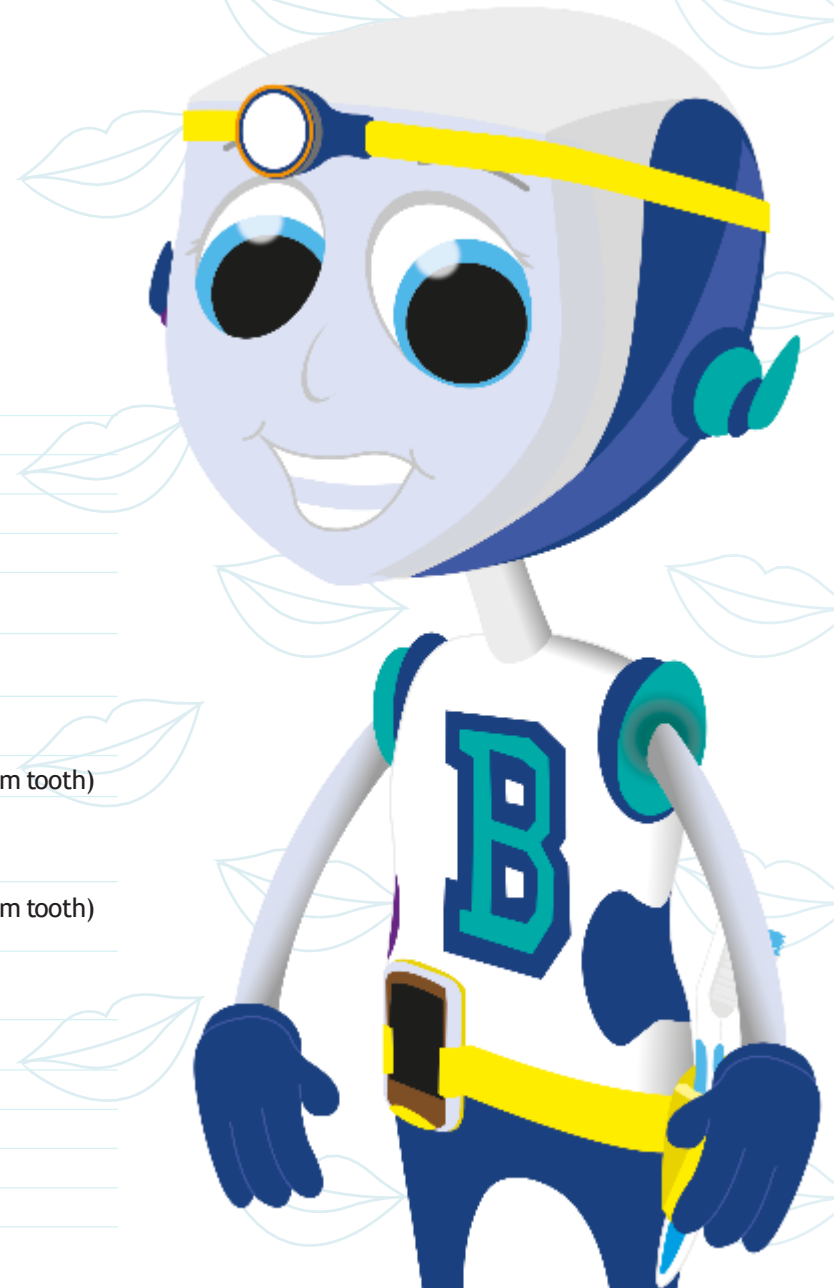
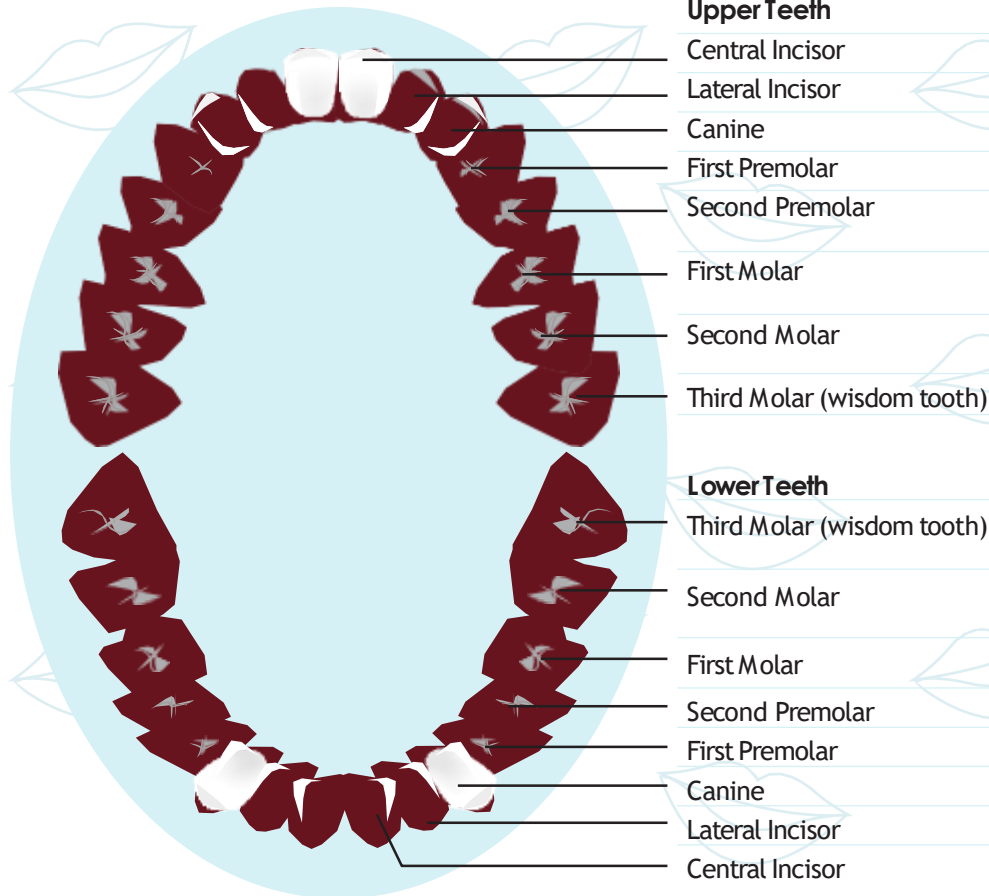


There is no reason to be worried about **wobbly teeth**, it just means that we are growing up.

Our **baby teeth** continue to wobble out until we are about **12 years old**, then we should have **28 teeth**.



We get **4 more molar teeth** later, anytime up to around **24 years old**, these are called **wisdom teeth**.





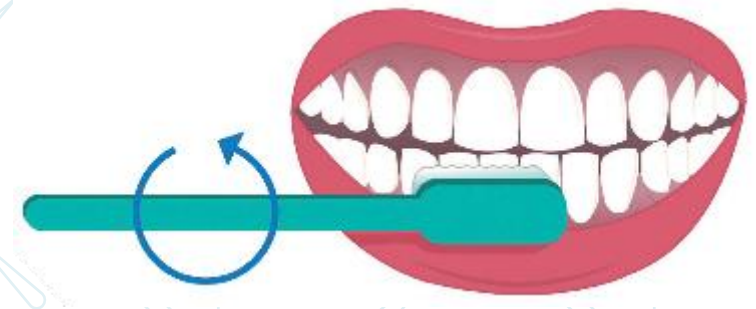
You should brush your teeth, last thing at night, and at least one other time during the day. This takes two minutes.

Use a **pea-sized** amount of fluoride toothpaste on your toothbrush.

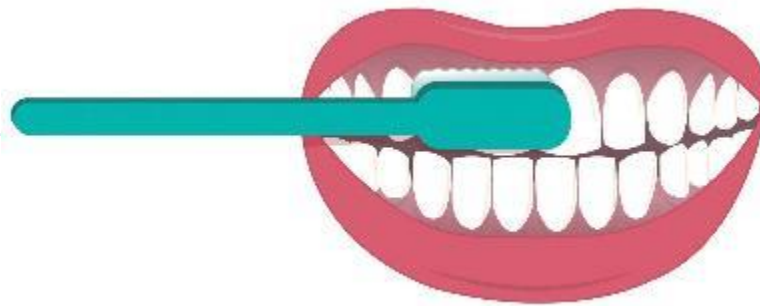


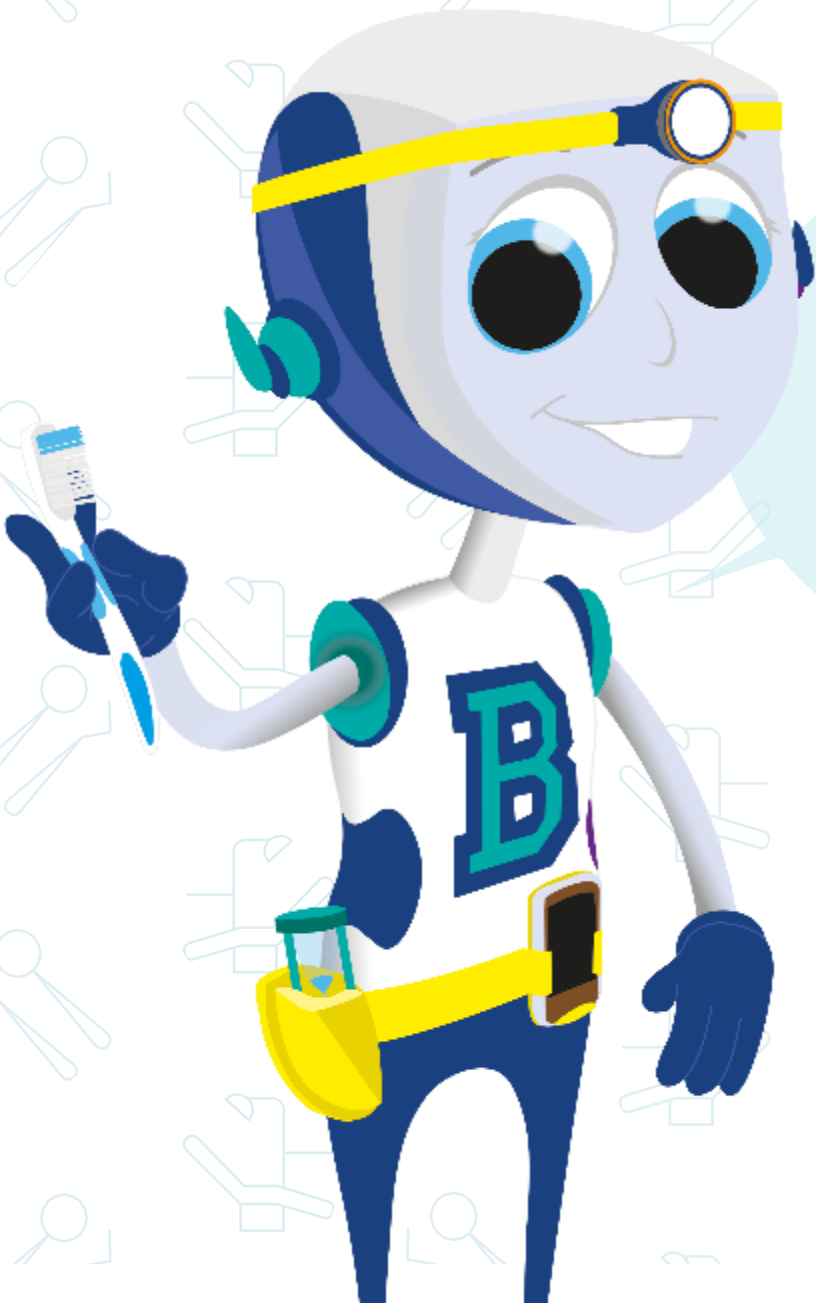


Place the bristles onto your teeth and **move the brush in small round movements**, making sure you brush where the tooth meets the gum.



Brush the outside surfaces of each tooth, remembering to brush where the tooth meets the gum.

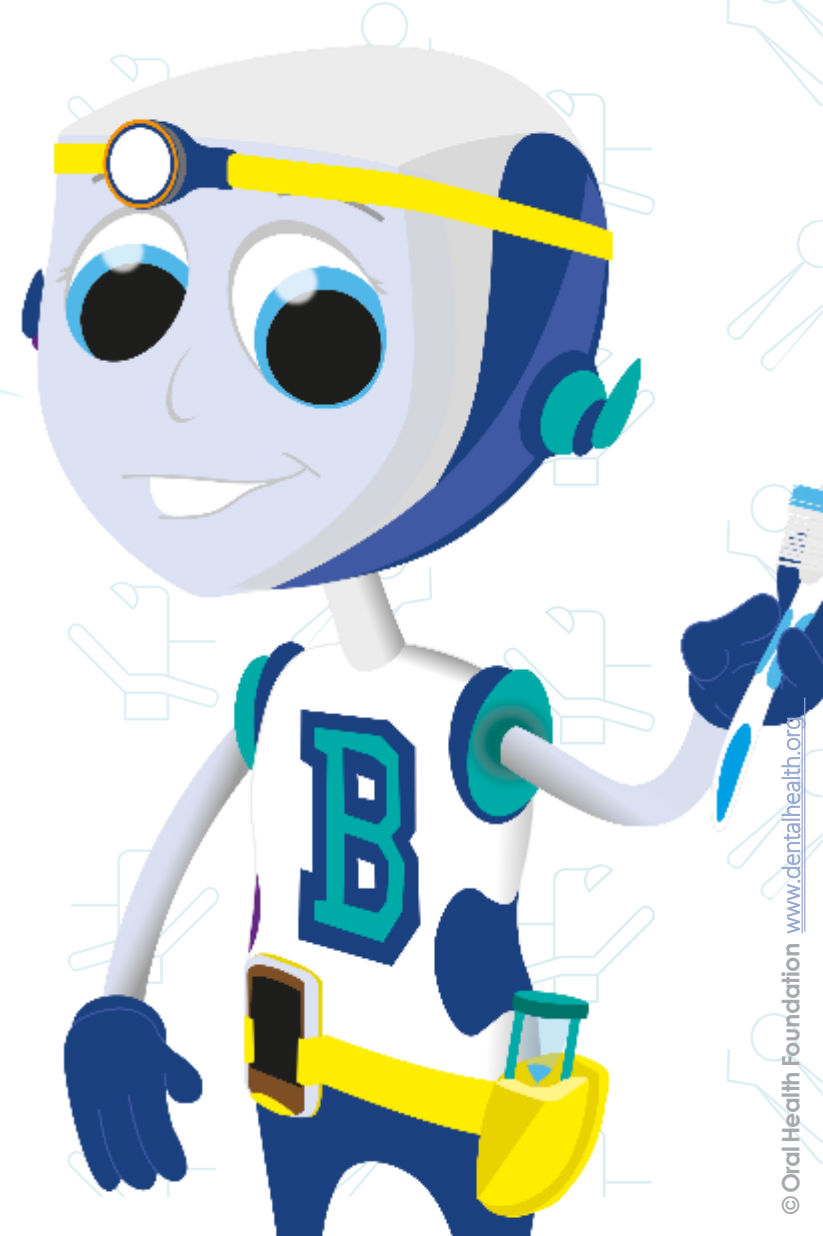




Brush the inside surfaces of each tooth. You can use the tip of the brush on the top and bottom front teeth.



Then brush the biting surface of each tooth
(every tooth has 5 sides and they all need cleaning).





Spit the toothpaste out and
don't rinse your mouth
out with water.



**Clean your toothbrush,
put it away and
...SMILE!**

