



NEBRASKA FAMILY DENTISTRY PRESENTS:
TAKING CARE OF MY MOUTH

ADULTS HAVE 32 TEETH.

I HAVE 20 BABY (PRIMARY) TEETH.
10 ON THE TOP AND 10 ON THE BOTTOM.



WHEN I AM 6 I WILL START LOSING MY BABY TEETH.

MY ADULT TEETH ARE GROWING
AND THEY WILL REPLACE MY BABY TEETH.

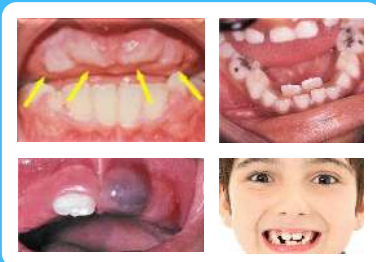
MY ADULT PERMANENT TEETH WILL STAY WITH ME FOREVER.
IT'S IMPORTANT TO TAKE CARE OF ADULT TEETH



© 2012 A child before losing baby teeth

MY ADULT TEETH WILL REPLACE MY BABY TEETH.

I WILL HAVE A COMBO OF ADULT
AND BABY TEETH FROM AGES 6-13.



IF I LOSE MY ADULT TEETH, I WILL NOT GROW NEW ONES.

I WILL NOT GROW ANY MORE TEETH
AFTER MY ADULT TEETH ARE IN.



EATING HEALTHY FOODS WILL HELP ME HAVE STRONG HEALTHY TEETH.

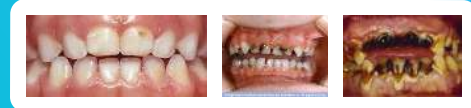
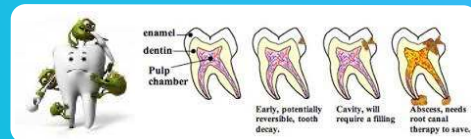
WHAT FOODS CAN HELP ME HAVE STRONG
HEALTHY TEETH?



CAVITY BUGS LIKE SUGAR AND USE IT TO MAKE CAVITIES IN TEETH.

A CAVITY IS A SOFT SPOT IN A TOOTH CAUSED BY BACTERIA.

IF YOU DO GET A CAVITY, A DENTIST WILL FIX IT



NIGHT TIME IS THE MOST IMPORTANT TIME TO BRUSH MY TEETH.

A PARENT CAN CHECK MY BRUSHING AND HELP ME FLOSS UNTIL I AM 8 y.o. OR I CAN BRUSH ALONE.

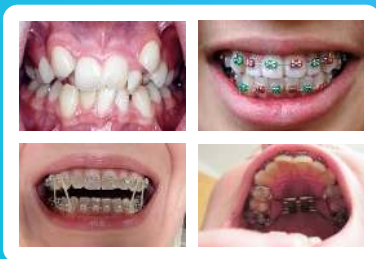


A DENTIST CLEANS AND DENTAL HYGIENIST HELP ME CLEAN AND POLISH MY TEETH

CALCULUS OR TARTAR BUILD UP THAT DOES NOT BRUSH OFF.



A SPECIAL DENTIST CAN HELP ME HAVE STRAIGHT TEETH
ADULT TEETH WITHOUT CROWDING ARE EASIER TO CLEAN AND HEALTHIER.



I WANT TO STOP SUCKING MY THUMB OR FINGERS BY AGE 5.

THUMB SUCKING WITH MY ADULT TEETH CAN CHANGE MY BITE AND MAKE IT DIFFICULT TO SPEAK AND EAT.



KIDS WHO BITE THEIR NAILS GET MORE BAD BACTERIA AND GET SICK MORE OFTEN.

REMEMBER TO BITE YOUR NAILS LESS AND YOU'LL GET SICK LESS.

STRONG HEALTHY TEETH CAN BE WORN DOWN BY NAIL BITING.



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