

CAPTAIN SUPERTOOTH AND TOMMY TOOTH

ORAL HEALTH DEFENDERS!



THIS BRUSH CHART BELONGS TO:



ORAL HEALTH CHART

BRUSH TWICE A DAY & FLOSS ONCE A DAY!	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
MONDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
TUESDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
WEDNESDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
THURSDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
FRIDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
SATURDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS
SUNDAY	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS	BRUSH	FLOSS

Delta Dental of Oklahoma
ORAL HEALTH
FOUNDATION



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THE PAIN AND COST OF CHILDHOOD CAVITIES CAN BE PREVENTED!



You can make a powerful difference in the oral health of your child by:

- 1) Having your child brush at least twice a day with fluoride toothpaste
- 2) Helping your child floss once a day
- 3) Taking your child to the dentist for checkups every six months

The most effective way to teach good oral health habits is to brush and floss with your child. The diagrams on this page demonstrate proper brushing and flossing practices.

Post the oral health chart found on the other side of this sheet in a prominent place where your child can color in each box each time he or she brushes and flosses. Come up with a special (sugar free!) reward for completing the whole month of brushing.

The real reward is a healthy smile for a lifetime!



VISIT

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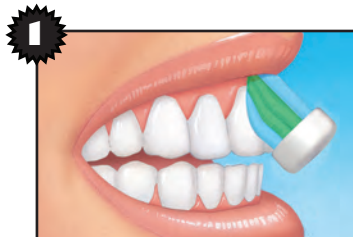
Resources for parents and teachers
Fun, educational activities for children

Details about the Captain Supertooth Dental Education Program

Parent/guardian signature _____

TRY DEMONSTRATING THESE METHODS FOR YOUR CHILD AS YOU BRUSH AND FLOSS TOGETHER

BRUSHING!



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & circular motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & circular motion along all of the inner tooth surfaces.

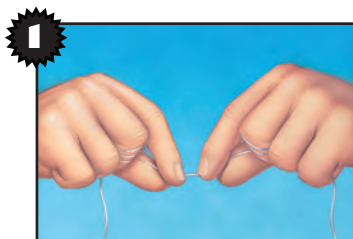


Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

FLOSSING!



Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.