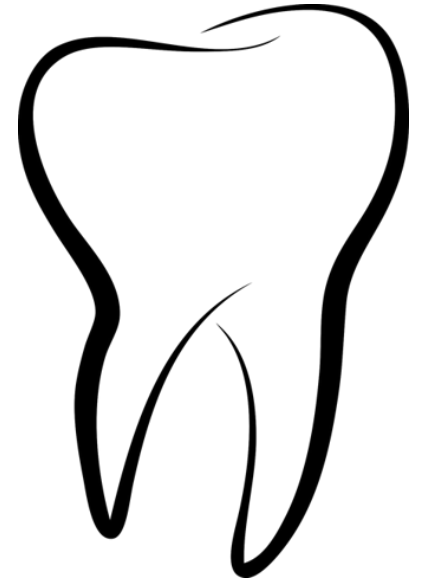


# YOUR SMILE MATTERS



# Acknowledgements

---

This PowerPoint presentation was created by Jocelyn Ortiz, B.A  
and Dalila Georgestone, MPH

Special thanks to Lauri Kim, D.D.S, M.S.D for reviewing and editing  
this work.

**WHO LIKES TO  
PLAY GAMES?**

**TRUE OR  
FALSE:**

You should brush your teeth once a day.

**FALSE**

It is recommended to brush your teeth two times a day (morning and night).

# TRUE OR FALSE:

You should brush your teeth for two minutes.

# TRUE

It is recommended to brush your teeth for two minutes including your tongue.

Source: <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

**TRUE OR  
FALSE:**

The correct way to brush your teeth is from side to side.



# TRUE

Brush side to side at the gumline in short, back and forth strokes. This helps to brush in the pockets between the gums and the teeth.

**TRUE OR  
FALSE:**

It is recommended you go to the dentist every six months.

# TRUE

It is important to visit the dentist every six months regardless if you are not experiencing any pain.

**Source:** <https://www.mouthhealthy.org/en/dental-care-concerns/questions-about-going-to-the-dentist>

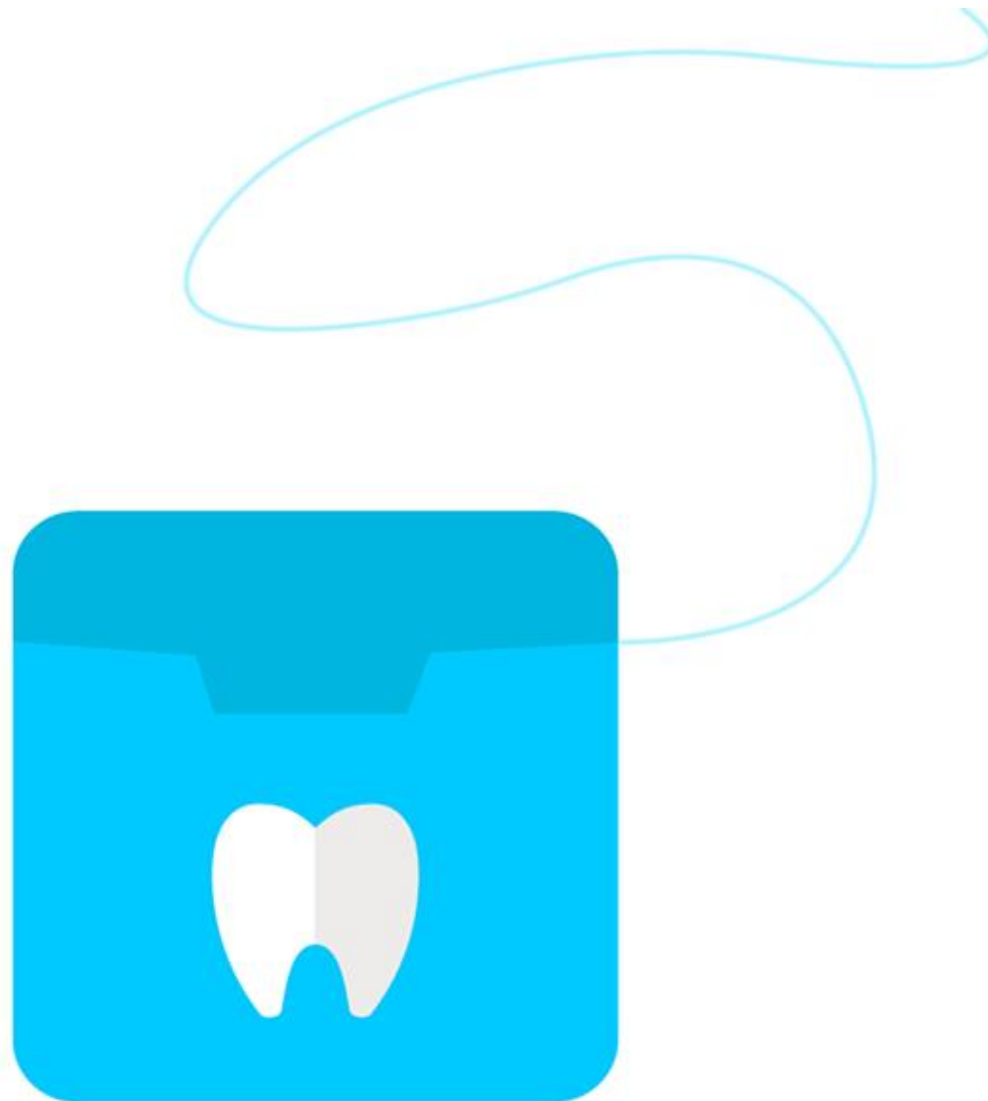
**TRUE OR  
FALSE:**

You should brush first and then floss.

**FALSE**

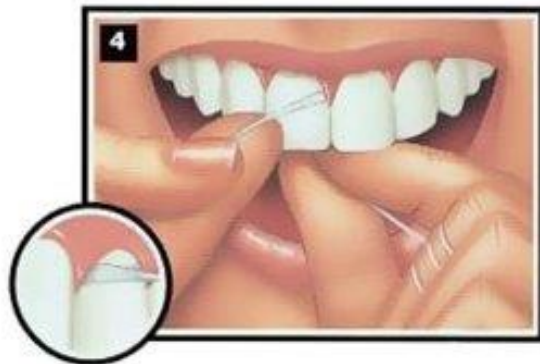
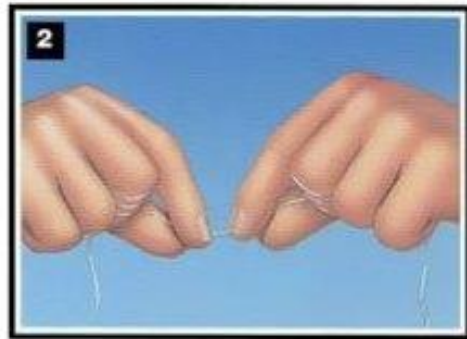
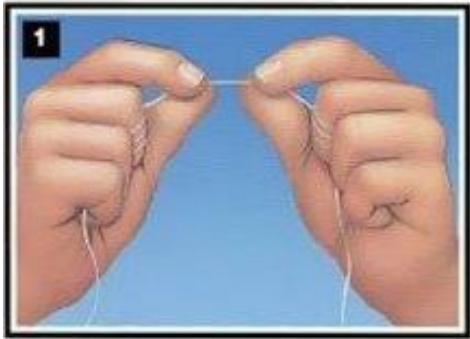
It is important to floss first, then brush your teeth.

# FLOSSING



# FLOSSING

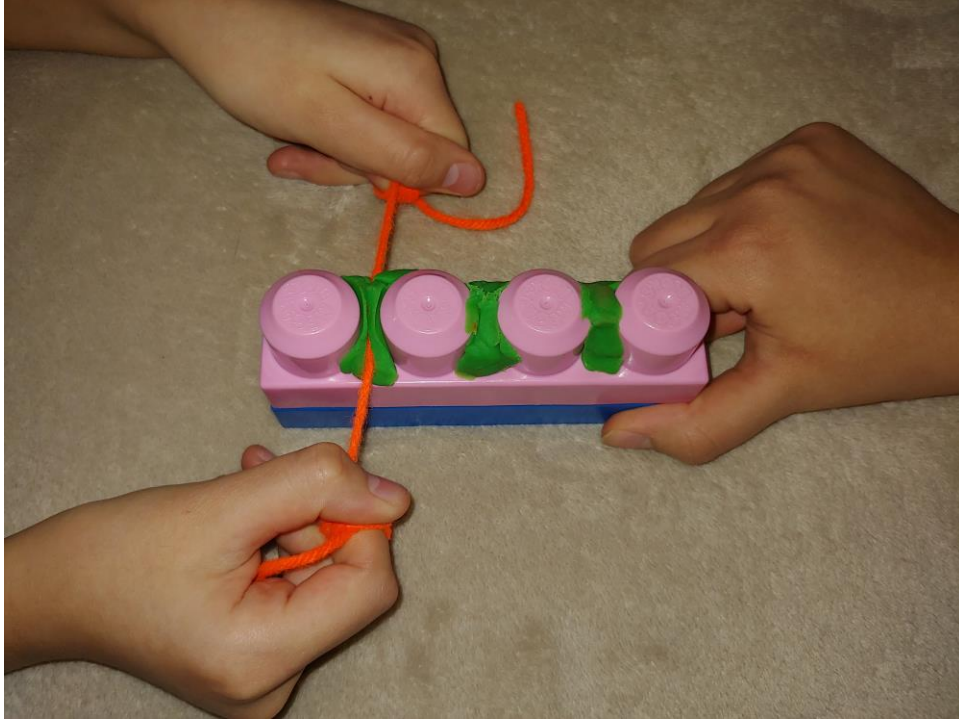
- Floss before brushing
- Cleaning between your teeth may help prevent **cavities** and [gum disease](#).
- Cleaning between your teeth helps remove a sticky film called [plaque](#).
- Plaque contains bacteria that feeds on leftover food or sugar in your mouth.



Source: <https://www.mouthhealthy.org/en/az-topics/f/flossing>

# FLOSSING ACTIVITY

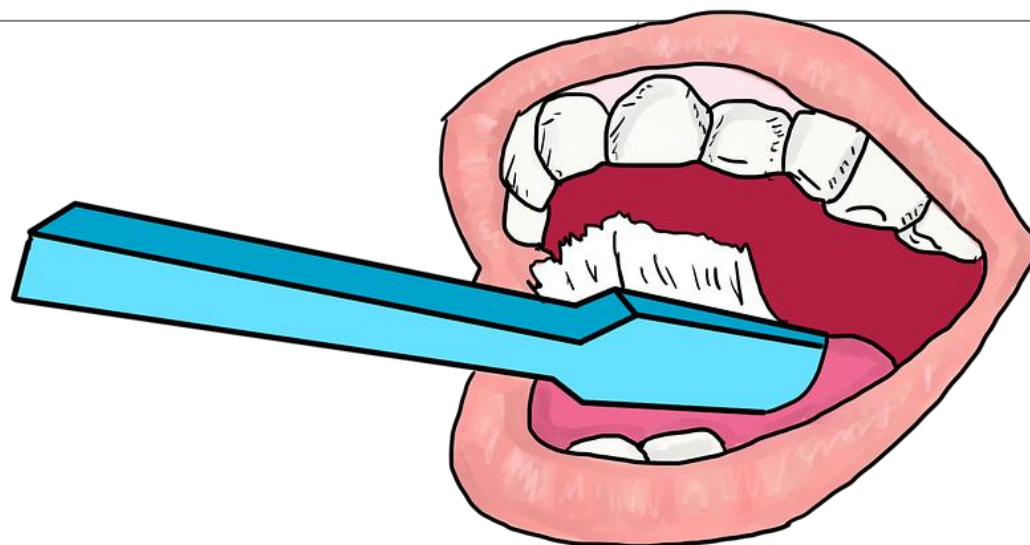
---



- Great activity to teach flossing
- Use the materials: Lego block/Mega blok or egg carton and playdoh
- One partner will hold the block, while the other flosses.
- Each will take a turn flossing.



# BRUSHING





# BRUSHING

---

- Should be done **twice** a day (morning & night).
- Brush for **two minutes**.
- Brush side to side at the gumline in short, back and forth strokes. This helps to brush in the pockets between the gums and your teeth.
- Use a **soft bristle toothbrush**.
- Use toothpaste with **fluoride** and look for the **ADA Seal of Approval**.

**Image from:** Johnson, S., Makaryan, L., Gonzales, R., & Lee, M. [Web Image]. (2018, October 19). Brushing and Flossing for Healthy Teeth. Retrieved December 21, 2020 from <https://mydentistburbank.com/blog/brushing-flossing-healthy-teeth/>

**Source:** <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

# AMERICAN DENTAL ASSOCIATION (ADA) SEAL OF APPROVAL

---

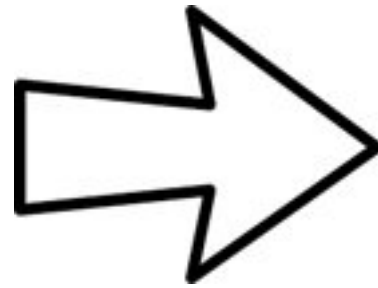


Image from: ADA Seal of Acceptance. (n.d.). [Web Image]. <https://www.listerineprofessional.com/products/oral-care-routine/ada-seal-of-acceptance>

Image from: Colgate Cavity Protection - Regular - 150ml [Web Image]. (n.d.). <https://world.openfoodfacts.org/product/0058000313262/colgate-cavity-protection-regular>



**Pea Size**

# Amount of Toothpaste

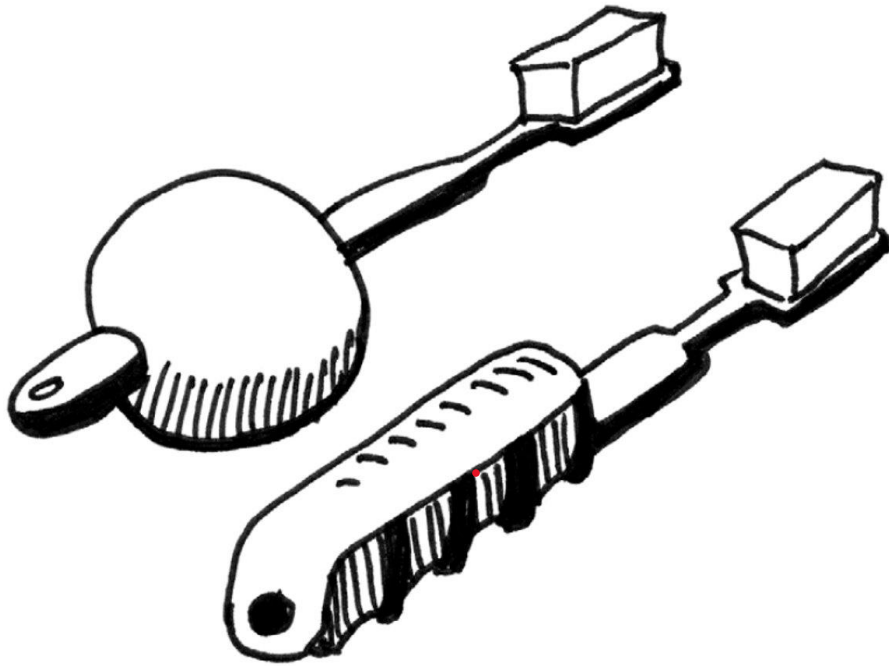
---

**Image from:** American Dental Association (ADA). (n.d.-b). *Healthy Habits* [Web Image]. Mouth Healthy. <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

**Image from:** Widjaya, Amanda. (n.d.). *Toothpaste* [Web Image]. <https://thenounproject.com/term/toothpaste/63323/>

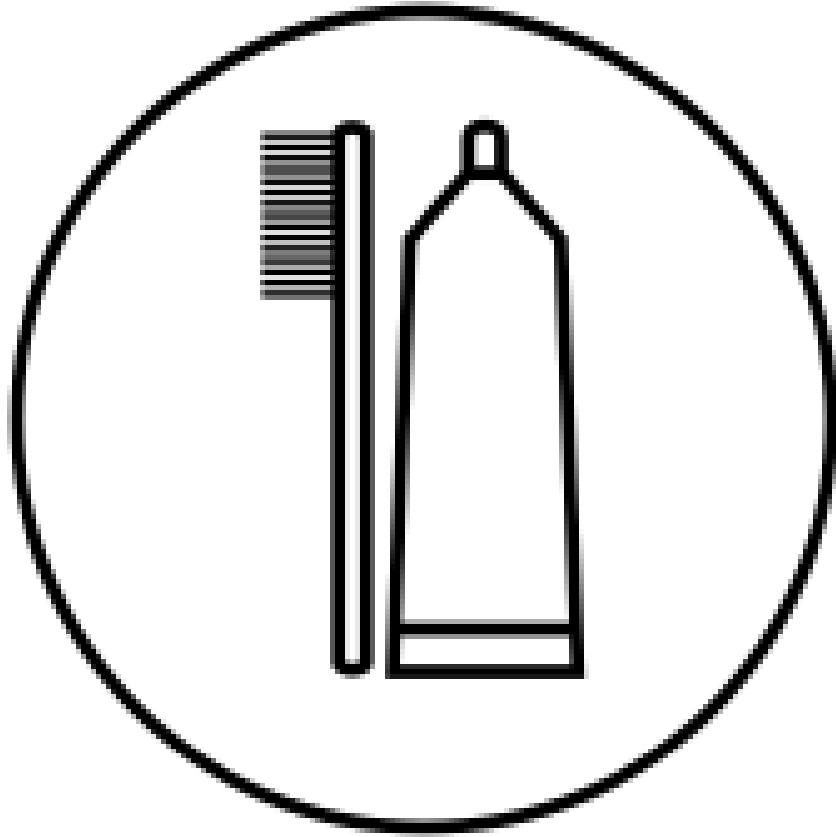
# How do you hold a toothbrush?

---



- There are many options when it comes to adapting a toothbrush for your use.
  - For example:
    - Tennis Ball
    - Electric Toothbrush
    - Hand Towel
    - Foam Roll
    - Bicycle grip handle
  - Why is it helpful?
    - Easier to grip and hold

(South Carolina Department of Health and Environmental Control, n.d)



# How do you brush?

---

**Image from:** Image from: Fahmionline. (n.d.). *Brush Teeth* [Web Image]. <https://thenounproject.com/term/brush-teeth/1704231/>



# WHERE CAN YOU BRUSH AND FLOSS?

---

Choose a place where you feel comfortable brushing and flossing your teeth such as:

- Bathroom
- Living room
- Outside (backyard)

If the space where you brush your teeth bothers you find a more comfortable space

- For example:
  - Too bright; too dark
  - Too loud

# VISITING YOUR DENTIST

---



- Be honest with your dentist about how you are feeling about the visit.
- Ask questions regarding your visit.
  - For example: What will happen? Length of time? Treatment being done?
- Identify a signal that you can communicate to your dentist if you need a break or in pain.
  - For example: Raise your hand
- Make sure the dentist knows the signal!
- Bring something that you can hold

Source: <https://www.mouthhealthy.org/en/az-topics/a/anxiety>


























































































































October 2020



# KEEPING TRACK OF YOUR BRUSHING & FLOSSING

- Daily reminder to:
  - Brush teeth twice a day
  - Floss once a day.
- Create a prize to reward yourself

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	2  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> WORLD SMILE DAY	3  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> LOOK AT THE LEAVES DAY
4  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	5  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	6  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> MAD HATTER DAY	7  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	8  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	9  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> CURIOUS EVENTS DAY	10  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> WORLD MENTAL HEALTH DAY
11  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	12  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> COLUMBUS DAY	13  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	14  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	15  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	16  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> LEARN A WORD DAY	17  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> SWEETEST DAY
18  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	19  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	20  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	21  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	22  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	23  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	24  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> UNITED NATIONS DAY
25  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	26  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	27  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	28  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	29  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	30  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	31  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> HALLOWEEN

Check off each of the 2 boxes every time you brush. Make it a habit for a great smile!



Image and source from: <https://www.mouthhealthy.org/en/resources/activity-sheets/brushing-calendar-2021>

# SUMMARY





# TWO/TWO/TWO RULE

- Brush your teeth two times a day
- Brush teeth for two minutes
- See dentist two times a year (every 6 months)
- AND it is important to floss once a day!

Image from: De La Cruz, M. (n.d.). *Flossing*. [Web Image]. <https://thenounproject.com/term/flossing/2171700/>

Image from: *Morning and Night Clip Art*. (n.d.). [Web Image]. ClipArt Best. <http://www.clipartbest.com/clipart-9cp67begi>

Image from: *Dental Hygienist*. (n.d.). [Web Image]. <http://clipart-library.com/clipart/1018883.htm>

THANK YOU  
FOR YOUR  
PARTICIPATION!



# REFERENCES

---

- ADA Seal of Acceptance. (n.d.). [Web Image]. <https://www.listerineprofessional.com/products/oral-care-routine/ada-seal-of-acceptance>
- American Dental Association (2019). Brushing Your Teeth – Mouth Healthy. Retrieved from <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>
- American Dental Association (2019). Dental Anxiety – Mouth Healthy. Retrieved from <https://www.mouthhealthy.org/en/az-topics/a/anxiety>
- American Dental Association. (n.d.). *Download a 12-Month Brushing Calendar - American Dental Association*. Mouth Healthy. <https://www.mouthhealthy.org/en/resources/activity-sheets/brushing-calendar-2021>
- American Dental Association (2019). Flossing - Mouth Healthy. Retrieved from <https://www.mouthhealthy.org/en/az-topics/f/flossing>
- American Dental Association (2019). Glossary of Dental Clinical and Administrative Terms. Retrieved from <https://www.ada.org/en/publications/cdt/glossary-of-dental-clinical-and-administrative-terms>
- American Dental Association (ADA). (n.d.). *Healthy Habits* [Web Image]. Mouth Healthy. <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>
- Colgate (n.d) Oral Health Dental Glossary. Retrieved from <https://www.colgate.com/en-us/oral-health/dental-glossary>
- Colgate Cavity Protection - Regular - 150ml [Web Image]. (n.d.). <https://world.openfoodfacts.org/product/0058000313262/colgate-cavity-protection-regular>
- De La Cruz, M. (n.d.). *Flossing*. [Web Image]. <https://thenounproject.com/term/flossing/2171700/>
- Dental Hygienist. (n.d.). [Web Image]. <http://clipart-library.com/clipart/1018883.htm>
- Fahmionline. (n.d.). *Brush Teeth* [Web Image]. <https://thenounproject.com/term/brush-teeth/1704231/>
- Higuera, V. (2019, December 16). *Is it Best to Floss Before or After Brushing Your Teeth?* Healthline. <https://www.healthline.com/health/dental-and-oral-health/floss-before-or-after-brushing>
- Johnson, S., Makaryan, L., Gonzales, R., & Lee, M. [Web Image]. (2018, October 19). Brushing and Flossing for Healthy Teeth. Retrieved December 21, 2020 from <https://mydentistburbank.com/blog/brushing-flossing-healthy-teeth/>
- Morning and Night Clip Art*. (n.d.). [Web Image]. ClipArt Best. <http://www.clipartbest.com/clipart-9cp67begi>
- South Carolina Department of Health and Environmental Control, Division of Oral Health [SCDHEC]. (n.d.). Adapting a Toothbrush. Retrieved from <https://scdhec.gov/sites/default/files/Library/CR-010418.pdf>
- Teaching Your Child To Floss [Image]. (2020, September 01). Retrieved December 21, 2020 from <https://starsmilez.com/teaching-your-child-to-floss/>
- University of Maryland School of Dentistry. (n.d.). Healthy Smiles for Autism. Retrieved from [http://dentaletc.umaryland.edu/odar/health\\_smiles\\_for\\_autism.pdf](http://dentaletc.umaryland.edu/odar/health_smiles_for_autism.pdf)
- Widjaya, Amanda. (n.d.). *Toothpaste* [Web Image]. <https://thenounproject.com/term/toothpaste/63323/>