Brushing Up

Get A Clue

The answers to these questions about proper brushing and flossing can be found in the Word Search

Brushing

- It comes in many types and flavors and you use it with a toothbrush: __________________________

- Brush at least this many times each day: ________________

- When brushing, use a toothbrush with this type of bristles: ___________________________

- When brushing properly, you should plan to get a new toothbrush after this many months: ________________

- When choosing toothpaste, make sure it contains this material that keeps teeth strong and protects them from cavities: __________________________

- Brushing removes bacteria that causes this destruction of tooth structure: ________________

- Brushing twice a day is a good way to prevent these: ______________________________________

Flossing

- What is a thread-like material used to clean between the contact areas of teeth; part of a good daily oral hygiene plan: ________________

- The best floss is made of this material: __________________________

- Enough dental floss is sold each year in the U.S. to stretch from here to the moon this many times: ________________

- By flossing, you remove particles of this from between your teeth: __________________________

- Floss can also be used to remove this colorless, sticky film composed of undigested food particles mixed with saliva and bacteria that constantly forms on the teeth: __________________________

- Dental floss is best handled when wrapped between two of these: __________________________

- Proper flossing practice means going from the top of the teeth down to where: ________________

Answers: Brushing - Toothpaste, Two, Set, Three, Floss; Flossing - Wax, Four, Food, Plaque, Toothpaste

Ask Captain Supertooth

Delta Dental of New Jersey’s caped crusader for oral health care answers questions about brushing and flossing:

Why does Dad say that junk food will give me cavities?

Cookies, candy, cake and lots of other sweet foods are made with sugar. Many kids love foods made with sugar. But so do some bacteria! The bacteria in your mouth form plaque. Plaque sticks to your teeth and eats up sugar, just like you do. When plaque eats sugar, though, it makes acid. Acid attacks tooth enamel. Tooth enamel is the hard outside part of your tooth. Acid makes holes in your tooth enamel. These holes are cavities. That’s why it’s so important to brush your teeth. Brushing helps get rid of the sugar that makes acid. It also scrubs off the acid.

Why do I have to brush my teeth?

Back in the old days, most people didn’t have toothbrushes or toothpaste. Many people had terrible toothaches. The same people who cut hair also pulled out teeth. Fortunately, we now know that cavities and gum disease cause tooth pain. We also know the best way to prevent cavities is to brush at least twice a day.

How often should I brush my teeth?

Brush at least twice a day. You should brush for two minutes each time. That’s 120 seconds. Some kids use a kitchen timer or a bathroom clock to time how long they’ve brushed. Or, you could count to yourself: 1 MISSISSIPPI, 2 MISSISSIPPI, 3 MISSISSIPPI until you reach 120.

What is the best toothpaste?

The best toothpaste is one you will use. Your toothpaste should contain fluoride. Also, look for the ADA Seal of Acceptance on the label. Don’t use too much toothpaste. A blob the size of a pea is just right.

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