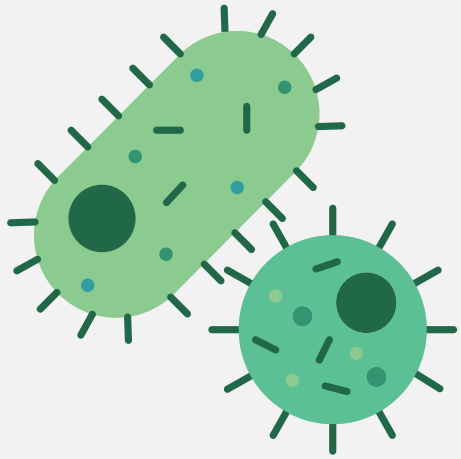
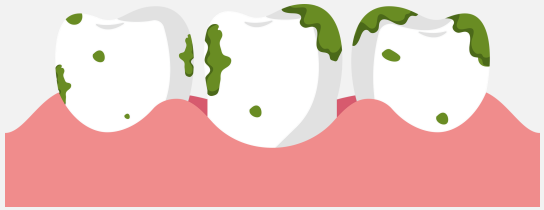
Keeping My Mouth Clean and Healthy

There are germs that live in everyone's mouth. I cannot see them, but they can make me sick.

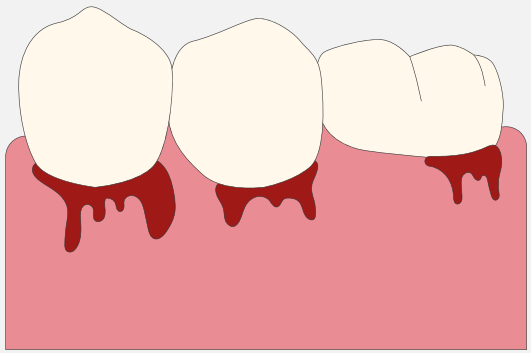


These germs can stick to my teeth and are called plaque.



If I do not brush and floss my teeth to keep them clean, the plaque can make my mouth hurt.

My gums can get sick and start to bleed.



Plaque can make the bones holding my teeth in place sick.

The best way to remove the plaque is to brush my teeth 2 times a day and floss once a day.

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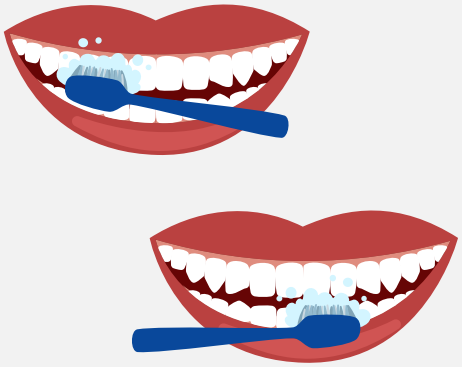
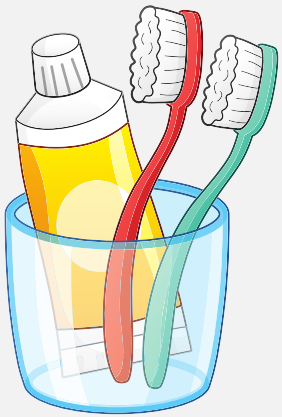
To clean my mouth, I will put toothpaste on my toothbrush (the amount the size of a pea) and brush my teeth and gums using small circles.

I will brush the tops, bottoms, inside, and outside of my teeth. I will also brush my tongue.



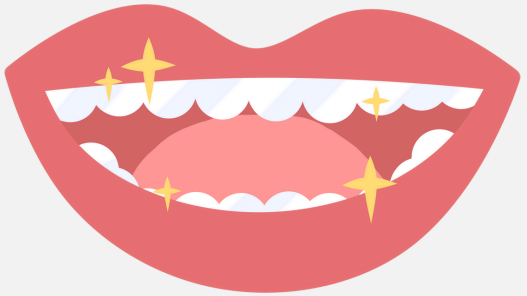
I will brush for two minutes. I can set a timer or use a toothbrushing app on my phone.

When I'm done brushing, I will spit out all the toothpaste and put my toothbrush away.



I will use a floss pic to clean between my teeth. It can be hard to floss but someone can help me do this.

My teeth and mouth are now clean and healthy.



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