

## Why do I have to brush my teeth?

Most people brush their teeth twice a day- when they get up in the morning and again before they go to bed. This keeps teeth clean and healthy. But why do I have to brush my teeth?

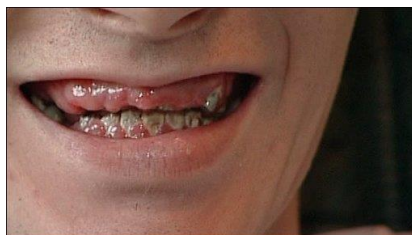
### **1. To keep my teeth healthy**

Brushing my teeth will keep them healthy so that they don't fall out.

Brushing my teeth with toothpaste will stop them from rotting and falling out. If I don't brush my teeth, they might look like this:



or they might even fall out:



If I brush my teeth, they won't fall out and will stay white like this:



### **2. To make my breath smell good**

If I brush my teeth my breath will smell good.

If I don't brush my teeth they will smell bad and make my breath smell bad.

Sometimes this might mean that people will not stand close to me to talk to me.

If I brush my teeth the toothpaste will make my breath smell good.

Brushing my teeth will keep them healthy and white and will make my breath smell good. I will brush my teeth when I get up and before I go to bed.