

Why do I have to brush my teeth?



1. To keep my teeth clean

During the day food gets stuck in my teeth. Germs can grow on this food and turn into plaque. I need to brush my teeth to get rid of food, germs and plaque.

2. To make sure I do not get toothache

Plaque can make holes in my teeth or might even make my teeth fall out. This will be very painful and I will have to go to the dentist.

3. To make my breath smell good

Brushing my teeth will make my breath smell good. Other people will be happy if my breath smells good.

I will brush my teeth twice a day to keep them clean and healthy and to make my breath smell good.