



Looking after my teeth



- **Looking after my teeth means brushing them carefully each day.**
- **I need to brush my teeth at least twice a day. Usually in the morning shortly after I get up and before I go to bed.**
- **Brushing my teeth with toothpaste helps to protect my teeth. It also helps make my breath smell OK.**
- **If I don't clean my teeth I may get bad breath. I may also get tooth decay. This is when holes appear in my teeth. This can be painful.**
- **Looking after my teeth is important. It doesn't matter when I clean them but it is usually good to brush in the morning and again at bedtime.**

