



Brush Your Teeth

Doc Rock

When babies are born we can't see their teeth. They are hidden under their gums. And not just one set of teeth, but two. But slowly they come out.

- By 6 or 7 months the first teeth start to come in
- By age 3 years, most kids have all of their first set of teeth.
- By age 5 or 6 years, these teeth start to fall out one at a time because they are pushed up and out by the permanent teeth.
- By age 14 years, most kids have all 28 of their permanent teeth.

Taking good care of your teeth is easy and just takes a few minutes each day. Here's how. Brush your teeth at least two times each day – once after breakfast and once again before bedtime. It is important to brush all our teeth, not just the front ones. It takes about one full minute each time to do a good job.

Flossing your teeth once each day is also important. Dental floss is a special kind of string that goes between the teeth to get out small pieces of food that don't come out when we brush. Why does this help? Because little pieces of food between our teeth or sugar stuck to our teeth attracts small germs called bacteria (bak-**TEE**-ree-uh). Bacteria love to eat sugar. The bacteria make an acid (**EH**-sid) that can cause a hole in our teeth called a cavity (**KAV**-eh-tee).

So see your dentist twice each year, remember to floss, and brush your teeth twice each day.

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