



October is ...

National Dental Hygiene Month

BEDFORD BOARD OF HEALTH



Smile with Confidents



1. Brush

Brush at least twice a day with fluoride toothpaste for at least two minutes, especially first thing in the morning and before bedtime



2. Floss

- Floss every day – usually at bedtime



Smile with Healthy Teeth

3. Limit Sugary Snacks

- Limit the number of times you eat snacks each day



Kid Friendly Layered Superhero Drinks



4. Seeing Your dentist

Visit your dentist every six months for an oral exam and professional cleaning.



Food for Healthy Teeth



Water



Dairy



Lean Meat/Proteins



Fruits & Vegetables



Nuts & Legumes



Reduce Sugary Snacking

- **Water and milk** are the best beverages for your teeth
- Skip the Soda: one can of soda has 3 times of the daily recommended sugar recommended for children
- Keep an eye on added sugar
- Be aware of fruity snacks like raisins and fruit snack that stick to your teeth



Best Practice for Brushing Teeth

- Choose the right tool
- Give it time; 2 minutes
- Use the right techniques
- Be sure to brush your tongue to remove odor-causing bacteria.
- Store brushes standing up to air dry; a moist brush is more likely to grow bacteria
- Control sour tooth- Sugary drinks including juice have acid that can soften tooth enamel
- Brush 30 minutes after sugary drink. The mechanical action of brushing wearing away enamel on teeth
- Get a new brush every 3 or 4 months

