



# Hey, Kids!

# R U Smiling brightly?



## Healthy Habits

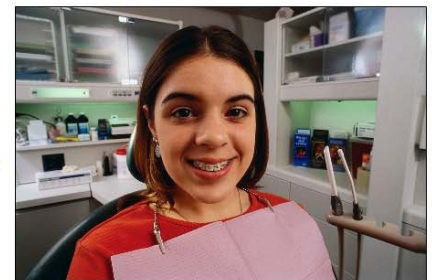
## Healthy Smiles



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- \* Use a straw to minimize contact of acidic or carbonated beverages with your teeth.
- \* Drink lots of water to rinse away food particles and bacteria and to encourage overall health.
- \* Chew sugarless gum after meals when you can't brush right away. Chew gum that contains xylitol—a natural sugar alcohol that helps prevent cavities by stimulating saliva flow. This will naturally rinse your mouth of food and bacteria.
- \* Brush twice a day, after breakfast and before bedtime. Brushing frequently will prevent plaque from forming in your mouth, preventing gingivitis and tooth decay.
- \* Floss once a day, before you brush. Flossing loosens and dislodges food particles in between teeth and along the gumline. This allows your brushing to be more effective.
- \* Eat a balanced diet in accordance with the Canada Food Guide. Overall health is important to your oral health.
- \* Visit your dental team at least once a year to ensure all is well.