



**HAVE FUN  
COLOURING**



**TAKE CARE OF  
YOUR TEETH TO KEEP  
THEM STRONG AND HAVE  
A GREAT SMILE**

**FLUORIDE  
MAKES YOUR  
TEETH  
STRONGER**

**BRUSH WITH  
A PEA-SIZED  
AMOUNT OF  
TOOTHPASTE**

**AVOID EATING  
TOO MANY  
SWEETS**

**FLOSS ONCE  
A DAY**

**BRUSH  
TWICE  
A DAY**

**REMEMBER TO  
REMIND YOUR  
PARENTS THAT YOU  
NEED A DENTAL  
CHECKUP TWICE  
A YEAR**



This material is appropriate for children over the age of 2 years.



Health Authority  
Abu Dhabi

## Your teeth and gums are important.

There are many advantages for having healthy teeth including:

- Healthy teeth make your smile beautiful.
- Healthy teeth makes eating enjoyable.
- Healthy teeth is part of having a healthy body.



However, if you do not give your teeth the correct care:

- Your teeth may hurt.
- You may have difficulty while eating.
- You may not enjoy food anymore.



We can protect our teeth with simple care and attention.

## Test your knowledge.

It's time to play a game that'll help you have healthy and shiny teeth. All you need to do is match the information given below with the correct answers. Use the information on the front of the leaflet to complete the below quiz:



Number of times you should brush your teeth every day.	Tooth paste with fluoride
Number of times you should floss your teeth every day.	At least two
Number of times you should have a dental checkup per year.	One
Makes your teeth stronger	Sweets
Avoid eating too many	Two

