

**STAY  
HEALTHY!**  
Brush your teeth!

## HEALTHY B.A.S.I.C.S.

(Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

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The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

[www.ChildrensHealthFund.org](http://www.ChildrensHealthFund.org)



**Children's  
Health Fund**

HEALTHY B.A.S.I.C.S.

# HEALTHY TEETH BRIGHT SMILES



Brush teeth twice  
a day every day



Use toothpaste, floss  
and rinse with water



Get help from  
a grown-up



## HOW DO I KEEP MY TEETH AND MOUTH CLEAN AND SAFE?

Eat and drink healthy  
meals and snacks



Avoid sticky and sweet snacks



Visit a dentist!





# HOW TO BRUSH YOUR TEETH



STEP 1

Put toothpaste on brush.



STEP 2

Gently brush teeth on all sides, gums, and tongue. Rinse.



STEP 3

Floss between teeth to remove food bits.



STEP 4

Rinse well two or three times.



STEP 5

Smile!

Brushing your teeth helps keep you healthy.

## Dental Health

means keeping your mouth and teeth clean, safe and free from germs

### Why is it important?

- ☐ Helps you chew your food, talk clearly and smile brightly.
- ☐ Prevents holes in your teeth and bleeding from your gums.
- ☐ Prevents pain in your mouth.

### What do I need?



Toothbrush

Toothpaste

Floss