The Los Angeles Trust for Children’s Health
Oral Health Initiative

Early Elementary Level

ORAL HEALTH

333 S. Beaudry Ave, 29th Floor
Los Angeles, California 90071 (213) 244-3511
Why Teeth are Important?

*BITE
*CHEW
*SMILE
Tooth Decay

BACTERIA + SUGAR → ACID

ACID + HEALTHY TOOTH → DECAYED TOOTH
Bleeding Gums

Bad Breath
Good Oral Hygiene Habits

- Brushing
- Flossing
- Tongue Cleaning
- Tooth Friendly Diet
- Regular Dental Visits
- Fluoridated Drinking Water
Why is brushing important?

* Removes plaque
* Prevents cavities Prevents gum diseases
* Keeps our mouth healthy!!!
FLOSSING

Cleans between teeth to fights cavities
Tongue Cleaning

* Removes germs on tongue
* Fights bad breath
* Makes food tastier
What are tooth friendly foods?
Visit the DENTIST twice a year

Keep your SMILE Healthy
Fluoridated Water

Fluoride makes teeth stronger and fights cavities