



Caring For My Smile

Why teeth matter, and how we keep them strong

My teeth help me **eat, talk, and smile**. They are part of what makes **me, me**. To keep them **strong**, I **brush** them, **drink water**, and **eat foods** that help them **grow**. **Caring for my teeth** means they can **sparkle** and stay **healthy** for a long time.

This is how I look after my teeth...

Adult Notes – Gentle Guidance

- **Link teeth to daily life** (smiling, eating, talking).
- **Name routines** they already do (brushing, rinsing, foods).
- **Validate challenges** calmly.
- **Stress strength and health**, not **perfection**.
- **Use positive language**, avoid **shaming**.