

Our Ever Awesome NWT Oral Health Book:

A Guide to having
a **CLEAN**, **HEALTHY**,
and **STRONG** mouth

Written by Jodi Larkin Illustrated by Neiva Mateus



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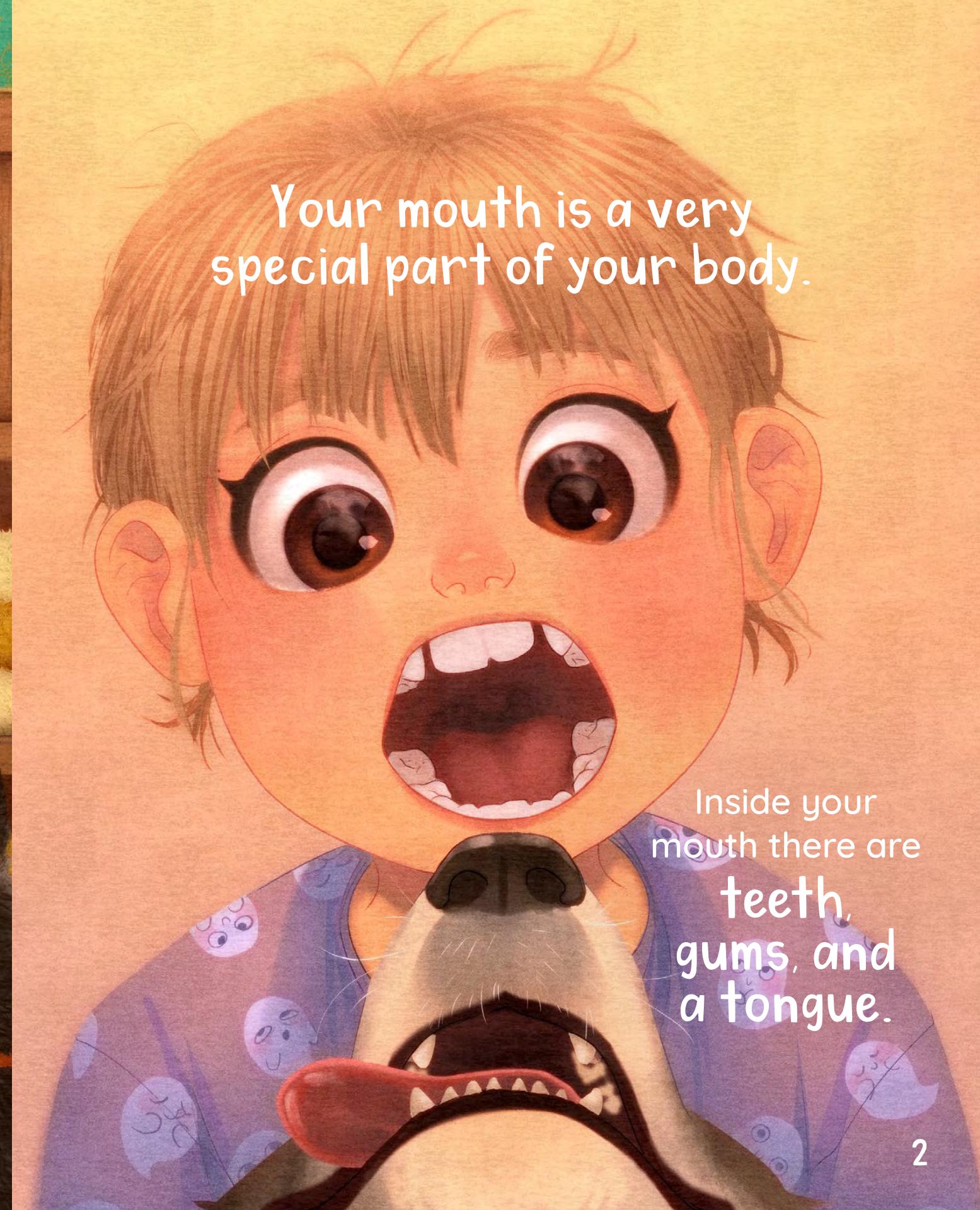
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Our Ever Awesome NWT Oral Health Book: A Guide to having a CLEAN, HEALTHY, and STRONG mouth
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Our Ever Awesome NWT Oral Health Book:

A Guide to having a
CLEAN, HEALTHY, and STRONG mouth







You use your
mouth every day to
**eat, drink,
breathe and talk.**

That is why it is
important
to learn how to
take care of it.

Keeping your teeth
**CLEAN, HEALTHY,
and STRONG**
will help them last a lifetime.



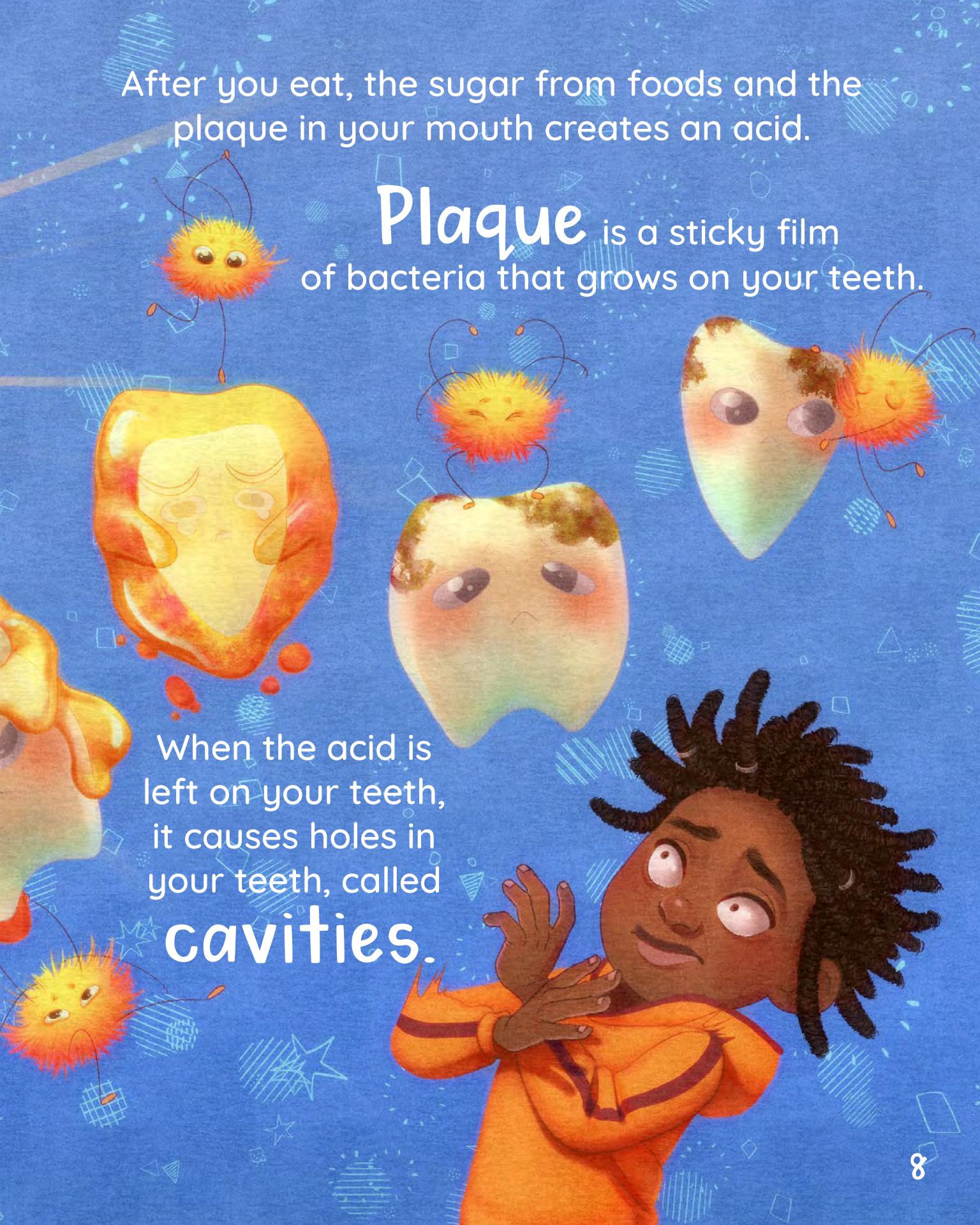
Some foods and
drinks can help build

**STRONG TEETH and
a HEALTHY mouth.**



After you eat, the sugar from foods and the plaque in your mouth creates an acid.

Plaque is a sticky film of bacteria that grows on your teeth.

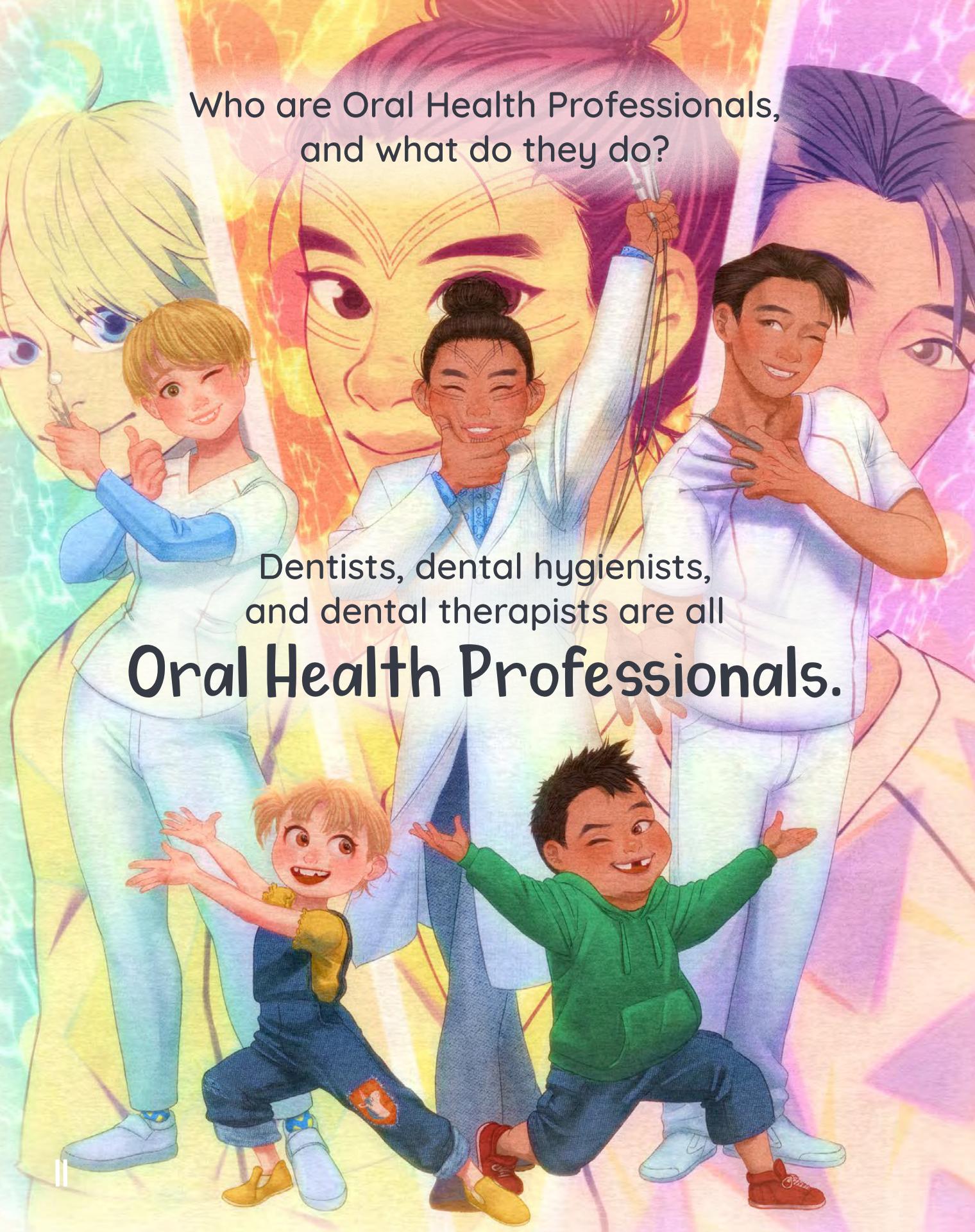


When the acid is left on your teeth, it causes holes in your teeth, called **cavities**.



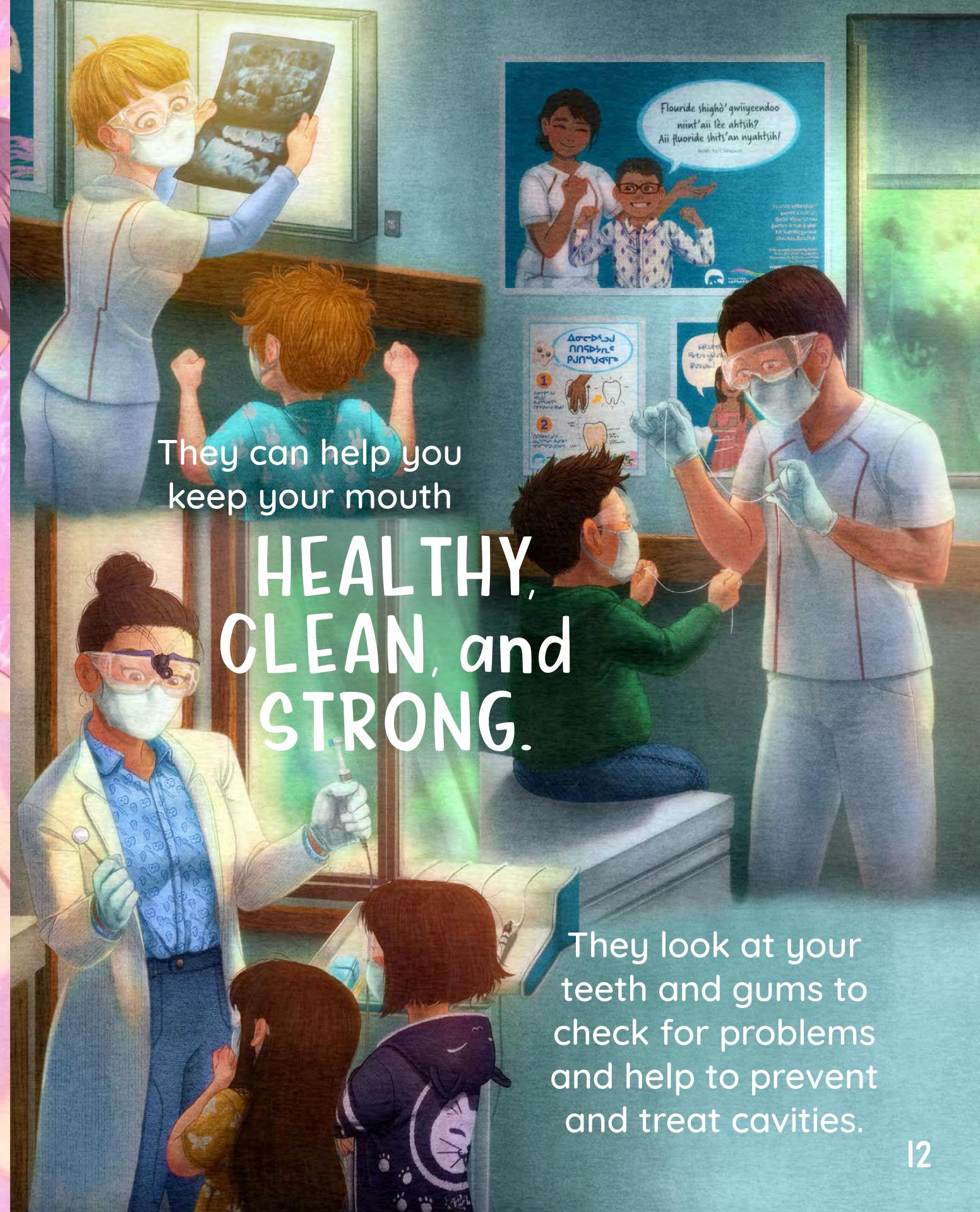
Having **too many** sugary foods and drinks makes it more likely that you will get cavities.

But...no matter what you eat or drink, removing plaque from your teeth every day is important.



Who are Oral Health Professionals,
and what do they do?

Dentists, dental hygienists,
and dental therapists are all
Oral Health Professionals.



They can help you
keep your mouth

**HEALTHY,
CLEAN, and
STRONG.**



They look at your
teeth and gums to
check for problems
and help to prevent
and treat cavities.



They might paint it onto
your teeth or give you
fluoride gel or foam in
trays for you to bite on.

Oral Health Professionals
also give you fluoride to
make your teeth extra
STRONG.

Fluoride makes your teeth **STRONG**
and protects them from cavities.

Fluoride comes in many different forms.
It can be found in the water you drink,
food, and some toothpaste.



What ways can you look
after your teeth and
mouths to keep them
**CLEAN, HEALTHY,
and STRONG?**

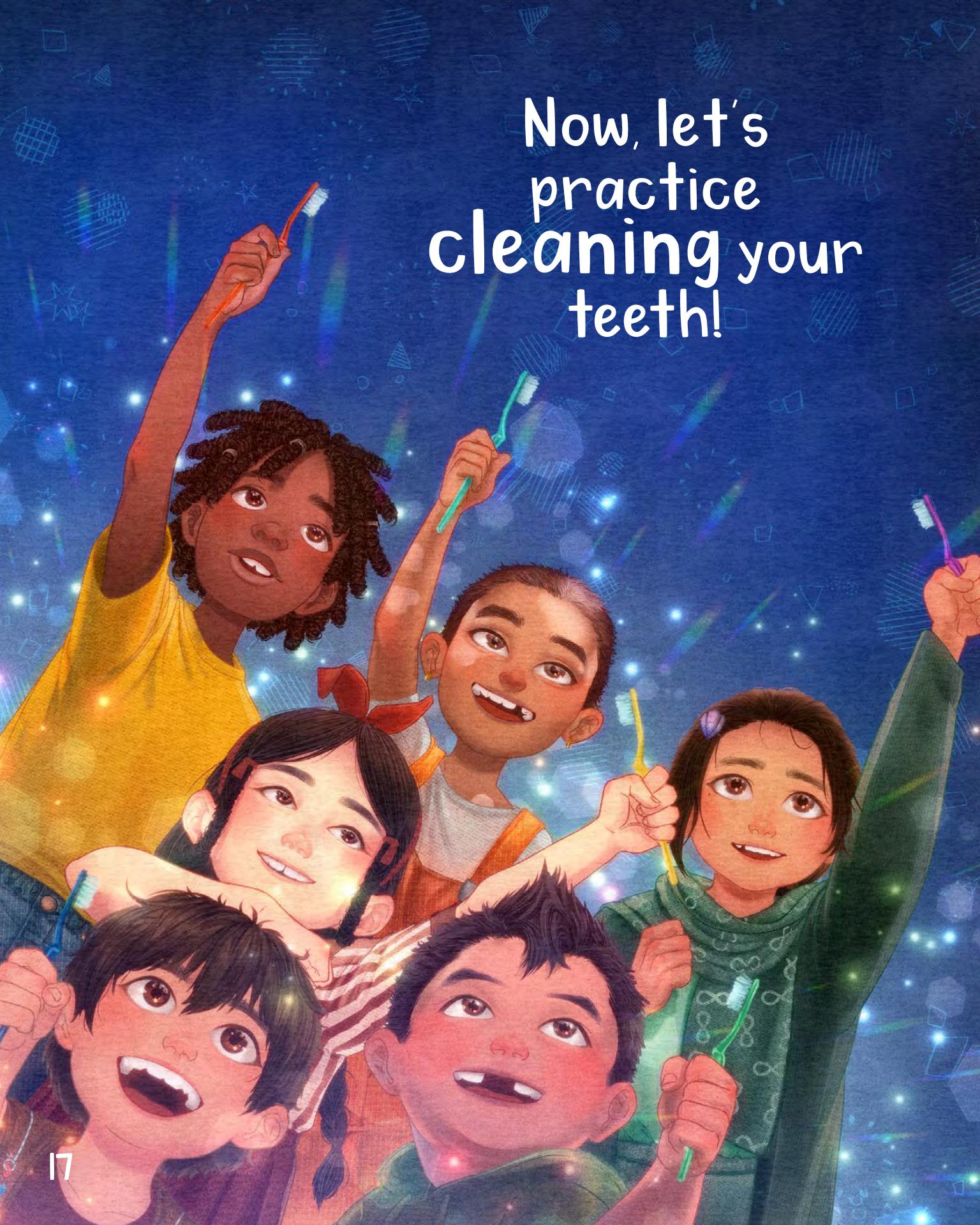
Brushing your teeth twice a day will
help to keep your teeth and mouth

CLEAN and HEALTHY.

Flossing daily with dental floss
helps to keep your teeth and gums

CLEAN and HEALTHY.

It helps to reach places a toothbrush
can't, like between your teeth. Brushing
and flossing remove plaque and extra
bits of food from your teeth and mouth.

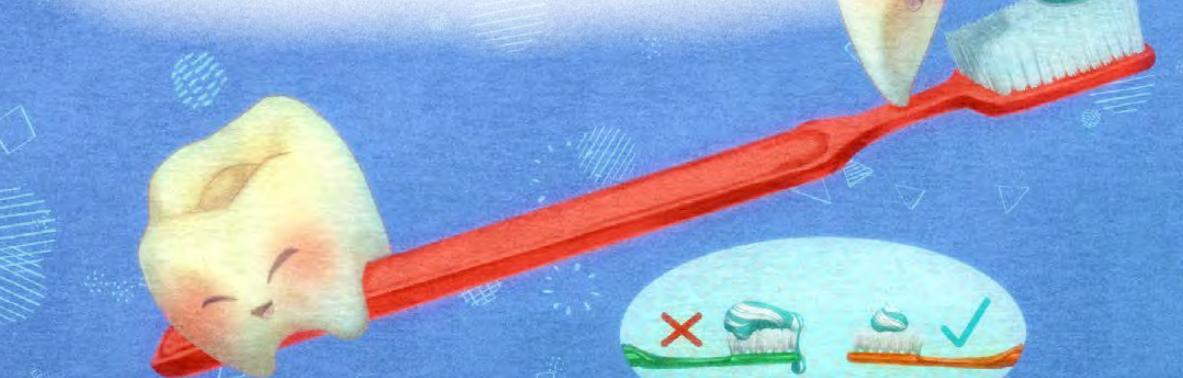


Now, let's
practice
cleaning your
teeth!

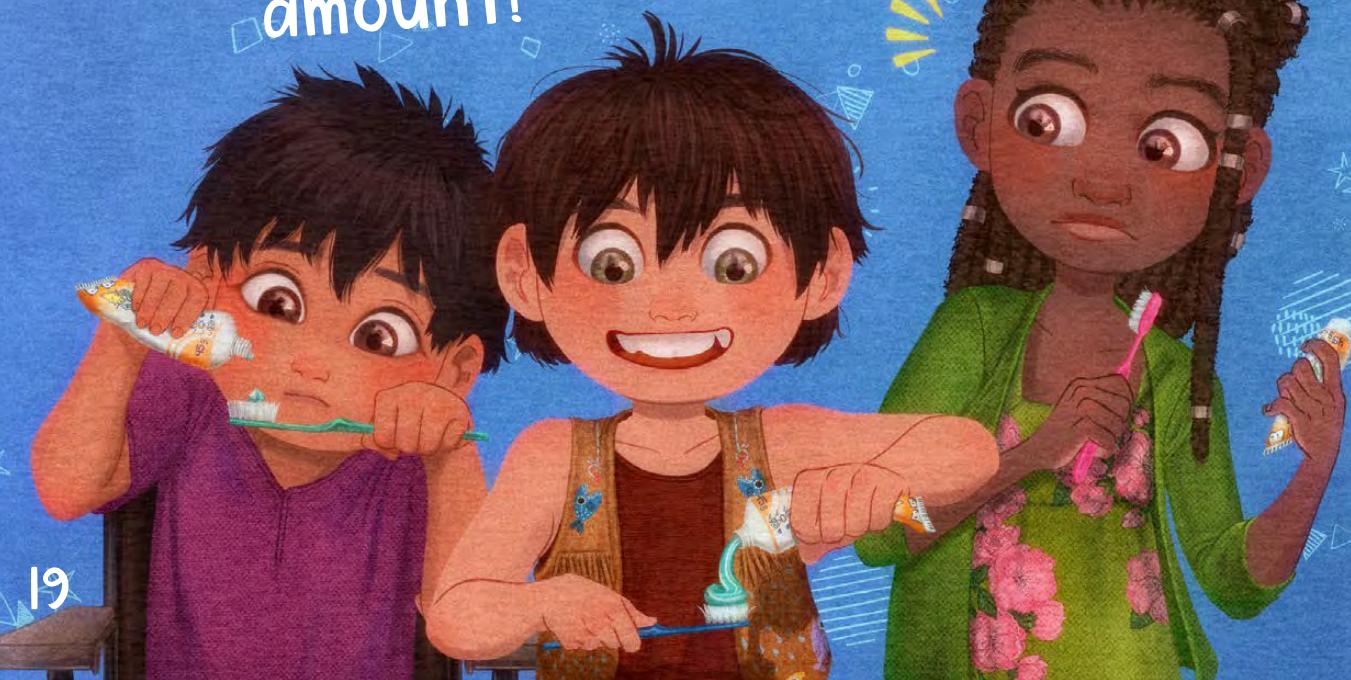
1. First, you will need
a toothbrush
fluoride toothpaste
and
dental floss.



2. Squeeze a pea-sized amount of toothpaste onto your toothbrush.

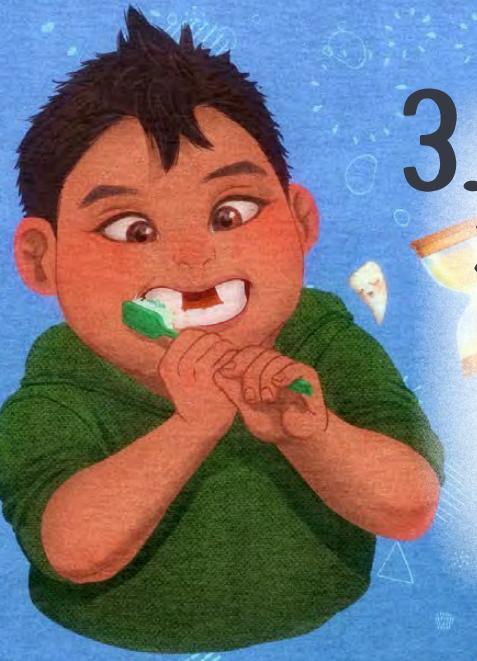


A pea-sized amount!



3. Brush all your teeth.

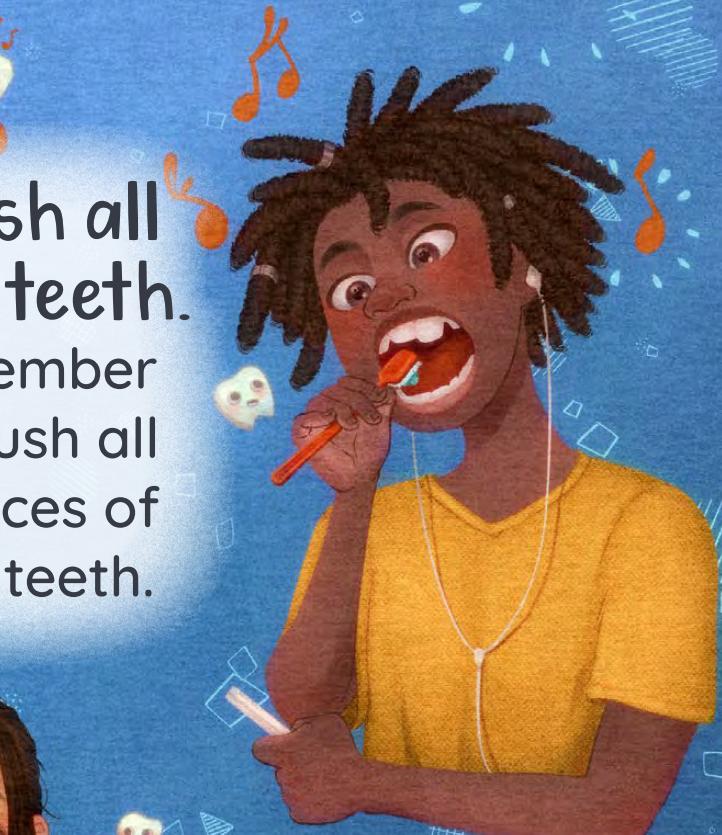
Remember to brush all surfaces of your teeth.



Brush for two minutes.



Don't forget your tongue!



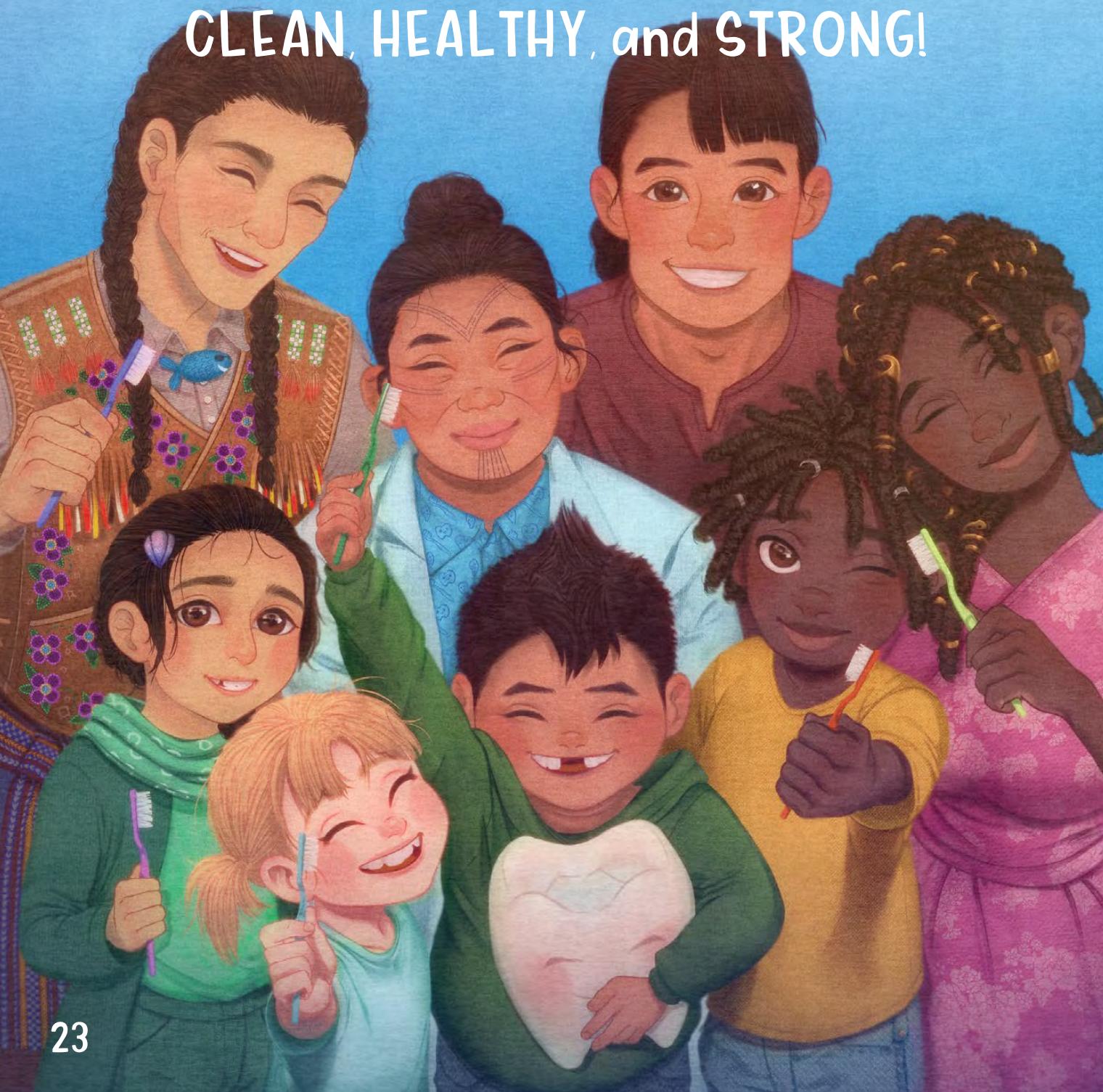


4. Spit, but do NOT rinse! Rinsing will wash away the fluoride that helps to keep your teeth **STRONG**.

5. Remember to floss!
Slide the dental floss between each tooth and below the gumline.

Having a healthy mouth is a way to honour yourself and keep the rest of your body healthy. Remember all the ways you can keep your mouth

CLEAN, HEALTHY, and STRONG!



Glossary



Bacteria (bak-teer-ee-uh)

a group of very small living things that feed on the sugars and starches you eat, leading to the formation of cavities.



Cavity (ka-vuh-tee)

a hole in a tooth that is caused by bacteria that live in the plaque on your teeth.



Floss (Flos)

a special thread that is used to clean between your teeth.



Fluoride (floor-eyed)

a mineral that helps to keep your teeth strong and protects them from cavities.



Oral Health

the overall health of the mouth which includes healthy and functioning parts of the mouth - such as the teeth, gums, tongue, bones, muscles, glands, and nerves.



Oral Health Professionals

a person who can diagnose, treat, help prevent and manage your overall oral health care needs.



Plaque (plak)

a sticky film of bacteria that grows on your teeth.

Reading Comprehension Questions

Question 1

Our mouth is a very special part of our body. What are some ways that we use our mouth every day?

Question 2

After we eat, a sticky film of bacteria grows on your teeth. What is this sticky film of bacteria called?

Question 3

If too much plaque builds up for too long, the bacteria in the plaque can cause holes in your teeth. What are these holes called?

Question 4

Some foods can help build strong teeth and healthy gums. Can you name one food that can make your teeth strong, and one food that may cause a cavity?

Question 5

It is important to remove plaque from your teeth every day. How many times a day should you brush your teeth?

Question 6

How much toothpaste should you use?

Question 7

What is the name of the thin string that is used to clean the spaces between the teeth where a toothbrush cannot fit?

Question 8

What is brushed on your teeth or put on them in trays that makes your teeth strong and protects them from cavities?

Question 9

Fluoride comes in many different forms. Can you list three places where fluoride can be found?

Question 10

Oral Health Professionals look at your teeth and gums to check for problems, and also help to keep your mouth clean and healthy. Can you name three kinds of Oral Health Professionals?

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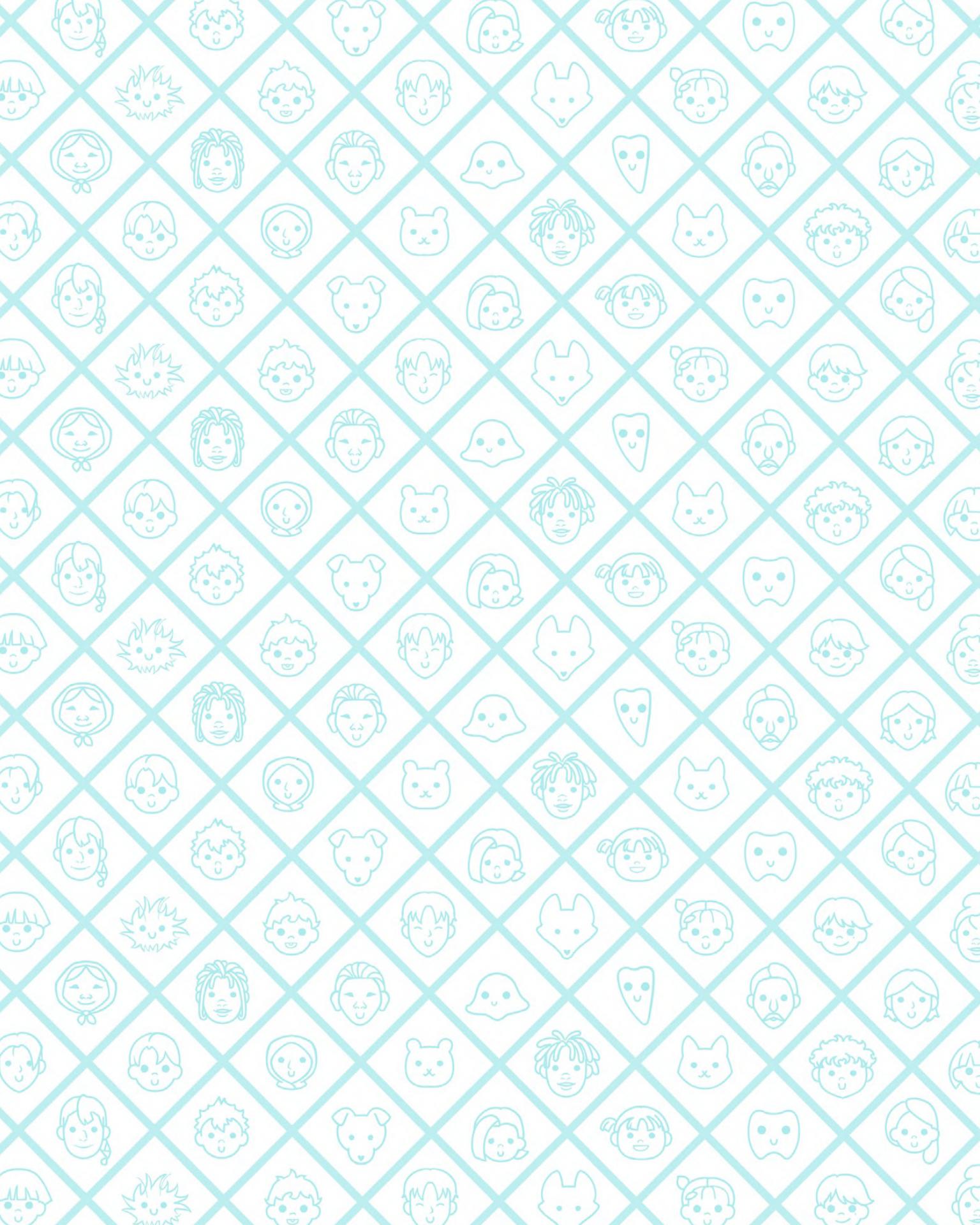
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Have you ever looked inside your mouth and thought, whoa! what is going on inside there? Please join Registered Nurse Jodi Larkin and master artist Neiva Mateus to learn about our mouth and its special role in keeping you healthy. This book teaches us what oral health is, who is part of your oral health care team, and how you can play a role in having a **CLEAN, HEALTHY, and STRONG** mouth.

