

Great questions! Usually, you should brush all sides of each tooth and the gums FOR 2 MINUTES. ALSO, you should GET NEW FANCY toothbrush every 3-4 months, or when the bristles get worn or frayed.

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6 How long does it take to brush my teeth? One other question, do you know if there's a specific time I should change my brush and take new one?

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Yes Adnan, eating healthy foods for breakfast, lunch and dinner is the best way to keep your teeth healthy and strong.

If you're hungry and want a snack, try foods like fruit and vegetables. Stay away from sugary sweets, soft drinks, and fruit juices.

11 This is difficult, I like sweets. Can I eat sweets from time to time?

The yucky stuff that can stick to teeth is called plaque... Plaque is bad because it's full of nasty germs. These germs can hurt teeth by making little holes called tooth decay. Plaque and decay make teeth weaker. That's why it's super important to brush all the plaque off every day

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Plaque Tooth Decay

7 There are black patches and some white-yellowish spots on the teeth of my friend Samir, what are these patches?

Oh Adnan, you can eat sweets but if you avoid sugary snacks or drinks between meals, and if you brush your teeth afterwards. Eating too much added sugar can also lead to tooth cavities.

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Adnan, I want you to keep good care of those strong teeth you have! Also, it's so important to visit the dentist for regular checkups at least TWICE a year.

10 Yes, I promise. Are there any other advices?

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9 All kids have a full set of 20 baby teeth. All baby teeth are replaced by 32 adult teeth. Adult teeth don't get replaced. So dad and mom have 32 adult teeth.

I noticed that dad and mom had more teeth than my little brother. Is this true?

Then the dentist said goodbye to Adnan, and offered him a brush with fluoridated toothpaste to help him keep his teeth strong and white.

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13 I am proud of you, I am waiting for your next visit.

Thanks Dr. I will take your advice.