

School Health Promotion Morning Announcements

February: Take Care of Your Smile!



How Teeth Help You Talk:

[Start speaking here.]

So you know you should brush your teeth twice a day. But have you ever wondered why? One reason is that teeth help you talk! Try this:

Say out loud, "Brush your teeth with a toothbrush!" [Pause]

Now, say it again, only this time **don't let your tongue touch your teeth.** [Pause]

Pretty tough, huh? Your teeth help other people understand you, whether you are giving an answer in class, telling your moms and dads about school, or playing with your friends.

So make sure you take care of them by:

1. Brushing twice a day
2. Flossing once a day
3. Visiting a dentist twice a year
4. Not eating too many sugary snacks and drinks
5. Eating healthy food

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