







## Welcome


to **i-teeth dental care's** first newsletter devoted to children aged 10 years and younger.


Packed with bite-sized chunks of dental information, tips, word-searches, puzzles & competitions, we aim to encourage your children to adopt good dental habits, for life, at a very young age.


## Did you know?


- Fish** often have several rows of small, pointed teeth which lean inwards to stop their slippery escaping. Some fish that feed large shellfish have flat tooth plates to crush their crunchy prey.  
 prey on
- Sharks'** teeth are triangular with sharp edges for slicing prey into bite-sized chunks. Sharks lose the outer row of teeth every 4-8 weeks and a brand new row is produced. This allows them to continually have perfect sharp teeth throughout their lives. They get through thousands of teeth and hundreds of rows in a lifetime.  

- Tigers** have 30 teeth. Their upper canines, used in killing and biting, are big cats and (nearly the biggest of all the are 5-7cm in length size of a man's middle finger).  

- Cows (Moo!)** have 32 teeth but don't have any at all on the top front; instead, they have a tough pad of skin. Their 8 incisors on the bottom front tear off the grass which is ground side to side by their strong molars at the back of the mouth.  


## Freaky Factoids

 There are up to 300-400 different bacteria (germs) in your mouth at any time. So, imagine how smelly your breath will be if you don't brush your teeth well enough.

 30 - 40 of these bacteria cause tooth decay. Using the food and drinks you put in your mouth, the bacteria produce acid which makes holes in your teeth.

 Every time you eat or drink ANYTHING, your mouth will become acidic for up to 40 minutes afterwards. So, you need to reduce the number of times you eat or drink between meals.

 Chewing sugar-free chewing gum for 10 minutes after meals and snacks will help you to prevent tooth decay. Remember to throw it in the dustbin after you spit it out, please.

### Show your teeth you care

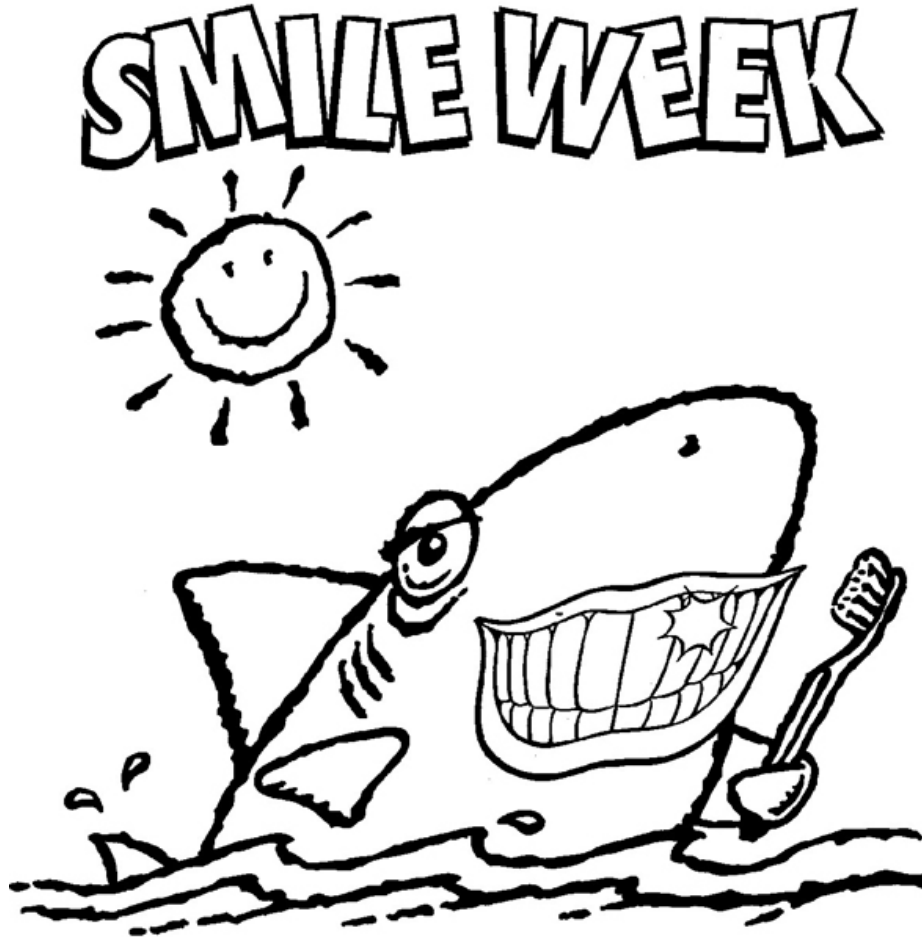
Fill in the missing words from this list to complete the sentences below:

**Dentist, Twice, Drinks, Fluoride, Sugary**

Clean your teeth and gums ..... a day using a ..... toothpaste. Cut down on the frequency of ..... food and ..... and visit your ..... regularly.

# Colouring competition

If you would like to enter our competition to win £10 gift vouchers to spend (on whatever **you** like) in WH Smith, then colour in the picture below and return your masterpiece to us at the practice. Remember to fill in your name and age at the bottom of the picture. We will select the lucky prize-winner in July 2007 and will invite you to the practice to receive your prize. And by the way, National Smile Month is May.



**SIMON THE FRIENDLY SHARK  
CLEANS HIS TEETH  
TWICE A DAY**

Name : .....

Age : .....

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