

OHIO HEARTLAND CAC HEAD START

HEALTH NUTRITION

FLOSSING TIPS

Flossing helps to remove plaque from in between your teeth, in areas that your toothbrush can't reach. It is not the space between the teeth you are flossing, but the tooth surface.

HOW TO FLOSS

Children may find it easier to use a loop of floss. Take a piece of floss about 10 inches long and tie the ends together, into a circle. Then hold the floss tightly between the thumbs and forefingers to floss. Most children cannot floss their own teeth

CONTINUE FLOSSING TIPS

Remember to be gently when inserting floss between your teeth and under the gumline. Flossing can injure your gums if done improperly.

Your gums may bleed and be sore for the first few days that you floss. Your gums should heal and the bleeding should stop once all the bacteria are removed.

Gently scrape the side of the tooth with the floss. Repeat this method on all your teeth. Move to a clean area of floss after one or two teeth.