



Too-Tee[®] LEARNING



Give your smile the best of health!™

A Special Time for Growing Smiles!

Between the ages of 5–7, children start to lose their baby teeth and their permanent adult teeth begin to come in.

Every child is different—this is a natural part of growing up!

TOOTH DEVELOPMENT CHART

AGES
5–6



First baby teeth are loose.



AGES
6–7



More baby teeth fall out.



AGES
7–9



Adult (permanent) teeth start to come in.



AGES
10+



All adult teeth come in and stay for life!



Adult teeth are the hardest and most mineralized parts of your body! Two important layers keep them strong: Enamel (outer layer) & Dentin (inner layer).



YOUR MOUTH IS A MIRROR TO YOUR BODY!

Good oral health is connected to your whole body health.



HEART



BRAIN



LUNGS



STOMACH

Take care of your mouth, and your body will thank you!

DAILY HABITS = STRONG TEETH FOR LIFE!

BRUSH 2X A DAY



Brush for 2 minutes in the morning and before bed.



FLOSS EVERY DAY

Floss cleans between teeth where your brush can't reach!



STAY SAFE

Wear a mouthguard for sports and protect your smile!



DID YOU KNOW?

Plaque is a sticky film of germs that can cause cavities and gum problems. Brushing + flossing keeps it away!



YOU ARE WHAT YOU EAT!

The foods and drinks you choose affect your teeth, body and overall health.



CHOOSE MORE OF THESE!



Fruits & Vegetables



Dairy (cheese, milk, yogurt)



Water



Whole Grains & Lean Proteins

These foods help keep your teeth strong and your body healthy!

LIMIT THESE FOODS!



Sugary Snacks & Candy



Soda & Sugary Drinks



Chips, Fries & Fried Foods



Too Much Salt & Processed Foods

Too much sugar, salt and unhealthy fats can lead to cavities, weak teeth and other health problems.



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