

1. ❓ Why do teeth need care even when they look clean?
2. 🙋 Plaque is a sticky film containing bacteria. Some bacteria use sugars to make acids that attack tooth enamel. Gentle brushing removes plaque, and fluoride toothpaste helps protect enamel.
3. ⏳ Dental care has moved beyond repairing obvious damage toward preventing it. Research on plaque, enamel, and fluoride helps explain why small daily habits matter before a cavity appears.
4. 💡 A quick scrub may miss the inside surfaces and back teeth. A two-minute timer gives you time to brush the outside, inside, and chewing surfaces gently.
5. 🔍 Harder does not mean cleaner. Use a soft-bristled brush and gentle strokes. The aim is to remove plaque while caring for teeth and gums, not to scour them.
6. 🌎 This is prevention in practice: a repeated habit protects something valuable before a problem demands attention. Caring for the body God has given us includes ordinary routines.
7. 🎯 At your next brushing, set a two-minute timer. Brush gently with fluoride toothpaste, covering the outside, inside, and chewing surfaces; spit out the toothpaste. Make this part of brushing twice each day. Help younger children use the appropriate amount and brush thoroughly.

References · NIDCR · The tooth decay process · American Dental Association · Home oral care · American Dental Association · Brushing your teeth · CDC · About fluoride
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