



CHILDREN'S  
HEART SURGERY  
FUND

# Katie Bear Goes to The Dentist



Why heart children need  
to look after their teeth



Hi, my name is

**Katie Bear**

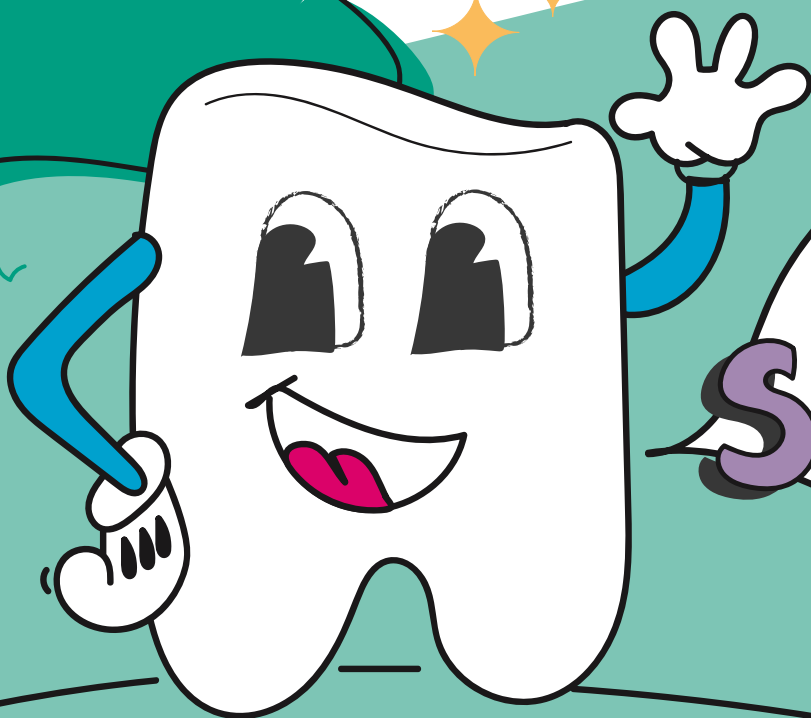
I have a special heart.  
It is important to look after  
my teeth to help look after  
my heart.

**Let me tell you why...**



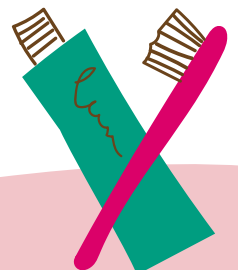
Hi, my  
name is

**Smiley**



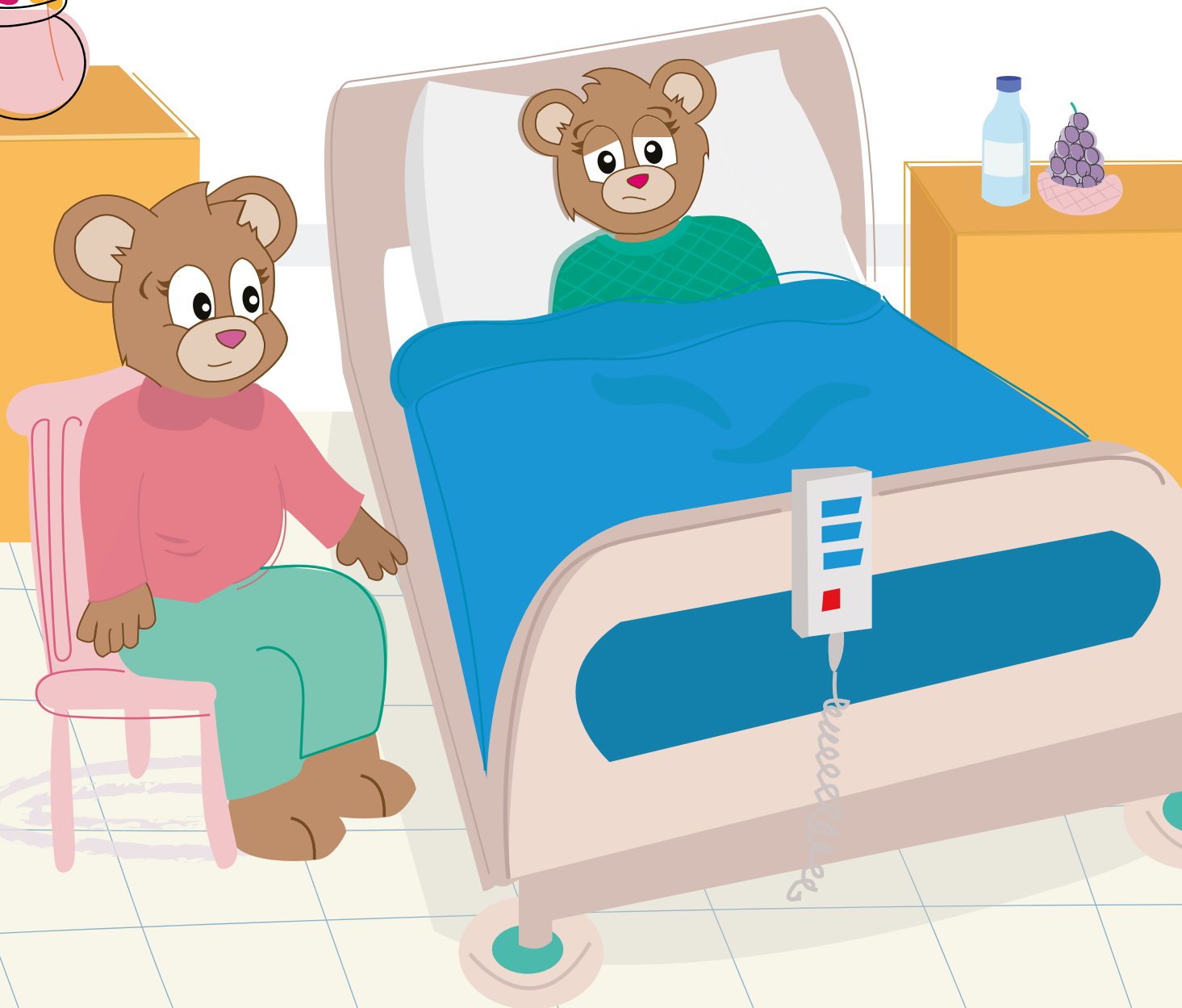
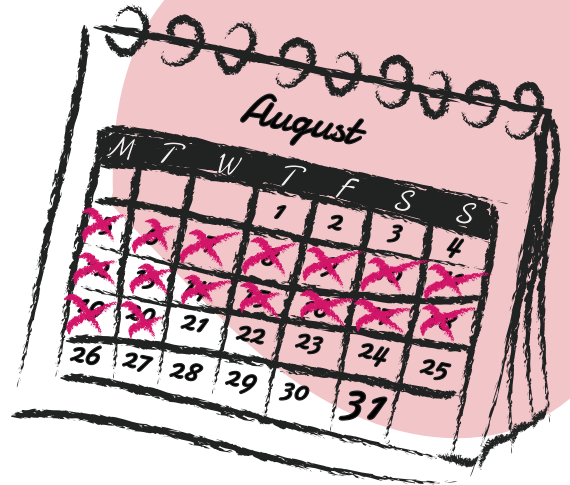
**Did you know?**

**A poorly tooth** can make my heart poorly. Bugs in my poorly tooth can travel to my heart.



## If I get a poorly heart

it is important for the doctors and nurses to look after me. I would need to stay in hospital for over a month..



# Great news!

If I look after my teeth,  
I can help look after my  
heart.



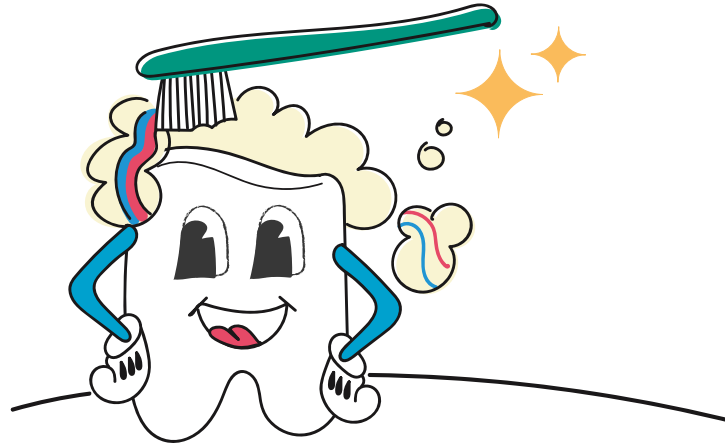
Here are some

# TOP TIPS

on how I look  
after my teeth.

1

My teeth need  
brushing twice  
a day.



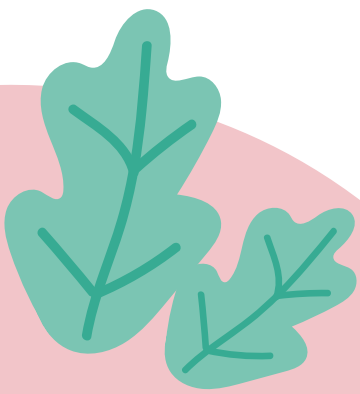
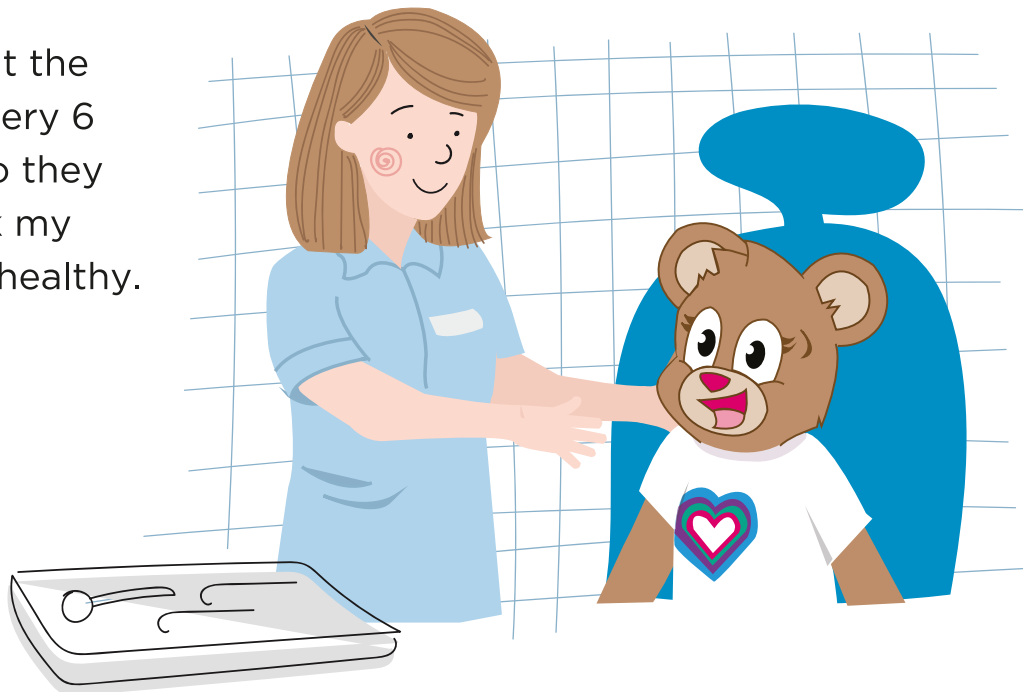
2

It is really important  
to brush my teeth just  
before bedtime so  
that the toothpaste  
can work while I am  
sleeping.



3

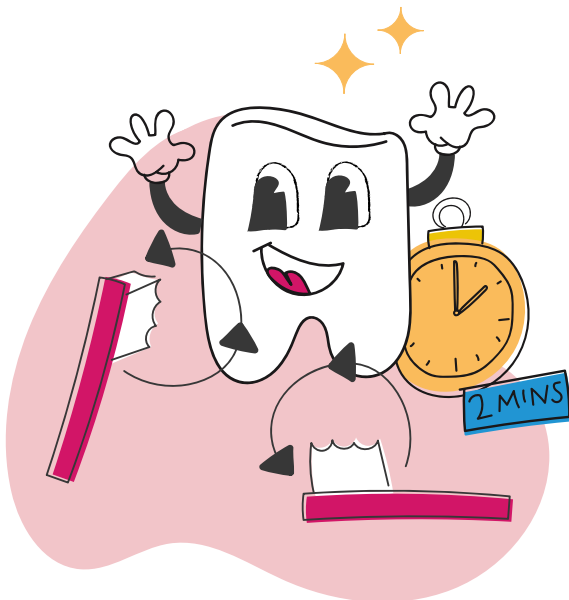
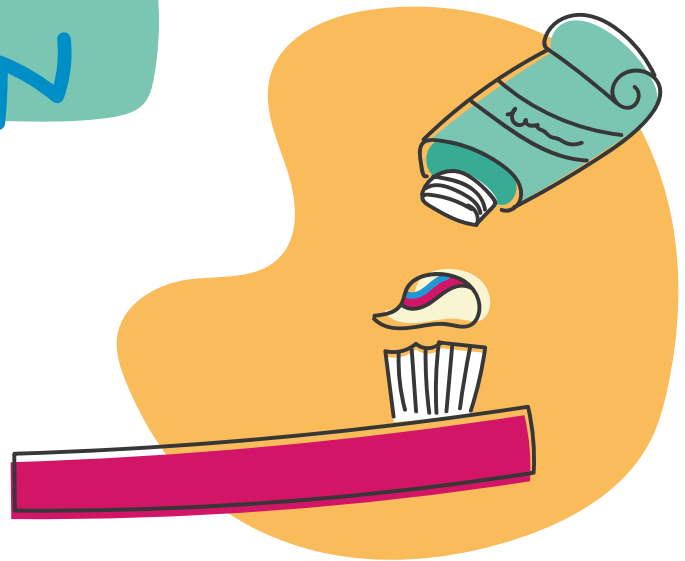
I must visit the  
dentist every 6  
months so they  
can check my  
teeth are healthy.



# How do I clean my teeth?

1

I put a pea size blob of toothpaste on my brush.



2

We brush in circles on the front, the back, top and bottom of each tooth for a whole two minutes.

I always let an adult help me brush my teeth to make sure they are super clean.

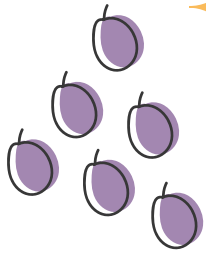
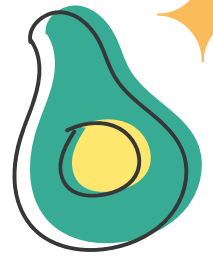
3

I never rinse afterwards; I just spit the toothpaste bubbles out!

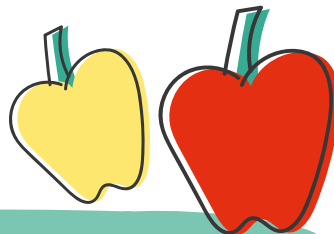
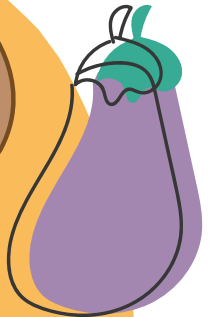
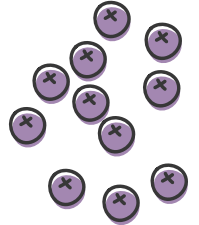
That lets the toothpaste work its magic on my teeth!



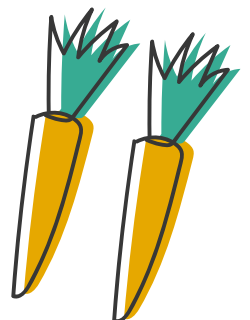
# Good foods



I drink water and milk instead of juice and fizzy drinks. I eat food and snacks that help keep my teeth healthy and strong, like fresh fruit and vegetables.



# Strong teeth





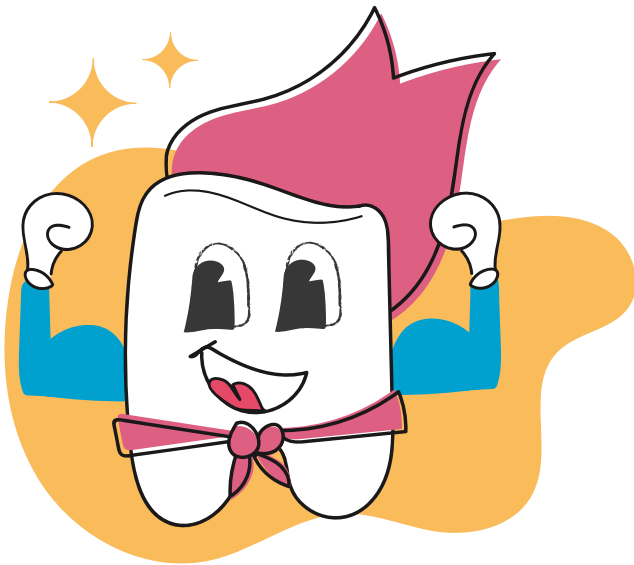
# What happens at the dentist?



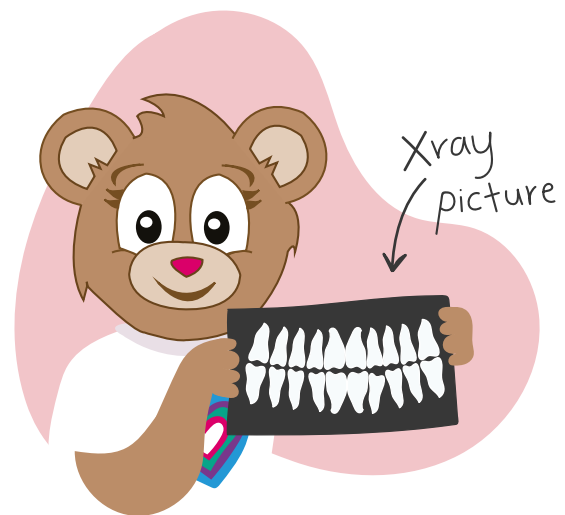
I see the dentist at least twice a year. I like going to see the dentist. The dentist looks very closely at all my teeth.



They might paint my teeth with a special varnish which makes my teeth extra strong.



Sometimes I have an xray which is a special picture of inside my teeth and gums.



The dentist can be a noisy place, so I like to listen to music while I am there. I often get a sticker from the dentist.





# Here's a brushing chart



Scan me to print more charts

Day



Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

Colour in a white box on the chart every time you clean your teeth.

Try to colour as many boxes on the chart as you can.

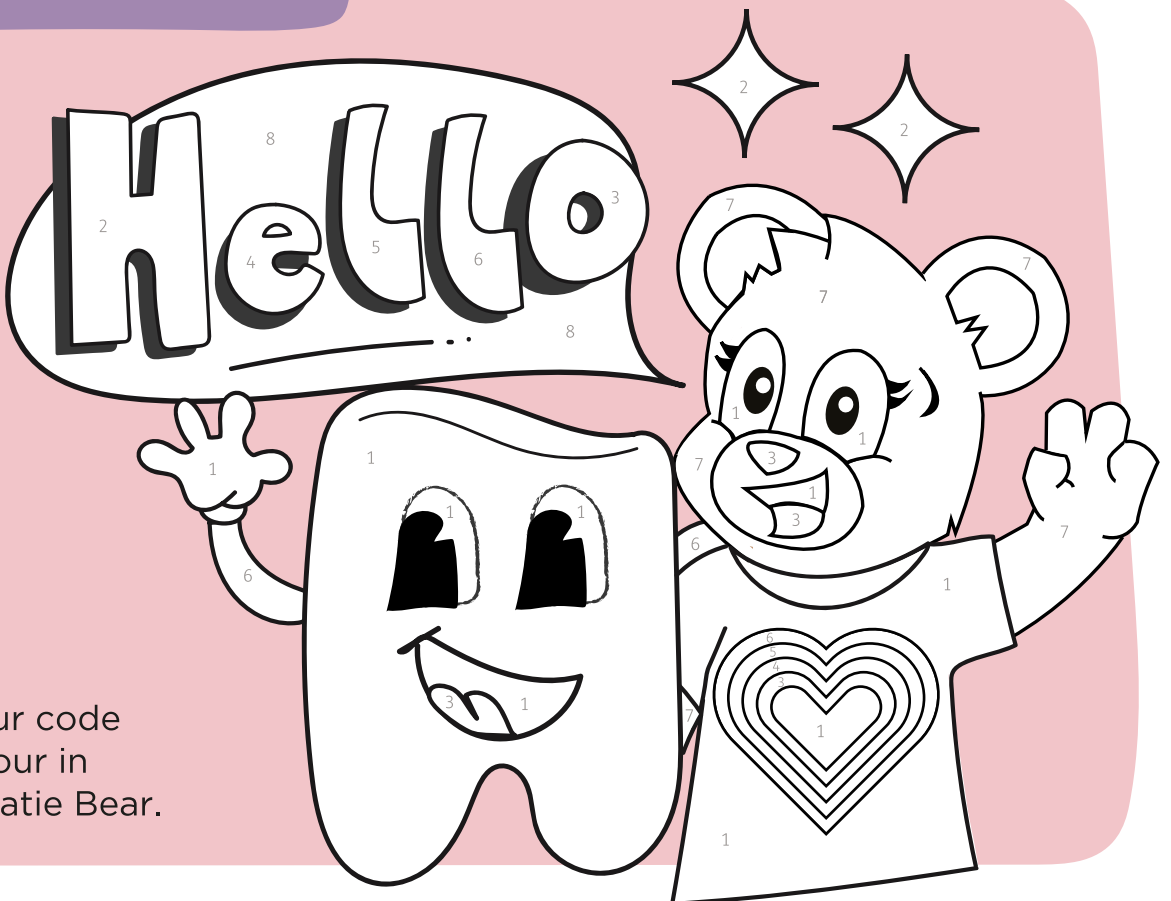
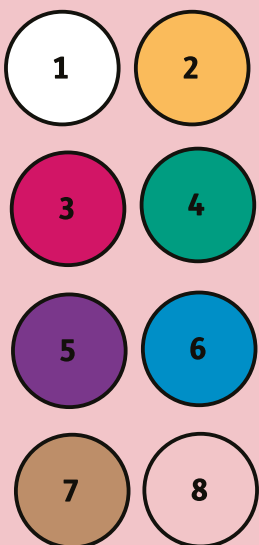


# Help Smiley



Smiley the Tooth has lost his toothbrush and toothpaste. Help him to find them by following the line.

## Colour me in

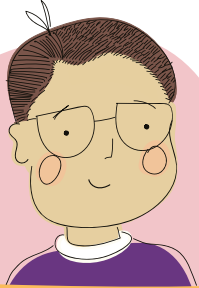


Use the colour code above to colour in Smiley and Katie Bear.



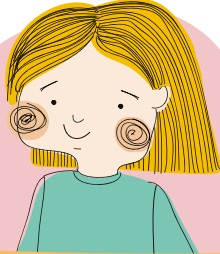
**CHILDREN'S  
HEART SURGERY  
FUND**

**Special Thanks**  
to the following for  
helping make this book



— Written by —  
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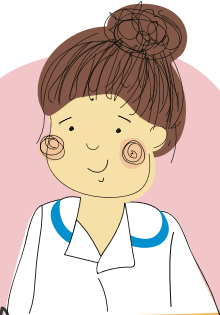
**Charlie Davis**

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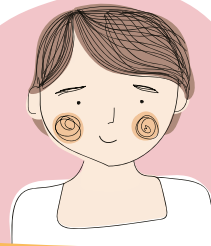
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**LEEDS CONGENITAL  
HEARTS**



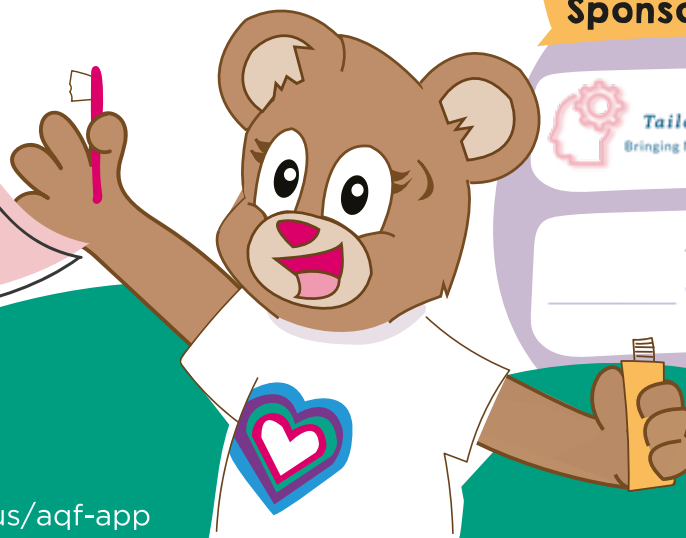
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And thank you to all  
the children from our region  
with special hearts  
(and their families),  
who inspire us every  
single day.



**Other helpful resources:**

[www.toothbrushinghabit.com](http://www.toothbrushinghabit.com)  
[www.brushdj.com](http://www.brushdj.com)  
[www.aquafresh.com/en-gb/about-us/aqf-app](http://www.aquafresh.com/en-gb/about-us/aqf-app)