

A guide to your dental health

About Easy Read

Easier words with pictures to help explain some ideas.

A guide to teeth and gum health

A woman brushing her teeth.

This book is about dental health.

Dental health is your teeth and gums.

It says some things are bad for your teeth and gums

It says how to look after your teeth and gums.

You can choose to read the information in Easy Read English.

Or you can read the longer sentences and harder words.

This book can look confusing when you start to read it.

You can get support to read it if you want.

This book has information about dental health. Dental health means the health of your teeth and gums.

The book says that some habits are bad for dental health, like:

- having food and drink that has lots of sugar

- not cleaning your teeth 2 times every day
- smoking
- having a dry mouth.

The book says how you can stop damage to your teeth and gums.

You can:

- get help to brush your teeth if you need it
- choose the right toothbrush and use floss
- see the dentist every 6 months
- see other dental health professionals if your dentist says you should.

You can choose to read the information in Easy Read English. Or you can read a version that has longer sentences and harder words.

The book has pictures of problems that can happen if you don't take care of your teeth and gums. These pictures can help you know why it is important to look after your dental health.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

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Victoria's longest serving community-based support organisation supporting people with cognitive and intellectual disabilities and those who are socially isolated, to build genuine relationships, discover and develop recreational and vocational skills, exercise full citizenship, and pursue meaningful opportunities for employment and further education.

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