



BAD BREATH: WHAT CAUSES IT; WHAT TO DO ABOUT IT



Today your child learned about his or her breath...more specifically, bad breath. It can be so uncomfortable and embarrassing to have bad breath, but it's really very normal. There are some easy things to do to help prevent or get rid of it.

1. Brush your teeth and your tongue...as far back as you can. Removing bacteria is one of the best ways to freshen up. A lot of them can live on your tongue, something you don't always think about when brushing.
2. Floss your teeth regularly. This also removes food particles and bacteria.
3. If you can't brush or floss right away and you are concerned about your breath, use mouthwash or chew gum until you are able to clean your mouth.
4. Drink plenty of water. Water helps rinse away bacteria. Staying hydrated also helps your digestive system run smoothly which can also prevent bad breath.
5. Don't use tobacco.

AT HOME ACTIVITY

Your child also learned today that a popular method of testing for bad breath doesn't actually work very well. A lot of people think that if you cup your hand over your mouth and nose and breathe into it you can tell if your breath smells bad. But air is released differently when you do that versus when you are face-to-face with someone, interacting with and talking to them. A better way to test is to wash your hand, and then lick the back of it with the farthest back part of your tongue you can manage. Let it dry for 10 seconds and smell it.

Did you try it? What do you think???

"WHOOSH" BREATHING



Sit in a comfortable position. Close your mouth and relax your face. Place your tongue gently on the roof of your mouth (behind your teeth). Let it rest comfortably there throughout this exercise. Take a deep breath in through your nose, hold it for a moment and then release it through your mouth. Let the air make a "whooshing" sound as you breathe out. Try this several times to get the hang of it and then do 10 in a row on an even beat.