



Attainment's

Survival GUIDE

PERSONAL CARE

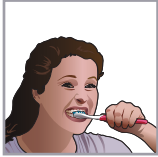


**Autumn Garza
Don Bastian
Tom Kinney**

WOMEN

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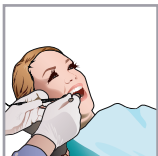
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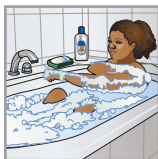


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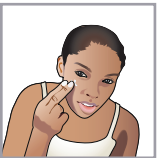
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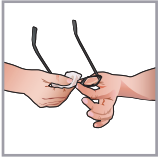
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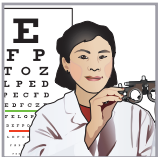
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INTRODUCTION



Routine

Routine – a sequence of actions you follow regularly



A **routine** is a series of activities. An activity is



something you do, like brushing your teeth. A routine then



1

is when you do several activities together one after another.



An example of a routine would be to brush your teeth.



Use mouthwash. Shower. Shave. Apply deodorant and get



dressed.

Routine

A suggested morning routine for women:



Take a Shower



Shave



Apply Deodorant



Brush Your Teeth

Routine

5



Use Mouthwash

6



Get Dressed

CHAPTER 1

Taking Care of Your Smile

Brushing Your Teeth

Flossing Your Teeth

Using a Water Pik

Using Mouthwash

Going to the Dentist





Brushing your teeth is one of the most important personal care activities. Brush at least twice a day. Once in the morning and again at night before you go to bed.



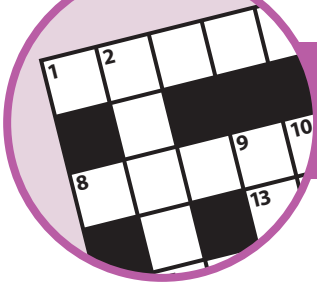
Brushing Your Teeth



Toothpaste comes in many containers as do brushes.



Make sure you brush all your teeth on both sides and front and back. Take your time too.



Vocabulary

1

personal



a person's private business

2

dental



about your teeth

3

correct



the right way to do something

4

regular



doing things in a consistent pattern

5

hygiene



having good health practices

6

plaque



bacteria on a tooth surface

Facts



No **personal** care activity is more important than



good **dental** care. It is the key to fresh breath and



looking good. And it is important for health reasons. Brush

2

3



your teeth two or three times daily. But it is not enough



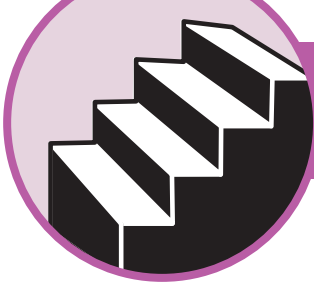
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just to brush. It must be done **correctly**. Ask your dentist



to show you how to brush the right way.



Step by Step



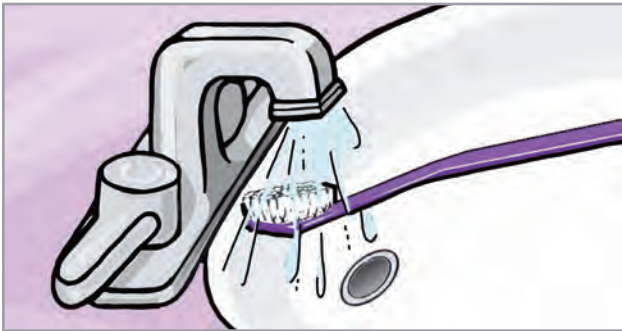
1

Get supplies.



2

Wash hands.



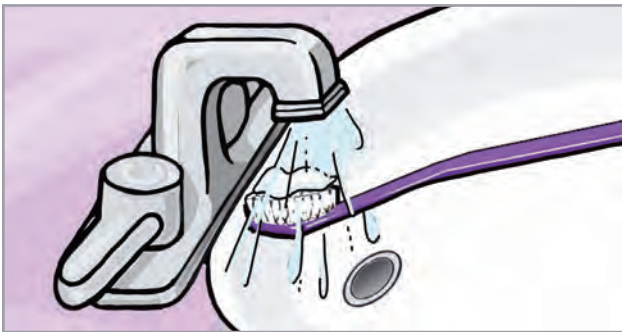
3

Wet toothbrush.



4

Apply toothpaste.



5

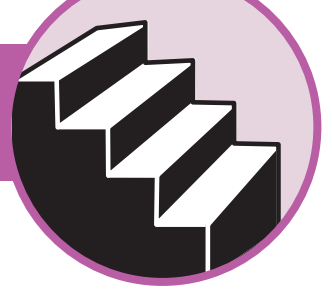
Wet brush again.



6

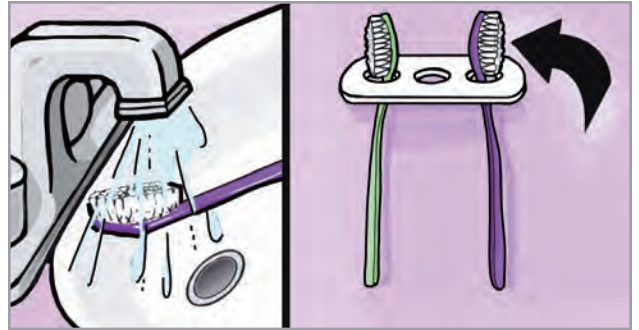
Brush teeth.

Step by Step



7

Spit and brush more.



8

Rise brush and put away.



9

Fill up and rinse mouth.



10

Put cap back on.



Helpful Tips



See your dentist **regularly**. Ask your dentist to give



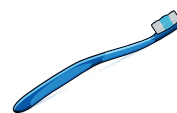
you an oral **hygiene** program for you to follow. And ask



your dentist for a **plaque** assessment to make sure you



are brushing properly. It will show if you need to change



the way you brush. Consider using an electric toothbrush



to stimulate your gums.

Problem Solving



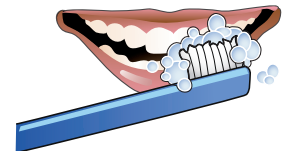
1 You do not see your dentist often enough. What should you do?



2 You do not have a good oral hygiene program. What should you do?



3 You do not know if you are brushing correctly. What should you do?





Quiz

1 Keeping your teeth in good shape is called ____ care.



dental



face



mouth

2 Good dental care is important for _____ reasons.



weather

3

three



health

3 Make sure you _____ properly.



eat



brush



dance