

**There Won't
Be a Next Time!**





Foreword



Tooth decay is one of the most commonly seen conditions found in preschoolers. Tooth decay must be treated appropriately. Without proper treatment, tooth decay can cause pain, hamper verbal communication, reduce chewing ability, and impact overall health and development. It is easy to prevent tooth decay in children: tooth-brushing after meals and before bedtime, reduction of sugar intake, regular dental exams and fluoridization every 6 months. These are all effective ways to prevent tooth decay. The Public Health Bureau of the Tainan City Government has made a special effort to publish this picture book to teach youngsters about cavity prevention. From the story of Little Mickey, children will learn about the importance of maintaining good oral hygiene and developing the habit of brushing their teeth regularly from a young age, thereby triumphing over the tooth goblins and keeping cavities away.

Lai Ching-te (William Lai)

Mayor of Tainan City



Foreword



There are four indispensable ways to keep teeth healthy: tooth-brushing after meals and before bedtime, eating fewer sweets and more vegetables and fruit, regular dental exams and fluoridization every 6 months. Among these, the best is brushing your teeth—the most basic and the easiest to do. However, there is always something more interesting than brushing teeth that attracts our children's attention, and their unwillingness to brush frustrates parents and teachers endlessly. However, at the end of this story, it's as if someone has cast a spell over Little Mickey and made him form the good habit of brushing his teeth after eating. Kids, do you want to fall under this mysterious magic spell? Let us turn the pages of this picture book and enter Little Mickey's world!

Lin Sheng-che

**Director General of the Public Health Bureau,
Tainan City Government**

Little Mickey was munching on snacks while watching TV.

“Mickey, remember to brush your teeth after you eat; otherwise you'll end up with a mouthful of cavities!”

“Sure, sure, I'll do it soon,” Little Mickey responded absent-mindedly.



Before he went to bed, mom once again reminded Little Mickey to brush his teeth.

“Mom, you're such a nag,” grumbled Little Mickey.

Mom's words went in one ear and out the other. Little Mickey did not want to brush his teeth. He still persisted in his own way.



That night, a band of trouble-making tooth goblins made a ruckus in his mouth.

“Come one, come all! Little Mickey's mouth has all sorts of sweets, just the way we want most!” hollered the biggest tooth goblin.



“Come quick and see; look, over here we've got milk and meat--a real gourmet dinner. What a treat!” The tooth goblins jumped up and down for joy.

“Thank goodness he didn't brush his teeth; otherwise we wouldn't have this great feast!” The whole crowd went to town on the fantastic spread.



The next morning, Little Mickey woke up with a terrible toothache. He couldn't even eat anything.

“Mom, take me to the dentist right now! I can't take this anymore!” he pleaded with his mother with tears in his eyes.



“I've reminded you several times to make sure to brush your teeth after eating, but you didn't listen. NOW you're sorry. Maybe this will teach you to brush next time!” Mom said to him sternly with both anger and pity in her voice.



The kind dentist spent a lot of time patiently helping Little Mickey understand the seriousness of the situation.

“Little Mickey, do you know that there are lots and lots of bacteria in our mouth? If you don't take special care of your teeth, these bacteria will eat away at your teeth, and your teeth will go bad. If it gets really worse you could lose all your teeth! Then how will you be able to eat all the food you like?”



“So, how should I take care of my teeth?” Little Mickey looked up and asked.

“Besides making sure you brush your teeth, also rinse your mouth out with water after eating to prevent the bacteria in your mouth from taking hold. Otherwise, you'll come back next time with another terrible toothache,” the dentist explained.

“From now on I will make sure to brush my teeth. There won't be a next time!” Little Mickey finally understood the importance of keeping his teeth healthy.



That night, the tooth goblins once again made an appearance.

“Hmm, strange—why is there no food at all in Little Mickey's mouth? What are we going to eat?” the tooth goblins asked sorrowfully.



“I guess we have to move on to a different boy or girl that doesn't like to brush their teeth, so we can find some food.” The goblins went on their way and quickly cleared out of Little Mickey's mouth.



“Phew! It's a good thing I decided to listen to the dentist and keep my teeth clean; otherwise I might have woken up again with a terrible toothache!”
He breathed a sigh of relief.



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