



Children's Dental Health Education Package

KINDERGARTEN - 1ST GRADE



Contents

For Educator

Letter to Educator

Lesson Guide for Educator

Activities

Activity 1: Healthy Teeth for Me! Activity Storybook

Activity 2: Dental Vocabulary Tracing Activity

Activity 3: Things That Make Me Smile! Worksheet

Activity 4: Design Your Own Toothbrush, Floss, and Toothpaste

Activity 5: Healthy Smile Pledge Certificate

Activity 6: Teeth Brushing Calendar

Activity 7: Good for My Teeth, Bad for My Teeth Worksheet

Resources for Parents and Educators

Toothy Tips for Parents

Brushing Techniques and Additional Resources

First Tooth, First Birthday, First Visit Fotonovela

Seal Today to Prevent Decay Fotonovela



Want more dental tips? Visit [SmileCalifornia.org](https://www.smilecalifornia.org).

Welcome

Dear Educators and Community Partners,

Welcome to the National Children's Dental Health Month educational package developed by *Smile, California*! This resource has been developed for educators and community partners to support and inspire you to provide children with engaging lessons about the importance of good oral health.

The activities in the *Smile, California* Children's Dental Health Month educational package are designed for children in kindergarten through 5th grade. The package provides a variety of activities that can be used as a whole lesson plan or as individual activities that best suit the needs of you and your students. The most important thing to remember is that in order to empower children to take charge of their oral health, they need to understand that their mouth is a window to the health of the rest of their body, therefore it is important they keep it healthy by:



**brushing their teeth
twice a day for two
minutes.**



**choosing healthier
foods and drinks over
those high in sugar.**



**visiting the dentist
twice a year.**

Most pieces are aimed at students; however, we encourage you to recognize the key role parents and caregivers also play in helping children practice good oral health habits at home. Pieces we recommend sending home with your students for parents and caregivers are:

- **Toothy Tips for Parents**
- **Teeth Brushing Calendar**
- **Healthy Smile Pledge Certificate**



We hope you and your students enjoy using these *Smile, California* resources. We would especially like to encourage you to take a photo of all of your students' Healthy Smile Pledge Certificates and post it on social media using the hashtag #SmileCalifornia or email it to hello@smilecalifornia.org to receive a set of 50 *Smile, California* pencils and to be featured on *Smile, California* social platforms. All images must be posted and/or received by Friday, February 28, 2020.

Thank you again for your support.

Smile on!
The *Smile, California* Team

Healthy Teeth for Me Lesson Plan

Grade: Kindergarten - 1st grade (5 - 6 years old)

Background: National Children's Dental Health Month (NCDHM) is observed annually in February providing the opportunity for dedicated dental professionals, health care providers, educators, community partners, parents and caregivers to raise awareness about the importance of good oral health in childhood. Despite being largely preventable, cavities remain the most common chronic childhood disease. Tooth decay can cause pain, loss of sleep, lack of concentration and

absence from school. In fact, according to the California Department of Public Health, California children miss 874,000 days of school each year due to dental problems.

Objective of this lesson plan: Teach children that developing healthy dental habits at an early age and visiting the dentist regularly, helps them improve their chances of a lifetime of healthy pain-free teeth and gums.



In this package you will find materials to introduce children to the benefits of keeping their teeth healthy through proper brushing and flossing and the important role the dentist plays in helping keep their smile healthy. Students will also be introduced to dental-related vocabulary words.

Class Discussion Points:

- Introduce National Children's Dental Health Month, what it is and why it is important (see above Background for reference).
- Get students excited about and motivated to learn about their teeth and the importance of taking good care of them by asking them to tell you what their teeth do and why they are important.
 - Write answers where they can see them and offer additional responses.
- Explain that to have healthy and clean teeth we must:
 - Brush twice a day - once in the morning and once at night.
 - Floss daily.
 - Eat healthier foods by limiting sweets.
 - Visit the dentist 2 times a year - the dentist is our friend!
- Introduce the dentist as a friendly doctor whose mission is to help keep our teeth healthy and strong. Explain the following:
 - The dentist is a doctor who is specially trained to care for teeth.
 - When we visit the dentist for a check-up, she/he will look at our teeth and gums to check for any problems. Explain that the dentist can see problems our parents and/or guardians may not.
 - The dentist also makes sure our teeth are developing properly as we grow.
 - It's important to visit the dentist every 6 months to make sure our teeth and gums are healthy.
- Explain what they can expect at a dental visit. For example:
 - You'll go into an exam room and sit in a big comfortable chair with a place to rest your head and stretch your legs!
 - The dentist will look for problems with your gums and teeth.
 - The dentist might want to take x-rays of your teeth. X-rays are done to check how your teeth are developing and to look for problems, like early signs of cavities!

Vocabulary:

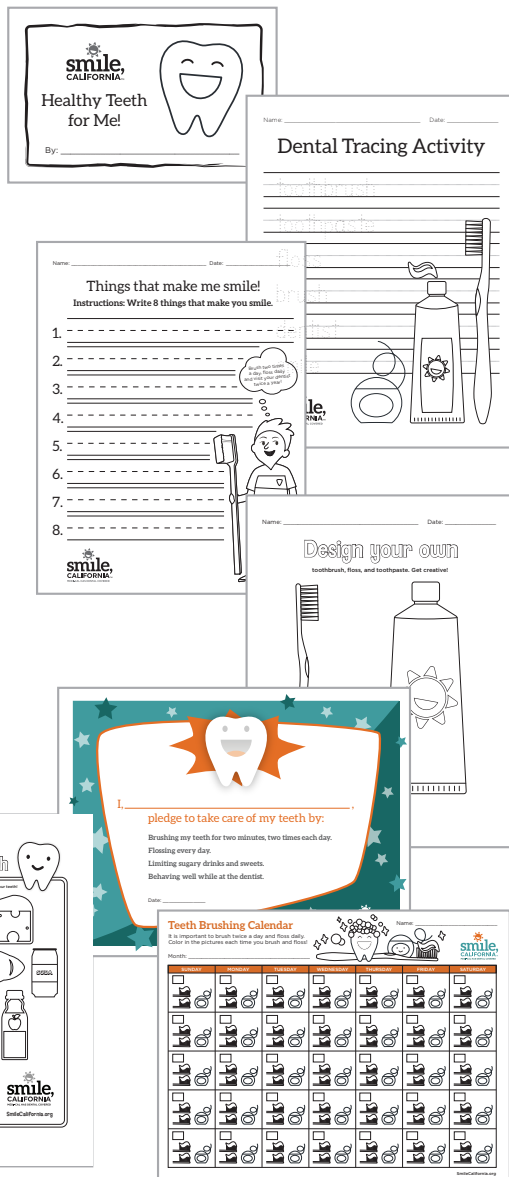
Toothbrush	Floss
Toothpaste	Brush
Dentist	Smile



Teachers, remind parents that California law, Education Code Section 49452.8, requires children have an oral health assessment (dental check-up) by May 31 in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before a child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

Materials:

- **Healthy Teeth for Me! activity storybook:** A coloring activity storybook with easy to read sentences about good oral health habits and visiting the dentist.
- **Dental vocabulary tracing activity:** Dental vocabulary tracing worksheet with dental words used in the Healthy Teeth for Me! activity storybook.
- **Things that make me smile! worksheet:** Word listing exercise; worksheet asks children to list things that make them smile (e.g., mom, cat, park)
- **Design your own toothbrush, floss, and toothpaste:** Fun and interactive coloring activity for students to design their own toothbrush, toothpaste and floss.
- **Healthy Smile pledge certificate:** Pledge certificate for children to sign as part of their commitment to practice healthy dental habits.
- **Teeth Brushing calendar:** Monthly teeth brushing calendar for students to put a check mark for each time they brush and floss.
- **Good for My Teeth, Bad for My Teeth worksheet:** A coloring worksheet to help children differentiate the foods that are good for their teeth from the foods that are bad for their teeth.



Want more dental tips?
Visit SmileCalifornia.org.



Healthy Teeth
for Me!



By: _____

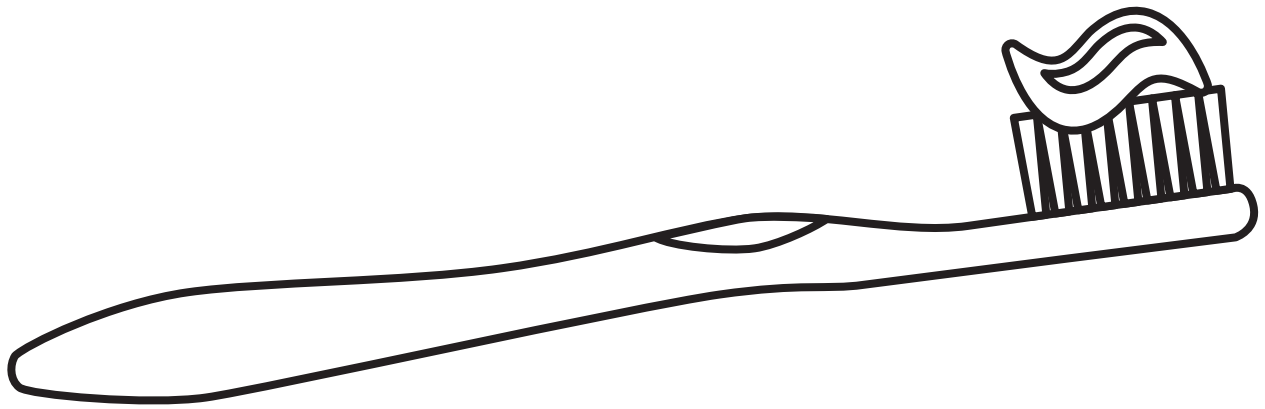


Healthy Teeth
for Me!

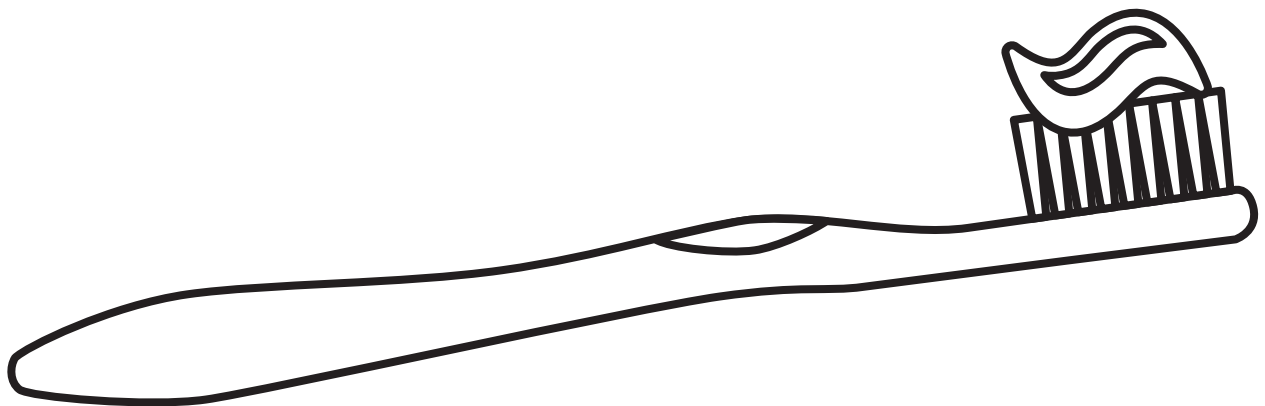


By: _____

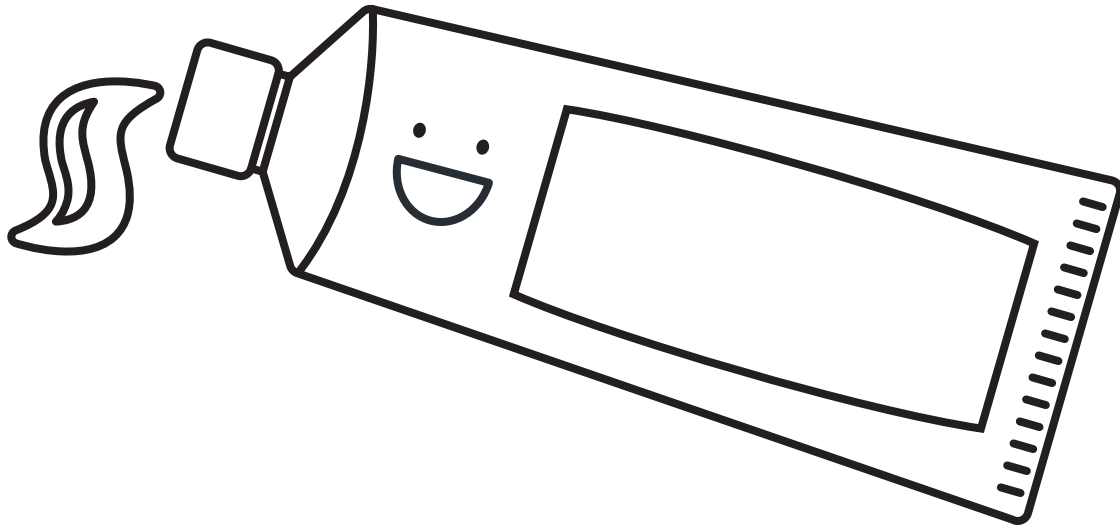
I brush my teeth every day.



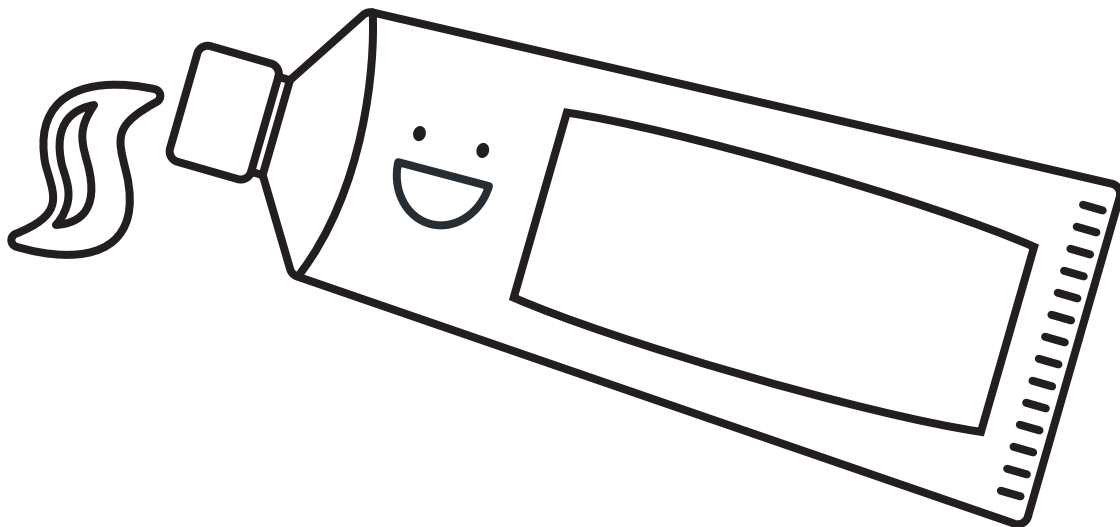
I brush my teeth every day.



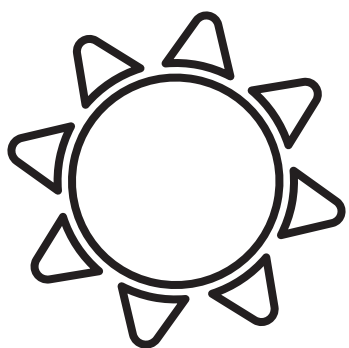
I use toothpaste every day.



I use toothpaste every day.



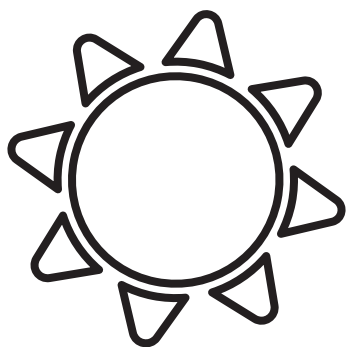
I brush my teeth for two
minutes, two times every day.



2



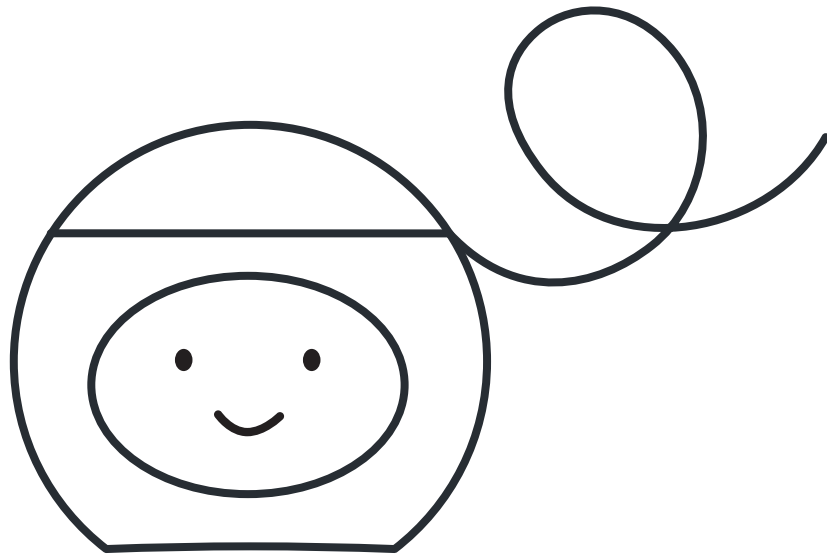
I brush my teeth for two
minutes, two times every day.



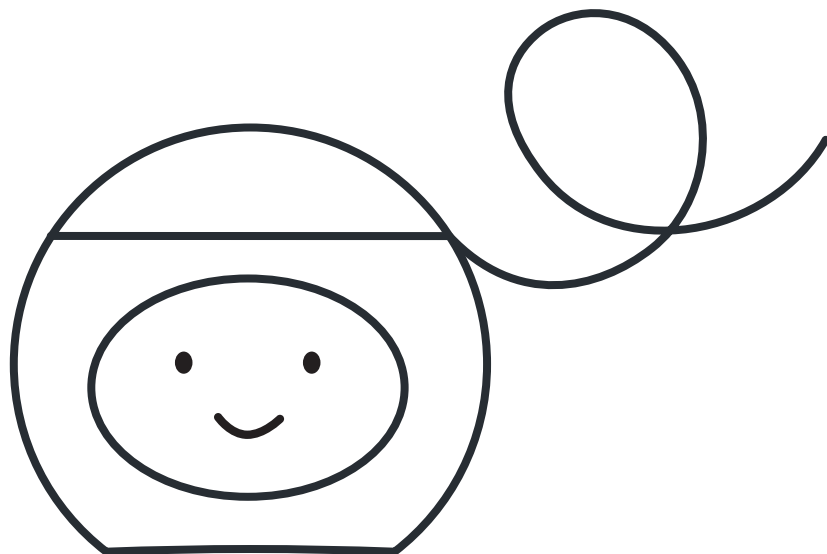
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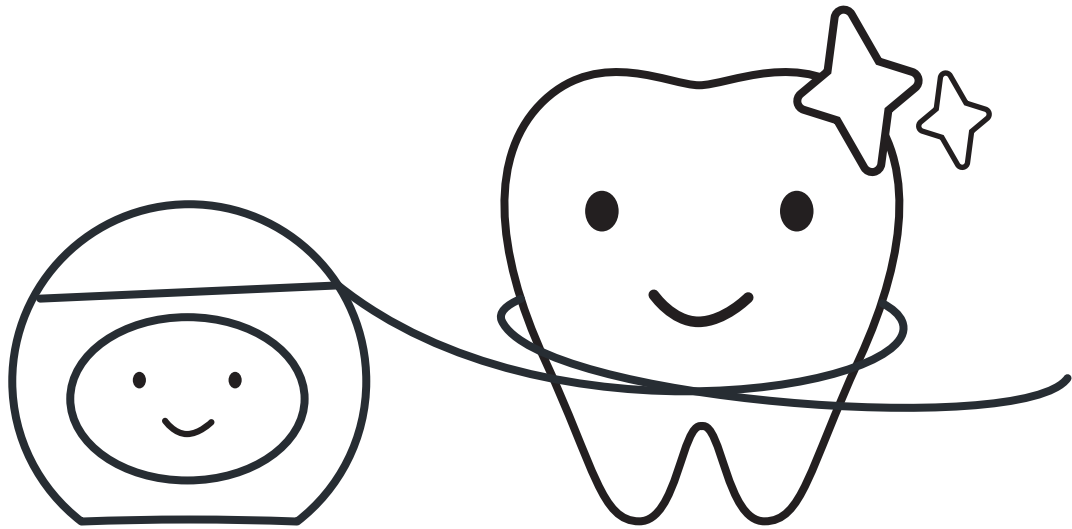
I floss my teeth every day.



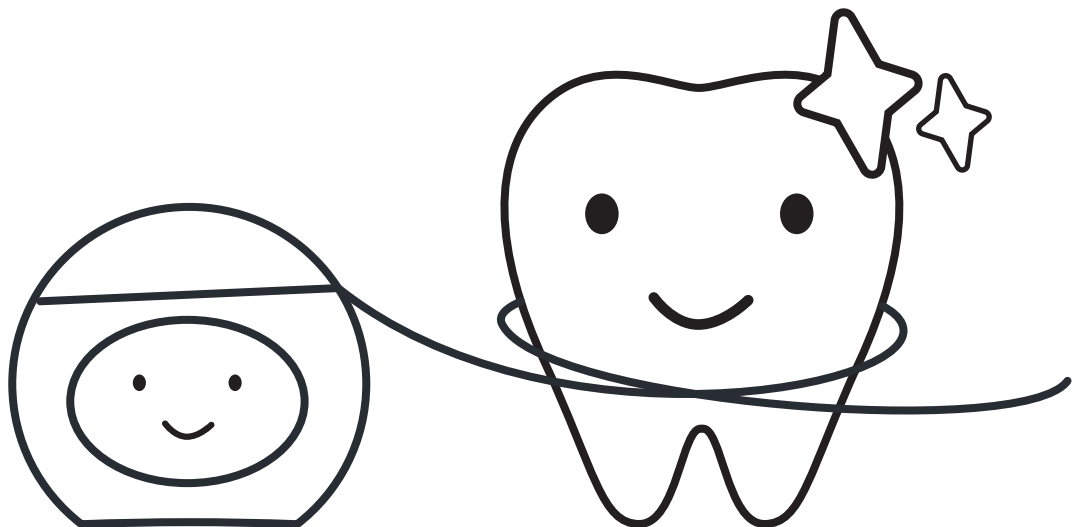
I floss my teeth every day.



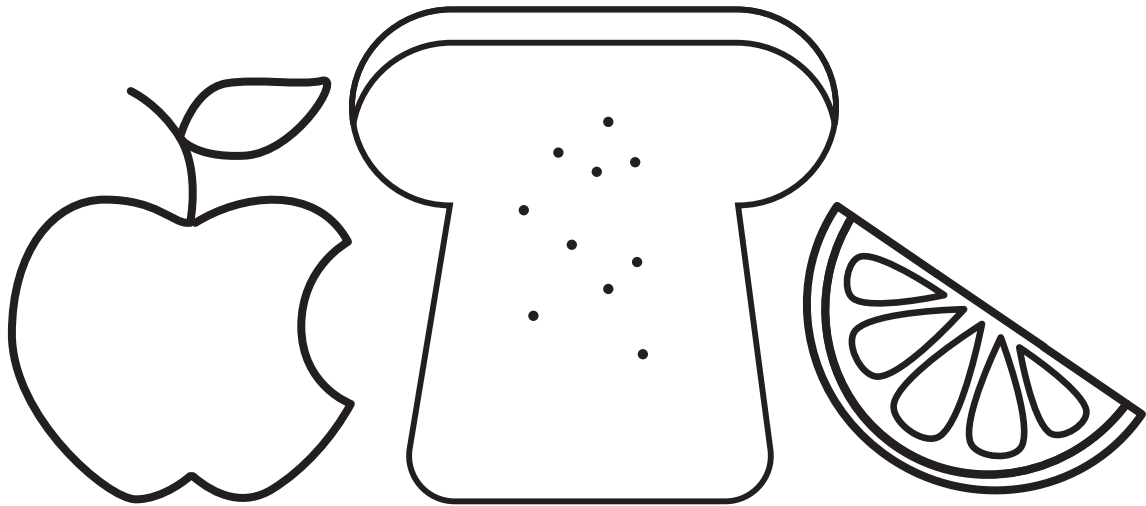
Flossing keeps my teeth clean.



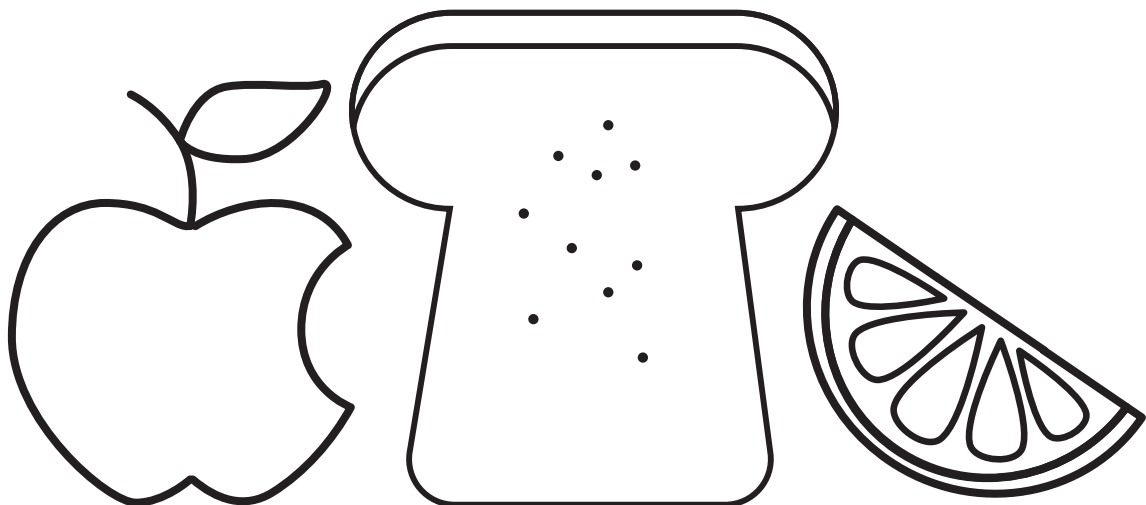
Flossing keeps my teeth clean.



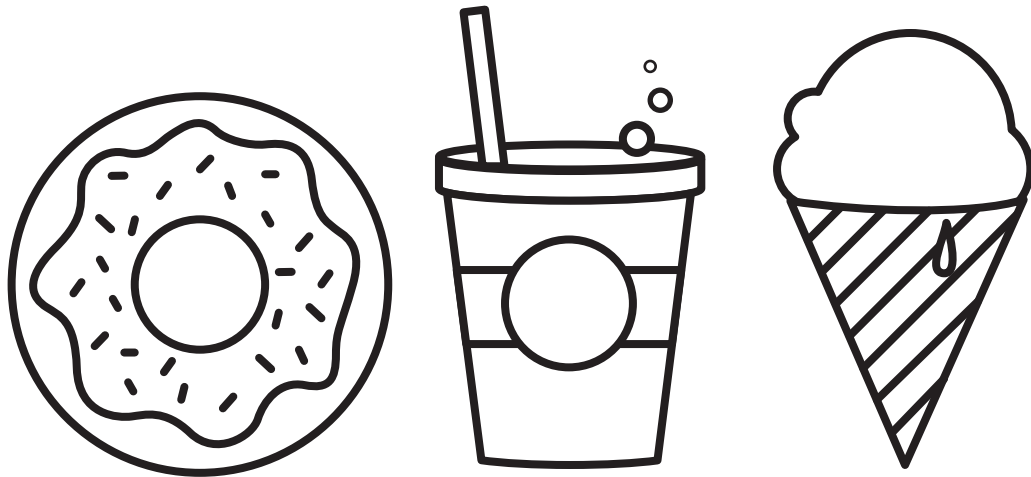
I eat healthy foods every day.



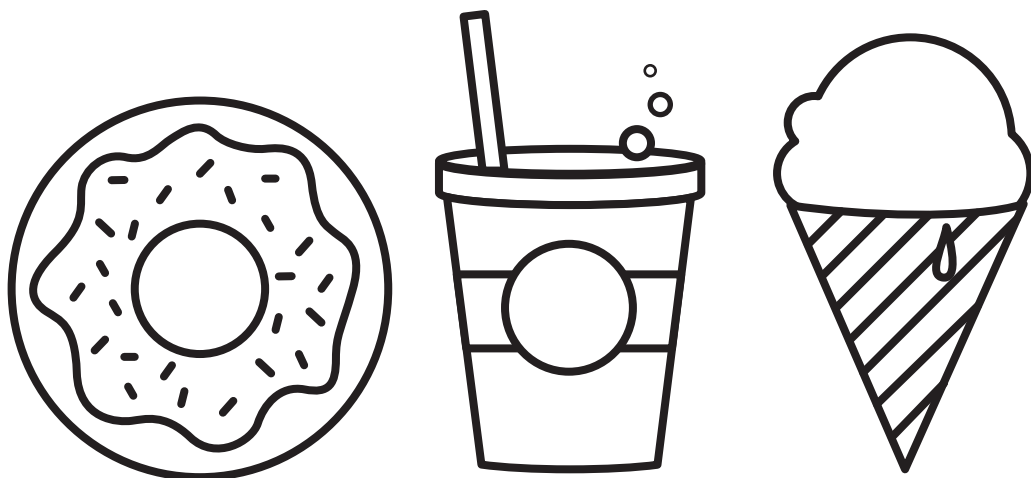
I eat healthy foods every day.



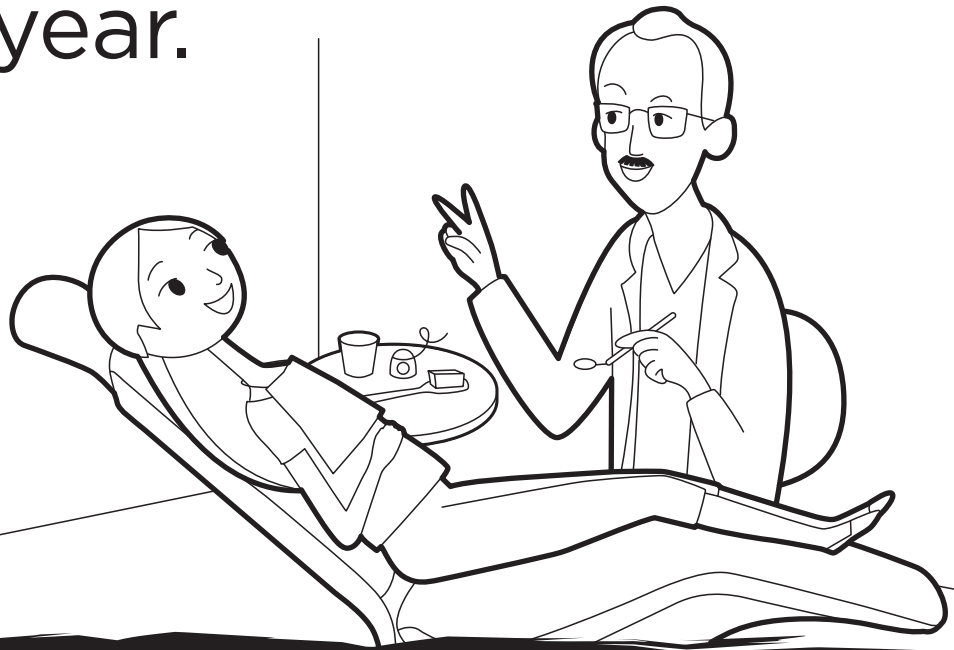
I do not eat too much sugar.



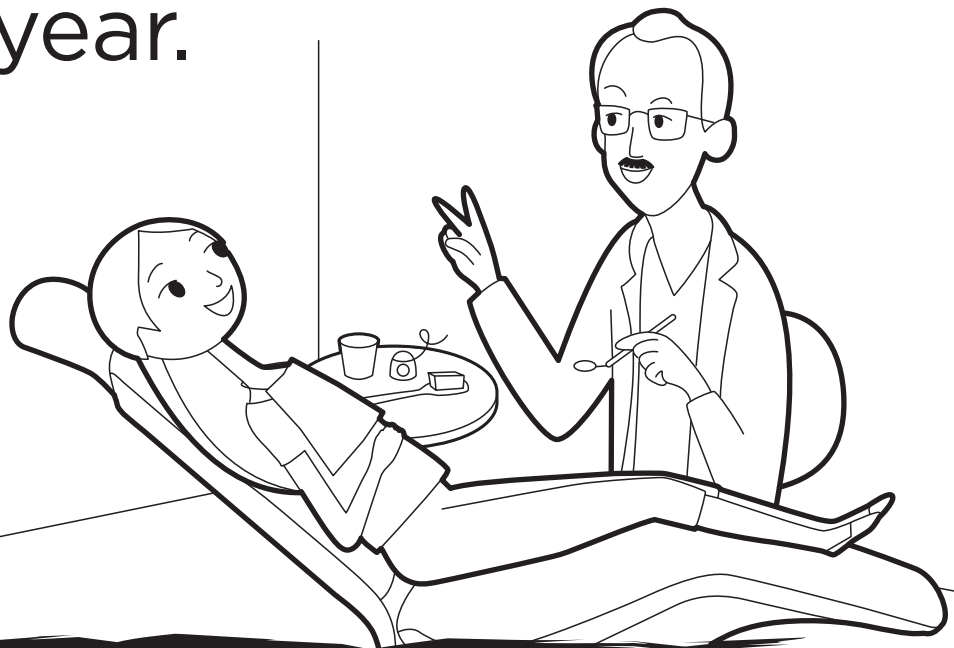
I do not eat too much sugar.



I visit the dentist two times
every year.



I visit the dentist two times
every year.



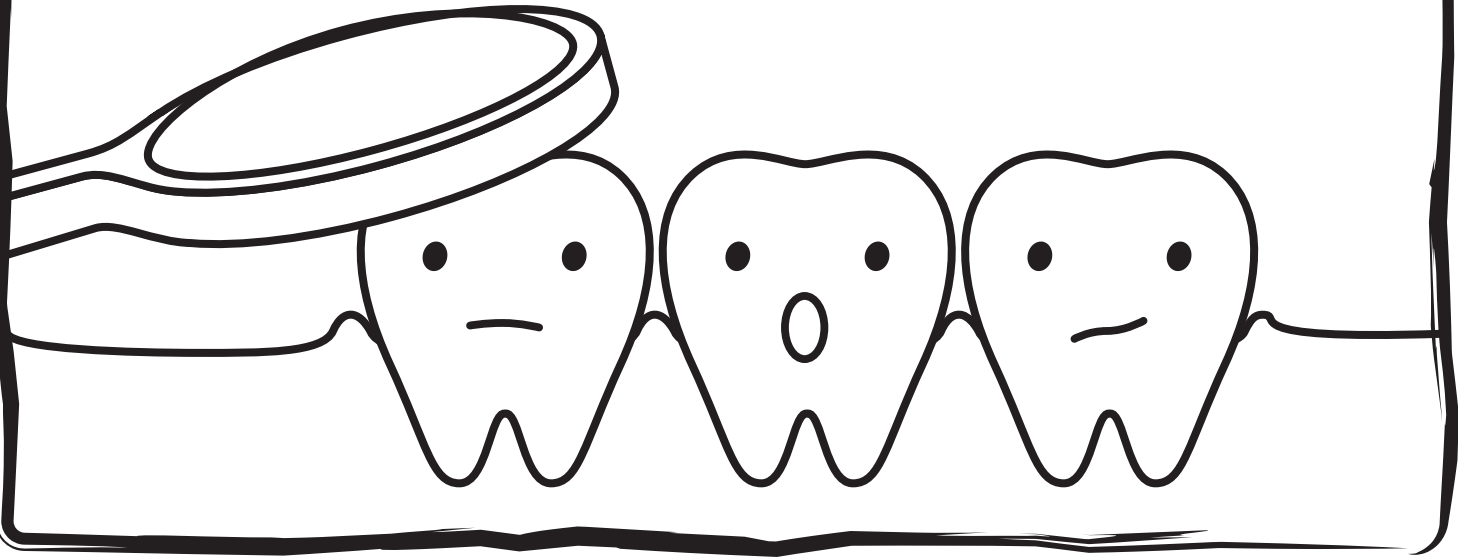
The dentist makes sure
my teeth are clean.



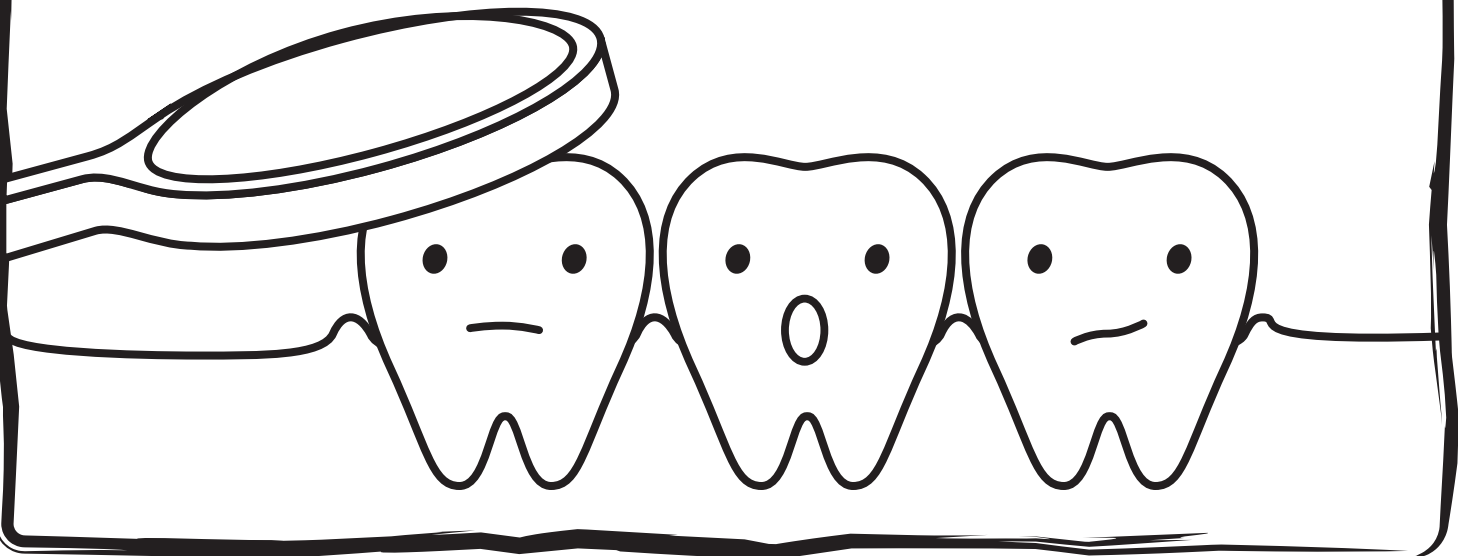
The dentist makes sure
my teeth are clean.



The dentist looks for things in my
mouth my parents can't see.



The dentist looks for things in my
mouth my parents can't see.



I always leave the dental office
with a healthy and shiny smile.



I always leave the dental office
with a healthy and shiny smile.



Visit **SmileCalifornia.org** to
learn more about oral health!



Text **SMILECA** to **31996**
to receive healthy dental
tips from *Smile, California!*



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learn more about oral health!



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to receive healthy dental
tips from *Smile, California!*



Name: _____

Date: _____

Dental Tracing Activity

toothbrush

toothpaste

floss

brush

dentist

smile



Name: _____ Date: _____

Things that make me smile!

Instructions: Write 8 things that make you smile.

1.

2.

3.

4.

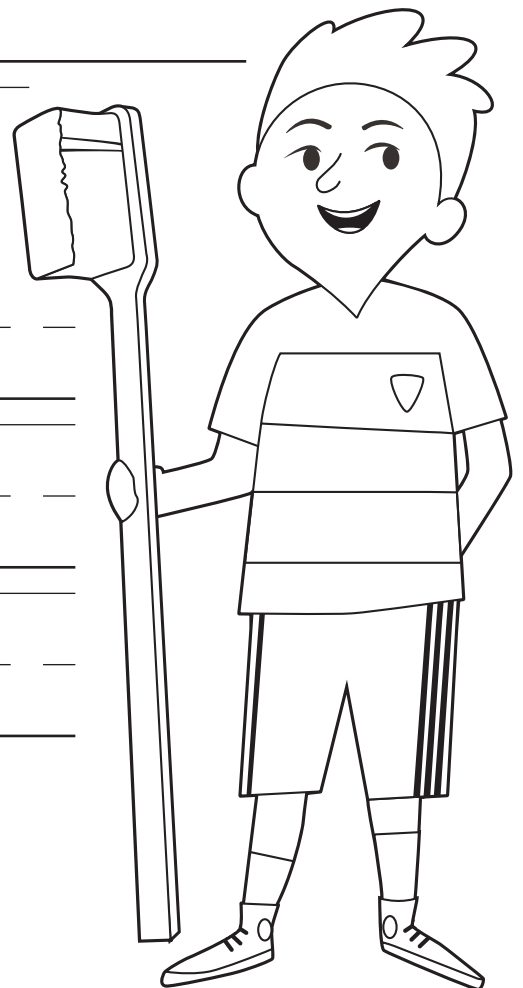
5.

6.

7.

8.

Brush two times
a day, floss daily
and visit your dentist
twice a year!

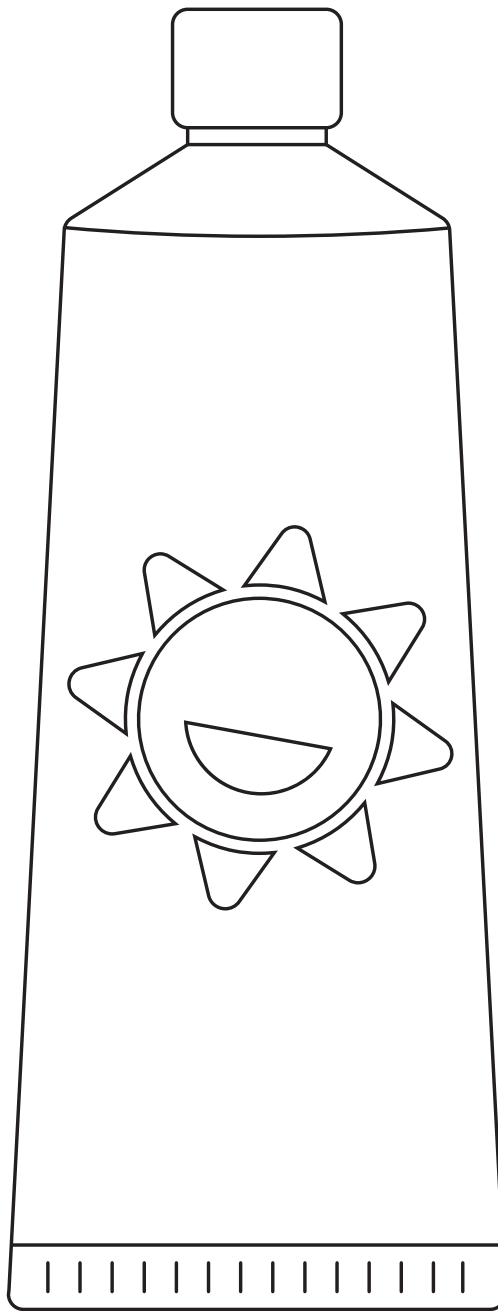
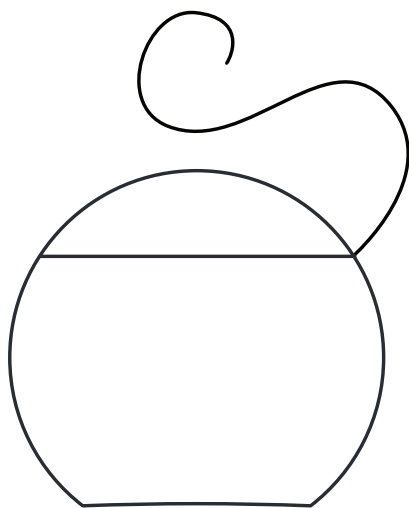
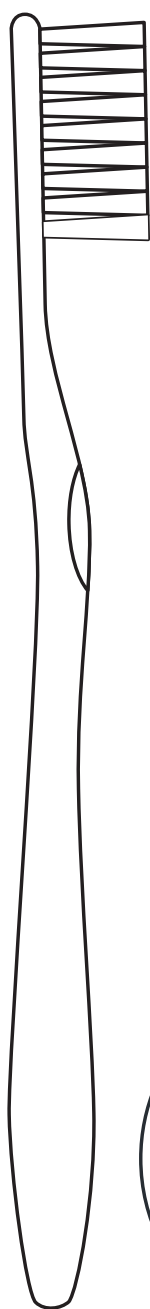


Name: _____

Date: _____

Design your own

toothbrush, floss, and toothpaste. Get creative!





I, _____,

pledge to take care of my teeth by:

Brushing my teeth for two minutes, two times each day.

Flossing every day.

Limiting sugary drinks and sweets.

Behaving well while at the dentist.

Date: _____

Teeth Brushing Calendar

It is important to brush twice a day and floss daily.
Color in the pictures each time you brush and floss!

Month: _____



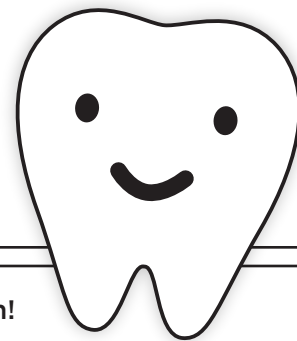
Name: _____



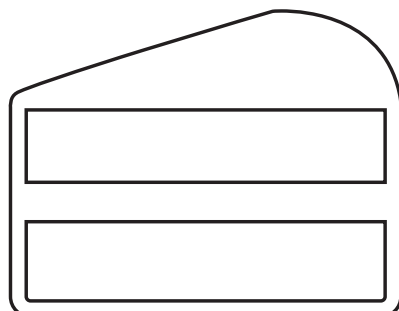
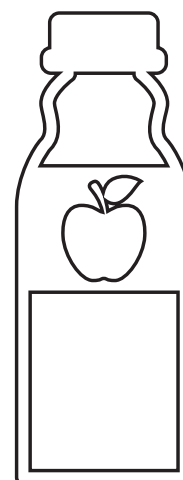
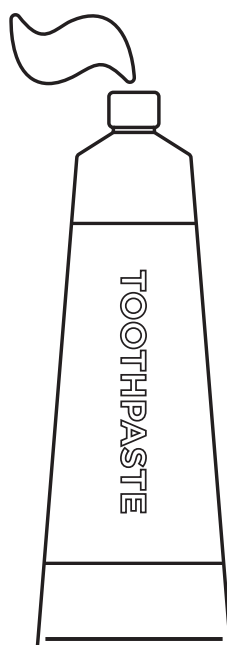
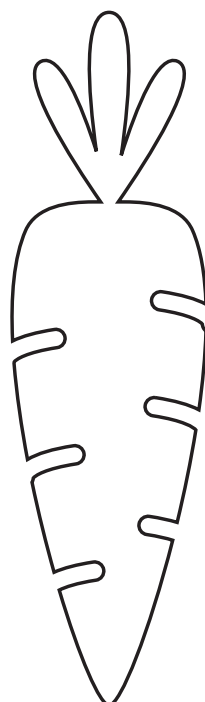
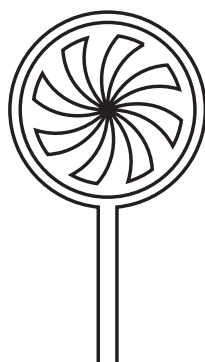
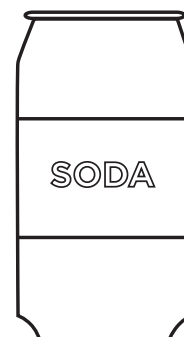
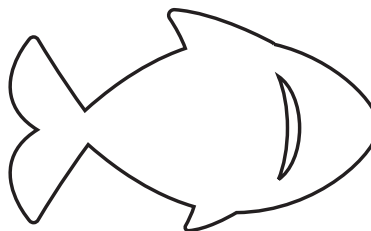
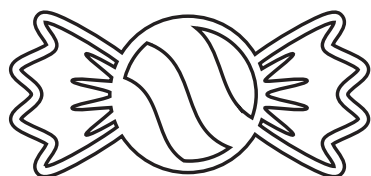
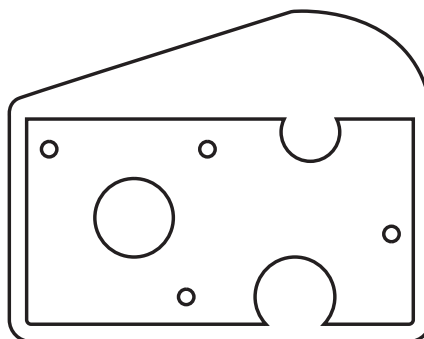
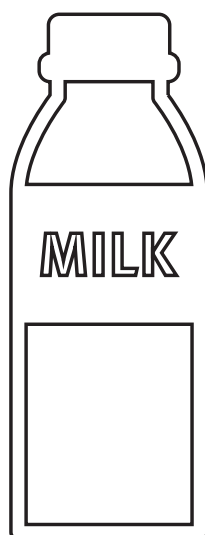
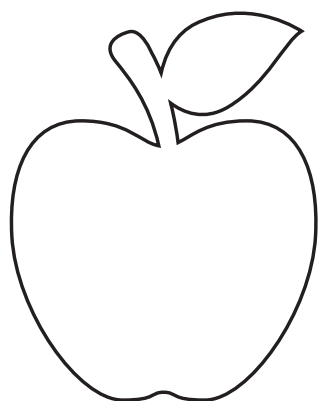
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Good for my teeth

Bad for my teeth



Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!




smile,
CALIFORNIA
MEDI-CAL HAS DENTAL COVERED

SmileCalifornia.org

TOOTHY TIPS FOR PARENTS

Did you know that healthy baby teeth make way for healthy permanent teeth? Help your children keep their smiles strong and healthy for a lifetime by building good oral health habits now.



- **Brush twice a day.** As soon as your child's first tooth appears, help them brush twice a day, in the morning and at bedtime. You should continue brushing your child's teeth until you are sure they can brush on their own. Once your child can brush on their own, you should continue to supervise, reminding them to use good brushing techniques.
- **Floss daily.** Help your child floss between their teeth as soon as they have two teeth that touch.
- **See the dentist twice a year.** Children under the age of 21 should see the dentist for a cleaning and check-up every six months. If your child doesn't have a dentist, visit [SmileCalifornia.org](https://www.smilecalifornia.org) and click on the Find A Dentist button to find a dentist near you.
- **Choose healthy foods and drinks.** A balanced diet is an important part of keeping your teeth and gums healthy. Help your child make healthier food choices. Be sure to limit sugary snacks and drinks, like juice and candy.

Remember, children learn by watching their parents. Be a good oral health role model by taking good care of your own teeth and gums!

Good Oral Health Through the Years

Babies

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. Kids can get cavities as early as age two, so visit the dentist as soon as possible.

Kids

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist about sealants to help protect your child's back teeth from cavities. Sealants are clear, protective coatings that are quick and painless.

Teens

Continuing to eat sugary foods and drinks as teens can put them at a higher risk for tooth decay. Teenagers who get regular dental check-ups maintain good oral health well into adulthood. Keeping a travel-size toothbrush in a locker or backpack to brush after meals can also help reduce the risk of cavities and keep teeth bright — a boost to any teen's self-esteem.

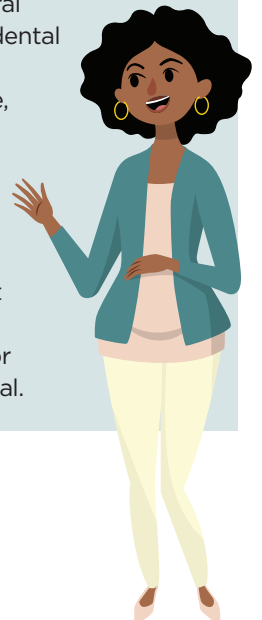
Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.



Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by May 31

in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

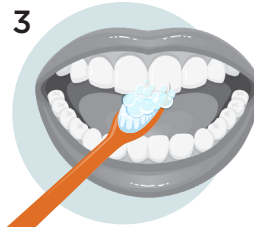


Brushing Techniques and Additional Resources

Proper Brushing Technique



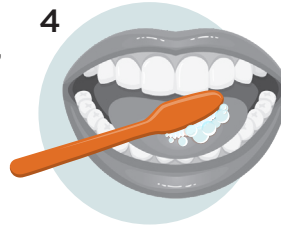
1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



3 Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.



2 Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.



4 Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.

Kids toothpaste tips:



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

0-3 years: grain of rice



Children 3 years and above should use a pea-sized amount of toothpaste.

3+ years: pea size

Additional Dental Health Resources from the American Dental Association

MouthHealthy by ADA: www.MouthHealthy.org

A-Z Topics: www.mouthhealthy.org/en/az-topics

Pregnancy: www.mouthhealthy.org/en/pregnancy

Babies & Kids: www.mouthhealthy.org/en/babies-and-kids

Teens: www.mouthhealthy.org/en/teens

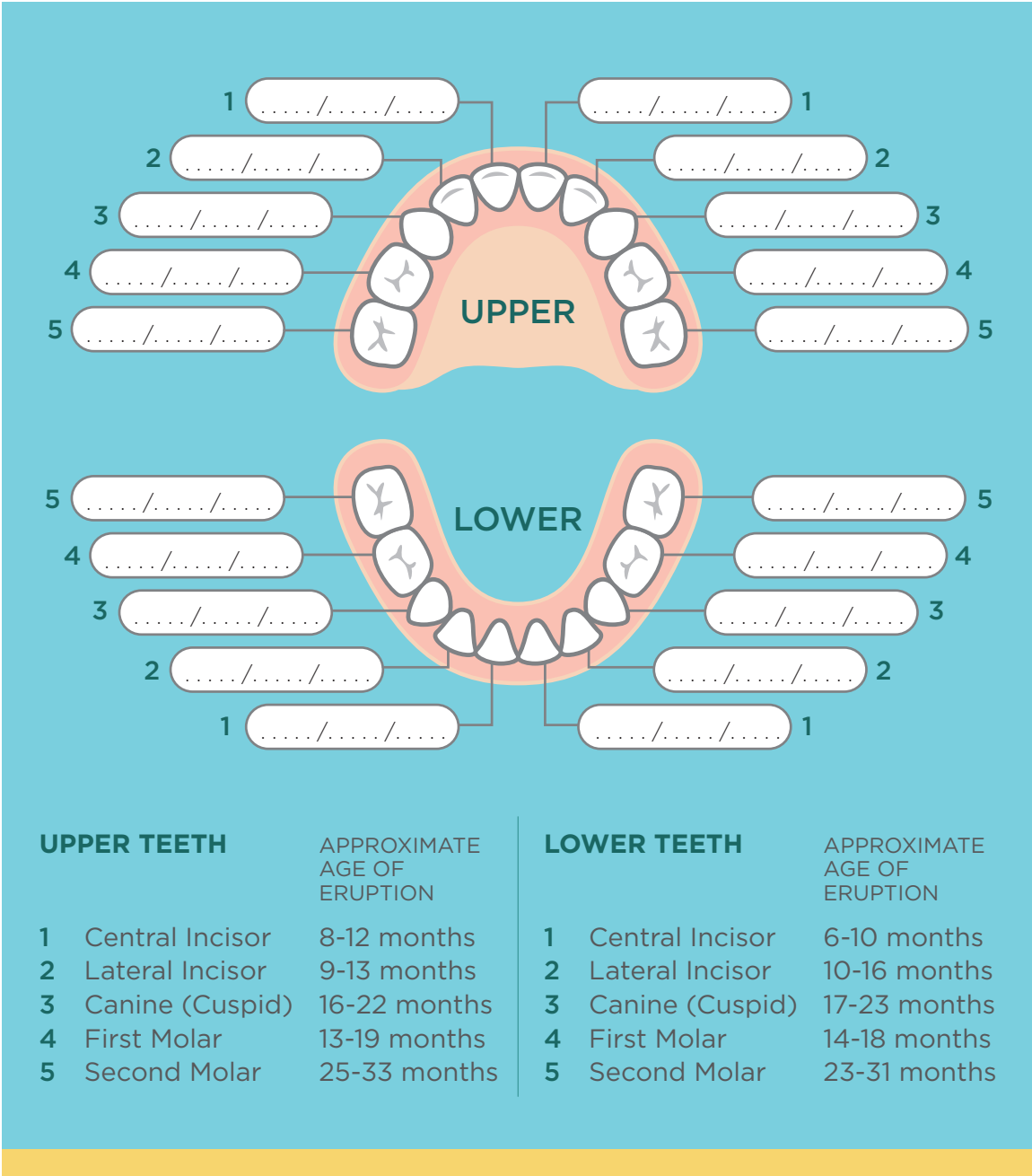
Dental Visits: www.mouthhealthy.org/en/dental-care-concerns

Nutrition: www.mouthhealthy.org/en/nutrition



Need help finding a dentist near you? Visit **SmileCalifornia.org**.

Baby Teeth Development Chart

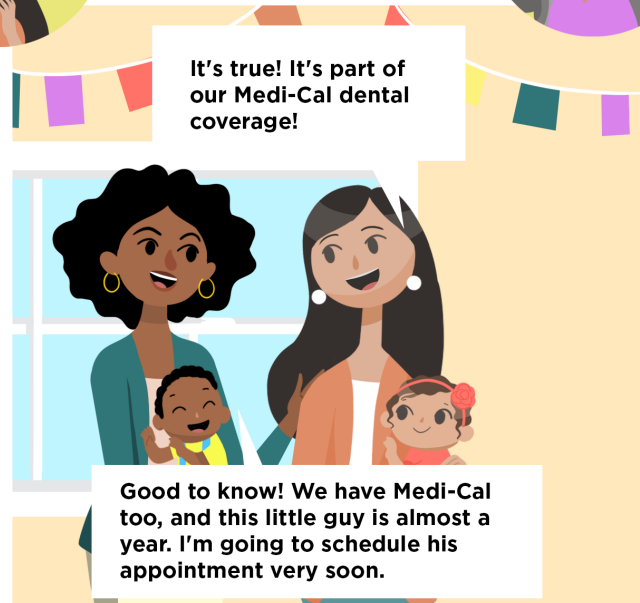
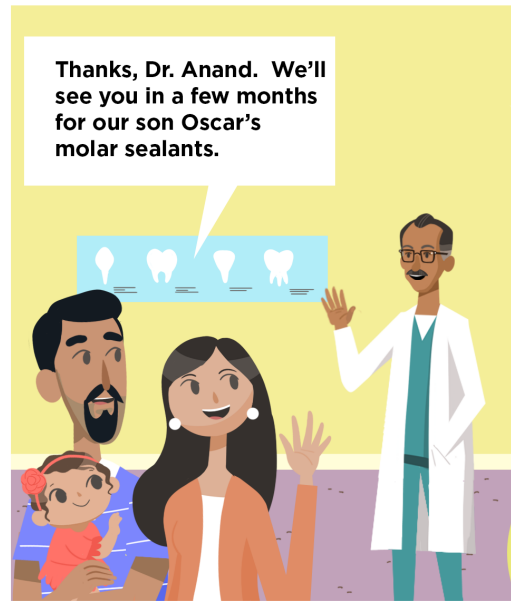
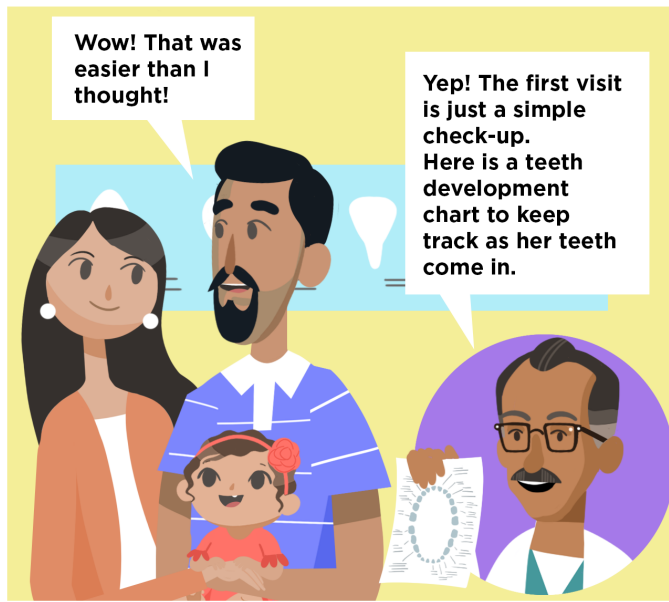


Text **SMILECA** to **31996** to receive healthy dental tips from *Smile, California!*

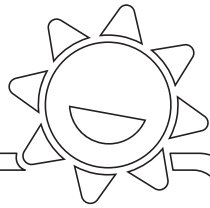
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First tooth, first birthday,
FIRST VISIT.



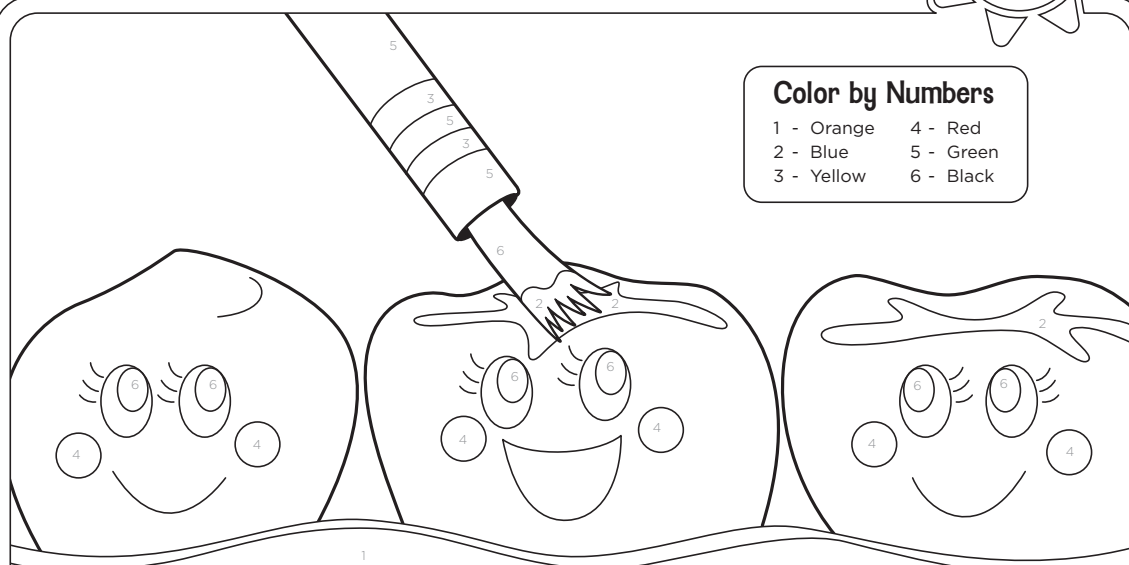


Smile Activities



Color by Numbers

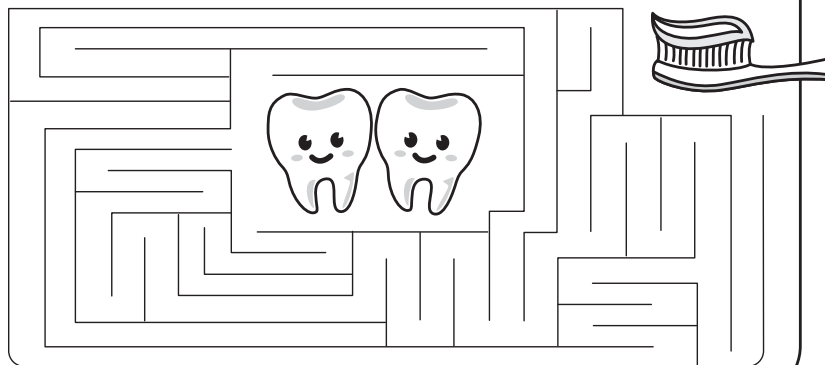
- | | |
|------------|-----------|
| 1 - Orange | 4 - Red |
| 2 - Blue | 5 - Green |
| 3 - Yellow | 6 - Black |



Sealants can reduce cavities by 80%*

*Source: Centers for Disease Control and Prevention. www.cdc.gov/vitalsigns/dental-sealants/index.html

Help the Toothbrush Find the Teeth



Text **SMILECA** to **31996** to receive healthy dental tips from *Smile, California!*

rev 09-2019

Seal Today to Prevent Decay.



