



Show Your Teeth Some Love

Keep your teeth healthy and strong by brushing, flossing, and visiting your dentist regularly.

EDUCATIONAL ACTIVITY PACKAGE FOR KINDERGARTEN - 1ST GRADE



Dear Educators and Community Partners,

Thank you for taking the step to explore *Smile, California's* comprehensive oral health educational activity package and enhancing your educational resources.

Our goal with this resource is to equip and inspire you to deliver lessons on the significance of maintaining good oral health, including insights into dental visits covered by the Medi-Cal Dental Program.

Tailored for students in Kindergarten through 1st Grade, the activities in this package can be utilized either as a comprehensive lesson plan or as individual activities.

The primary message conveyed through these activities is for children to understand that their mouth is a window to the health of the rest of their body. To instill this understanding, children are encouraged to adopt healthy habits such as daily brushing and flossing, making nutritious food choices, and, crucially, scheduling regular visits to the dentist twice a year.

As you are aware, parents and caregivers play a crucial role in guiding children to adopt good oral health habits at home. Therefore, we suggest printing and distributing the following resources and activities for families.



- **Toothy Tips for Parents**
- **Teeth Brushing Calendar**
- **Medi-Cal Has Dental Covered Flyer**

For additional oral health and school readiness resources, visit SmileCalifornia.org/School-Readiness.

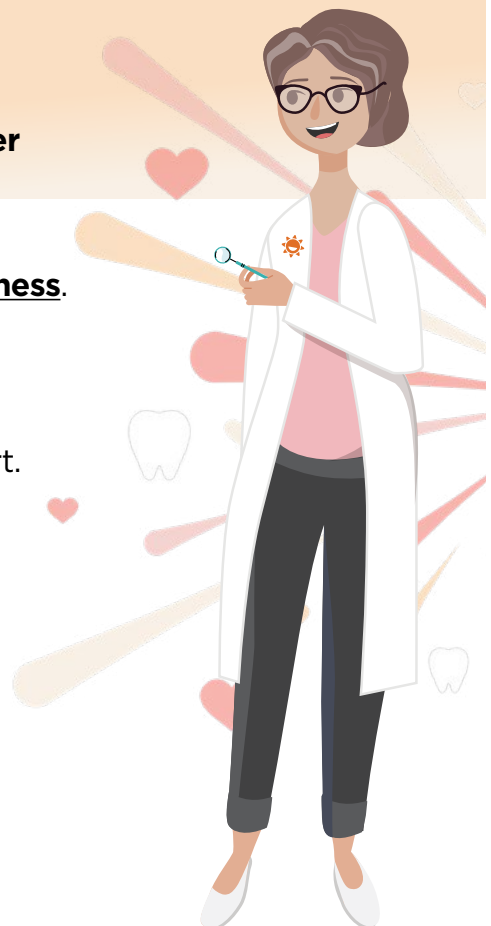
If you have any questions please e-mail, hello@smilecalifornia.org.

Thank you once again for your unwavering support.

Smile on!
The *Smile, California* Team



Medi-Cal Dental



Love Your Smile 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

Want more dental tips?
Visit SmileCalifornia.org.



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.



Name: _____

Date: _____

Dental Tracing Activity

toothbrush

toothpaste

floss

brush

dentist

smile



Things that make me smile!

Instructions: Write 8 things that make you smile.

1.

2.

3.

4.

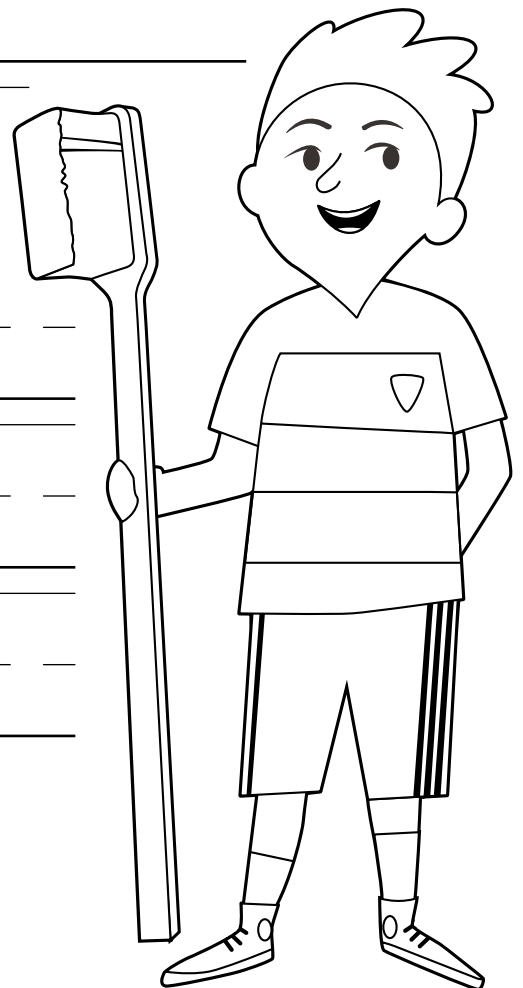
5.

6.

7.

8.

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



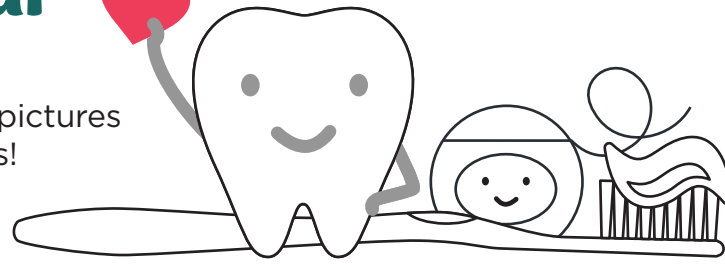
Love Your Smile Calendar



Name: _____

Show your teeth some love!

Remember to brush and floss twice a day. Color in the pictures each time you give your smile the extra care it deserves!



Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
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Regular visits to the dentist keep your gums and teeth healthy. Medi-Cal covers dental check-ups for children and youths.



Dental Love Pledge

I, _____,
proudly pledge to show my teeth some love
so they can be healthy and strong for life.

I commit to:

Visiting the dentist regularly for check-ups and care.

Brushing and flossing my teeth twice a day.

Encouraging my friends and family
to prioritize their dental health.

Date: _____



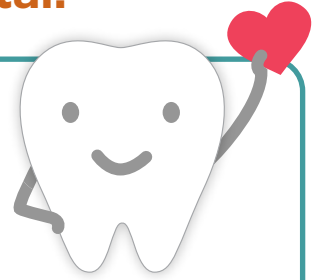
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Toothy Tips for Parents

Show children's teeth some love. Explore preventive care options covered by Medi-Cal Dental.

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 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 12 months after 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.

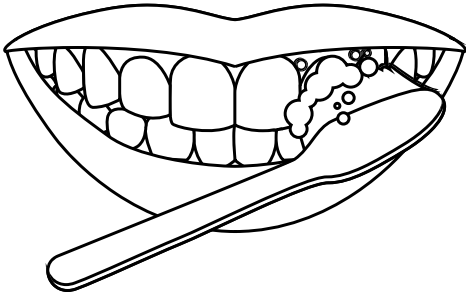


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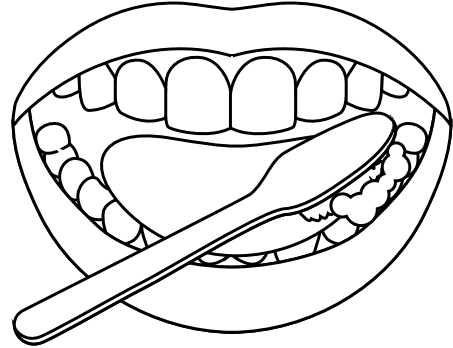
For more information about oral health, and to learn about Medi-Cal dental services, visit SmileCalifornia.org.

Love Your Brushing Techniques

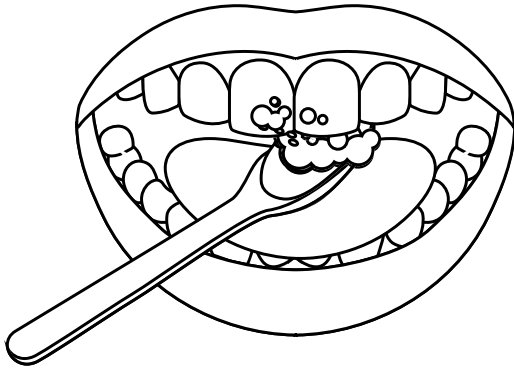
Discover the art of brushing with love! Explore helpful techniques to keep your smile healthy and strong.



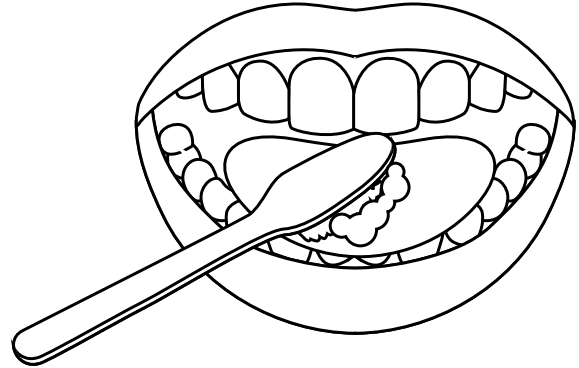
1. Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



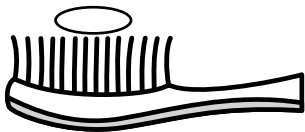
2. Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.



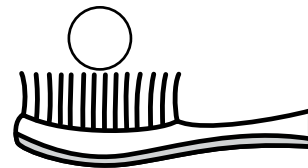
3. Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.



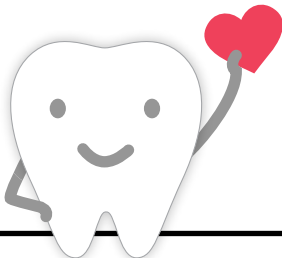
4. Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.



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



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



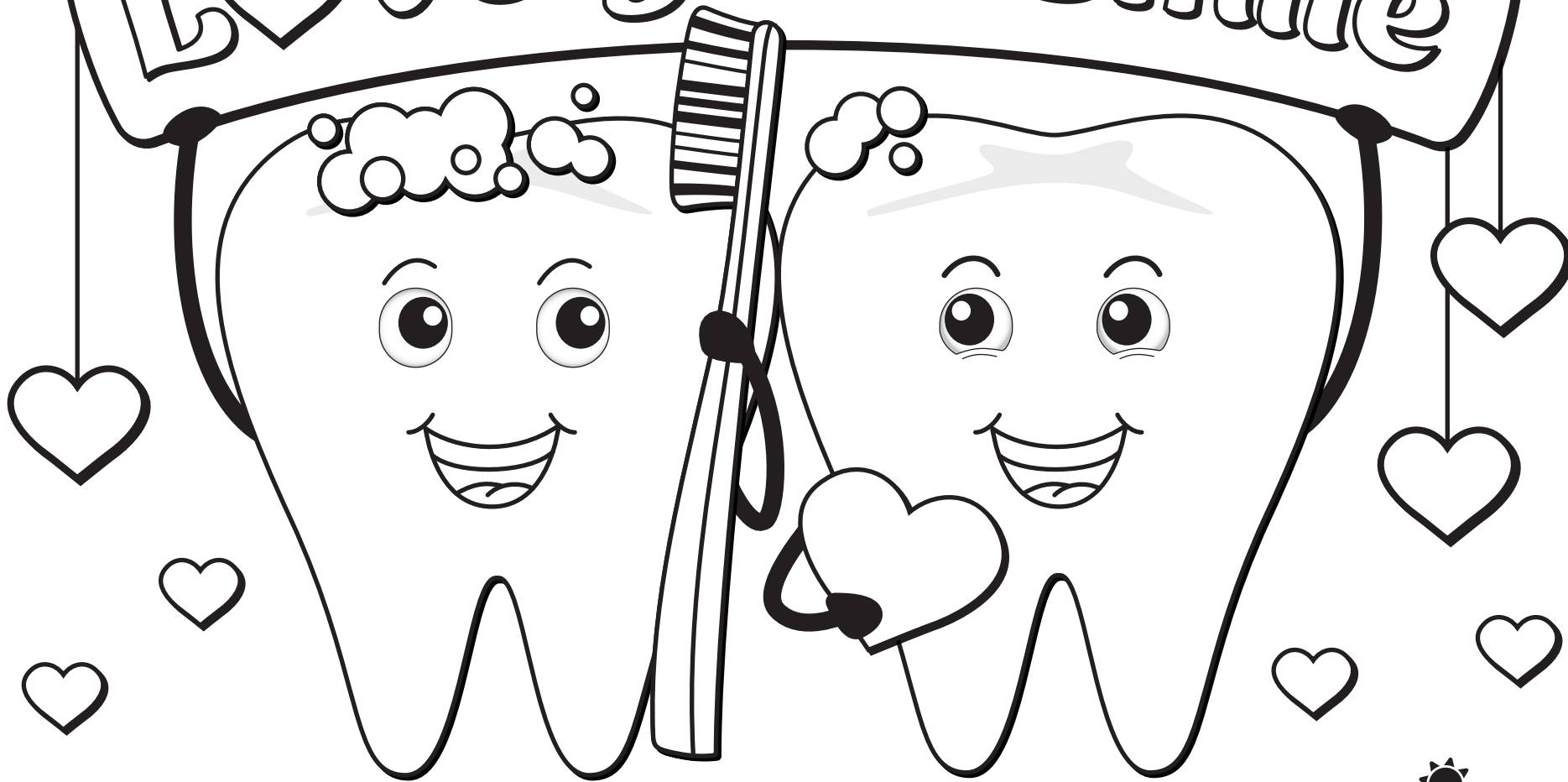
A child can start brushing their own teeth when an adult confirms they can do it properly.



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Love Your Smile



Medi-Cal covers dental visits for children and youths.
Visit SmileCalifornia.org to learn more.

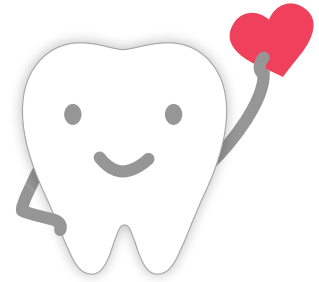


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Love Your Teeth Activities

Happy Teeth Word Unscramble



melsi _____

ttnised _____

htoto _____

slofs _____

yairrootfht _____

rhusb _____

mugs _____

tiyvac _____

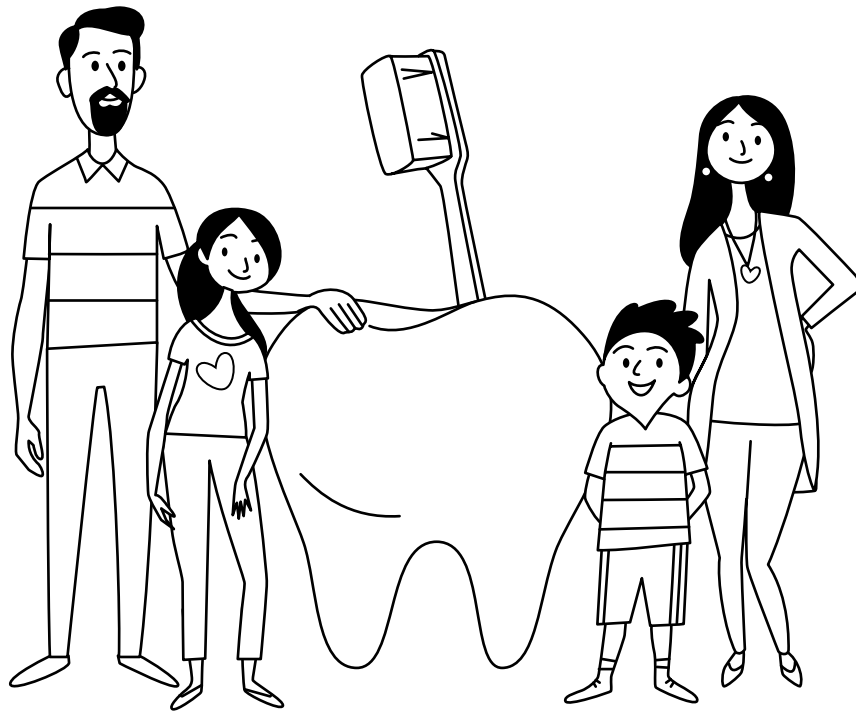
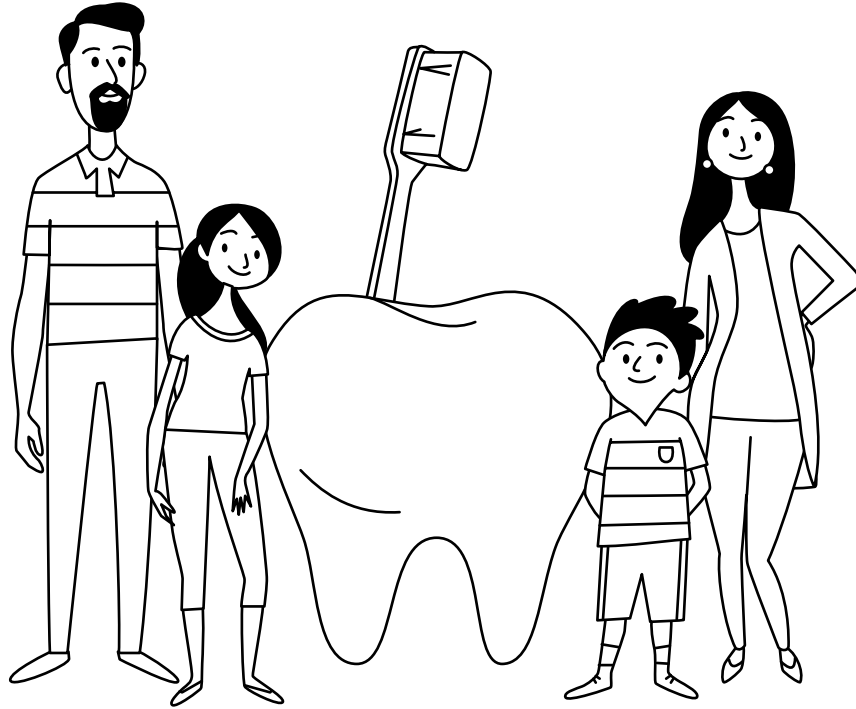
hsteopaot _____

yxras _____

Word Unscramble Answers: smile, dentist, tooth, floss, toothfairy, brush, gums, cavity, toothpaste, xrays

Love Your Teeth Activities

Find the 12 Differences



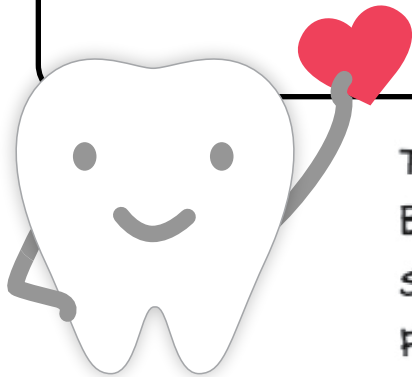
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Love Your Teeth Activities

Happy Teeth Word Search

Q F H A M K X X S Z W W N T D
U Q V P G R I M H F H X Q A N
P A E U B M I I F G S T I F F
M Y I K Q L Z A K B E F H M A
D H I C E U Y R X H A N V D M
V S Y E A Z Y T B J L J G D G
C U Z H S P A G D F A G C P E
K R J C P O N Y D E N T I S T
Y B T A P S B G Z N T M Q X T
H Q H O B Z O M V R S X C R N
T A Y R O V C F O J A X A E P
L G L J L T L M X L B A H G F
A R B R C O H Z P V A P Q P F
E B P R S U Z O W S K R Q V P
H H F S M D D W J T P Z S O L



TOOTH
BRUSH
SEALANTS
FLOSS

DENTIST
SMILE
HEALTHY
MOLARS

HAPPY
CHECKUP

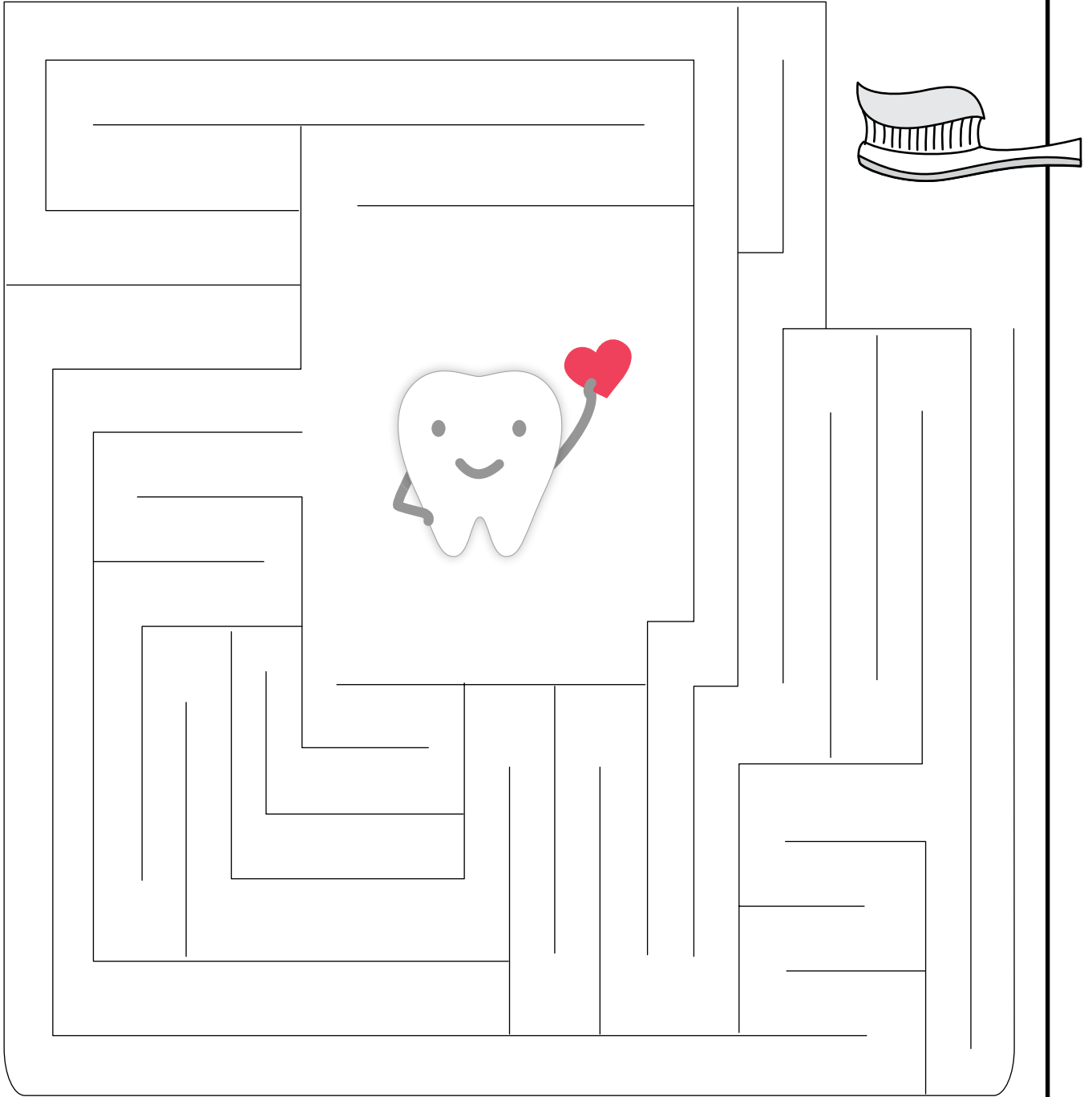


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Love Your Teeth Activities

Help the Toothbrush Find the Tooth Maze



Why should you go to the dentist?

Because dentists clean your teeth to keep you healthy. Just by looking inside your mouth, they can tell if you have any dental or mouth problems and can fix them for you.

It is recommended to visit the dentist twice a year.





SmileCalifornia.org
(800) 322-6384