



# Children's Dental Health Education Package

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2ND - 3RD GRADE



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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](mailto: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

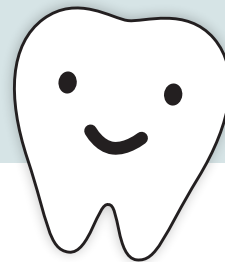
# Seal Today to Prevent Decay Lesson Plan

**Grade:** 2nd – 3rd grade (7 - 8 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. According to the California Department of Public Health, California children miss 874,000 days of school each year due to dental problems.

Early cavity prevention is extremely important. Tooth decay in baby teeth can lead to tooth decay in permanent teeth. Fortunately, cavities are preventable. Brushing, flossing and regular dental check-ups are essential to keeping children’s teeth healthy, as are getting sealants. Sealants provide additional protection against tooth decay.

**Objective of this lesson plan:** To teach children the importance of developing healthy dental habits at an early age, including the importance of visiting the dentist regularly. This plan will also introduce sealants and the important role they play in protecting our teeth.



*Before you begin your lesson, we suggest reviewing the dental vocabulary words with your class, as they will be used throughout the lesson plan. Vocabulary words and definitions can be found in Activity 1: Healthy Smile Vocabulary Worksheet.*

## 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.
- 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 and limit 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, they 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.

## Vocabulary:

Dentist  
Cavity  
Fluoride Varnish  
Plaque

Sealant  
Floss  
Enamel

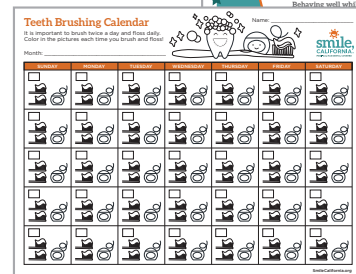
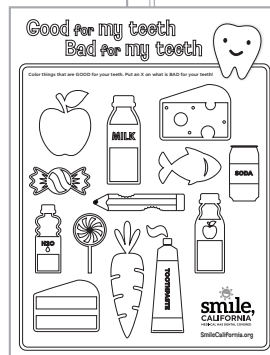
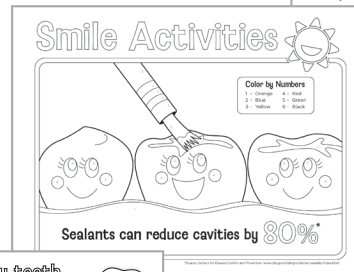
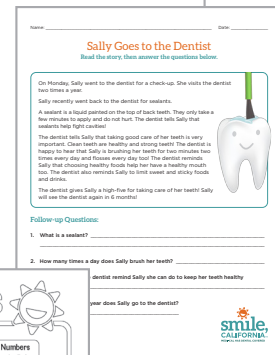
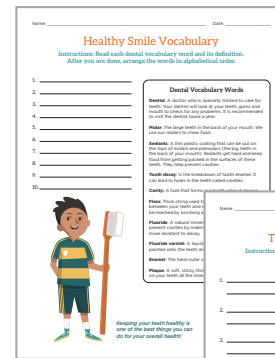
Molar  
Fluoride  
Tooth Decay





## Materials:

- **Healthy Smile Vocabulary worksheet:** A worksheet with 10 dental vocabulary words and definitions with an alphabetical order follow-up exercise.
- **Things that make me smile! writing activity:** A worksheet that asks children to write sentences about things that make them smile (e.g., "I smile when I play with friends.").
- **Sally Goes to the Dentist reading activity:** A dental health reading activity with a follow-up quiz.
- **Smile Activities worksheet:** A coloring worksheet with activities to help children learn about the importance of sealants and become familiar with dental vocabulary.
- **Healthy Smile pledge certificate:** A pledge certificate for children to sign as part of their commitment to practice healthy dental habits.
- **Teeth Brushing calendar:** A monthly teeth brushing calendar with toothbrush and floss icons for students to color in 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**.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Smile Vocabulary

**Instructions: Read each dental vocabulary word and its definition.  
After you are done, arrange the words in alphabetical order.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Dental Vocabulary Words

**Dentist:** A doctor who is specially trained to care for teeth. Your dentist will look at your teeth, gums and mouth to check for any problems. It is recommended to visit the dentist twice a year.

**Molar:** The large teeth in the back of your mouth. We use our molars to chew food.

**Sealants:** A thin plastic coating that can be put on the tops of molars and premolars (the big teeth in the back of your mouth). Sealants get hard and keep food from getting packed in the surfaces of these teeth. They help prevent cavities.

**Tooth decay:** Is the breakdown of tooth enamel. It can lead to holes in the teeth called cavities.

**Cavity:** A hole that forms in a tooth when it decays.

**Floss:** Thick string used to remove food trapped between your teeth and remove bacteria that cannot be reached by brushing alone.

**Fluoride:** A natural mineral found in water that helps prevent cavities by making the entire tooth surface more resistant to decay.

**Fluoride varnish:** A liquid, containing fluoride that is painted onto the teeth and hardens.

**Enamel:** The hard-outer surface of the teeth.

**Plaque:** A soft, sticky, thin layer of bacteria that forms on your teeth all the time.

*Keeping your teeth healthy is  
one of the best things you can  
do for your overall health!*

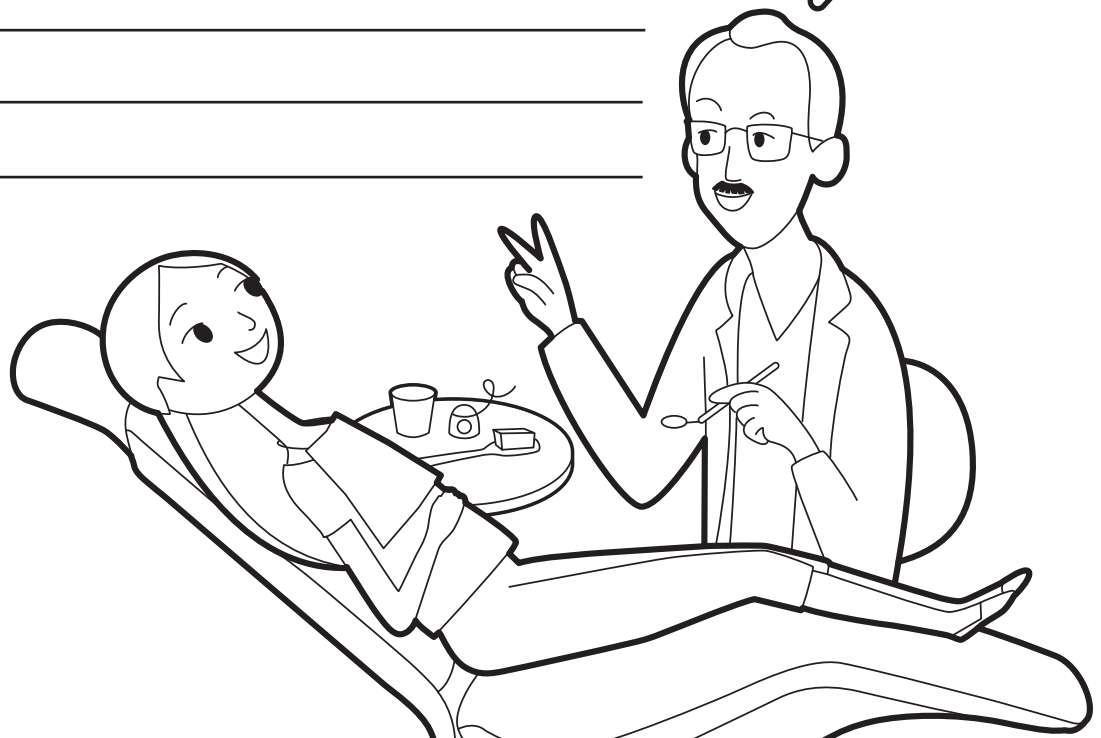
Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Things that make me smile!

Instructions: Create 5 sentences about things that make you smile.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Seeing the dentist  
2 times a year helps  
keep your gums  
and teeth healthy  
and strong.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Sally Goes to the Dentist

Read the story, then answer the questions below.

On Monday, Sally went to the dentist for a check-up. She visits the dentist two times a year.

Sally recently went back to the dentist for sealants.

A sealant is a liquid painted on the top of back teeth. They only take a few minutes to apply and do not hurt. The dentist tells Sally that sealants help fight cavities!

The dentist tells Sally that taking good care of her teeth is very important. Clean teeth are healthy and strong teeth! The dentist is happy to hear that Sally is brushing her teeth for two minutes two times every day and flosses every day too! The dentist reminds Sally that choosing healthy foods help her have a healthy mouth too. The dentist also reminds Sally to limit sweet and sticky foods and drinks.

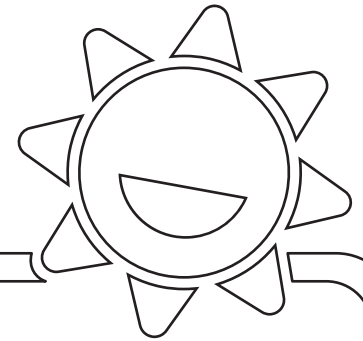
The dentist gives Sally a high-five for taking care of her teeth! Sally will see the dentist again in 6 months!



## Follow-up Questions:

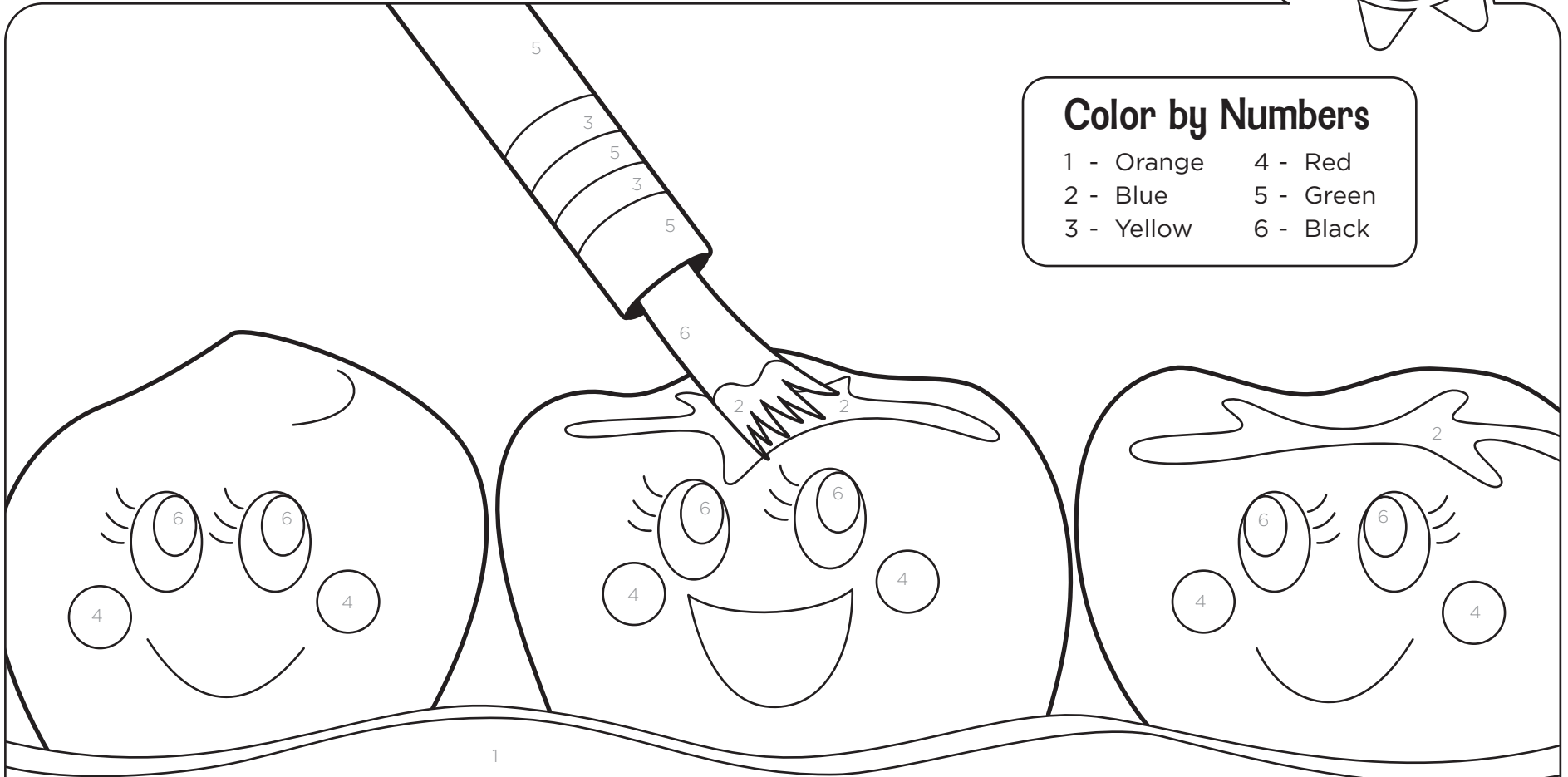
1. What is a sealant? \_\_\_\_\_  
\_\_\_\_\_
2. How many times a day does Sally brush her teeth? \_\_\_\_\_
3. What else does the dentist remind Sally she can do to keep her teeth healthy and strong? \_\_\_\_\_
4. How many times a year does Sally go to the dentist?  
\_\_\_\_\_

# Smile Activities



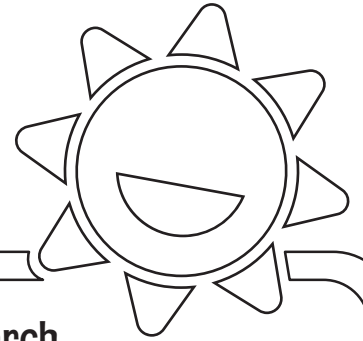
## Color by Numbers

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



**Sealants can reduce cavities by 80%\***

# Smile Activities



## Happy Teeth Word Search

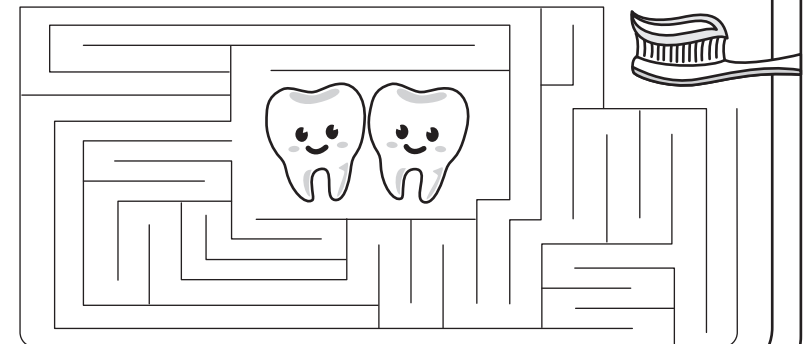
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U Q V P G R I M H F H X Q A N  
P A E U B M I I F G S T I F F  
M Y I K Q L Z A K B E F H M A  
D H I C E U Y R X H A N V D M  
V S Y E A Z Y T B J L J G D G  
C U Z H S P A G D F A G C P E  
K R J C P O N Y D E N T I S T  
Y B T A P S B G Z N T M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



smile,  
CALIFORNIA™

## Help the Toothbrush Find the Teeth





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: \_\_\_\_\_

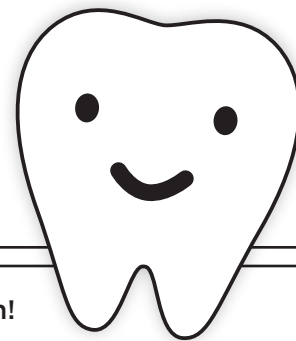


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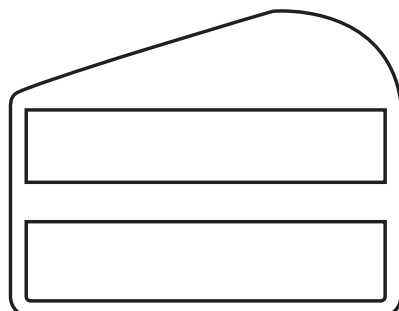
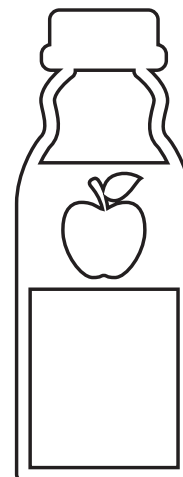
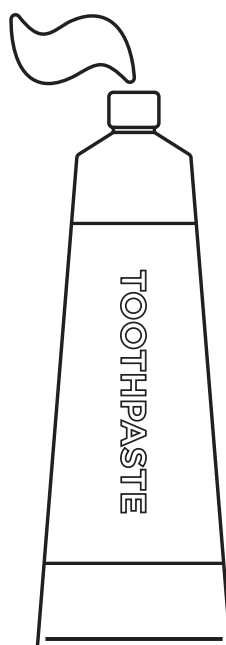
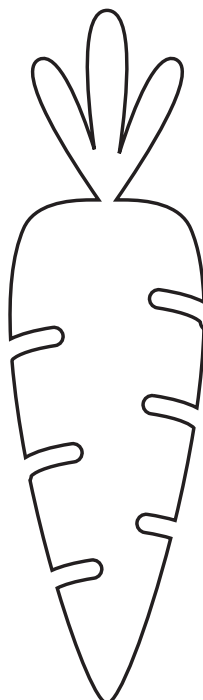
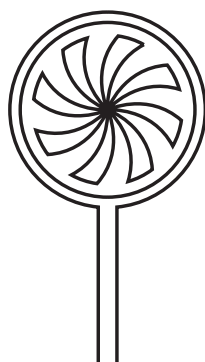
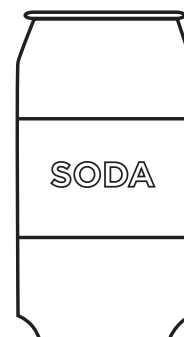
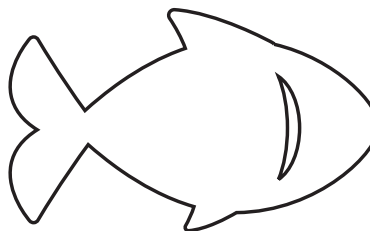
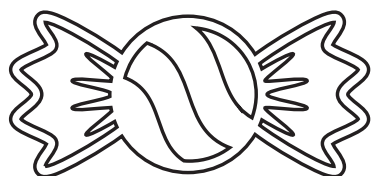
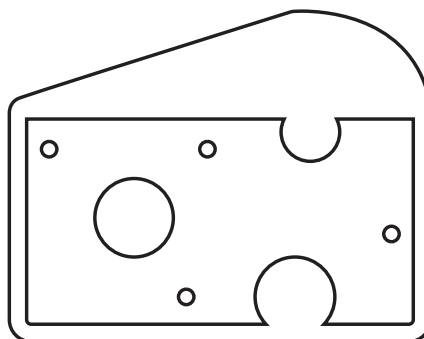
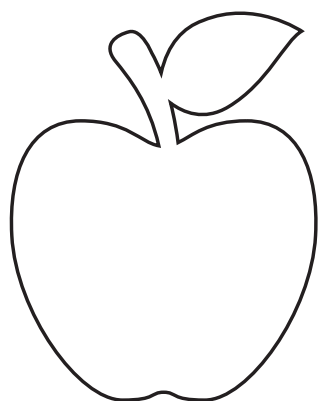


# Good for my teeth

## 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](http://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.

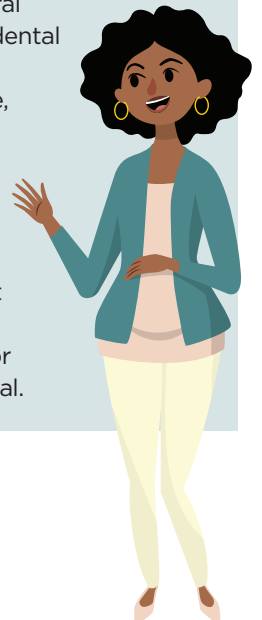
### Pregnancy

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



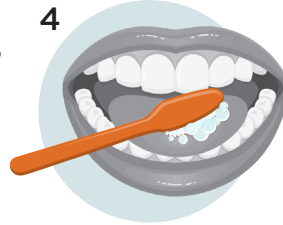
**1** Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



**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](http://www.MouthHealthy.org)

A-Z Topics: [www.mouthhealthy.org/en/az-topics](http://www.mouthhealthy.org/en/az-topics)

Pregnancy: [www.mouthhealthy.org/en/pregnancy](http://www.mouthhealthy.org/en/pregnancy)

Babies & Kids: [www.mouthhealthy.org/en/babies-and-kids](http://www.mouthhealthy.org/en/babies-and-kids)

Teens: [www.mouthhealthy.org/en/teens](http://www.mouthhealthy.org/en/teens)

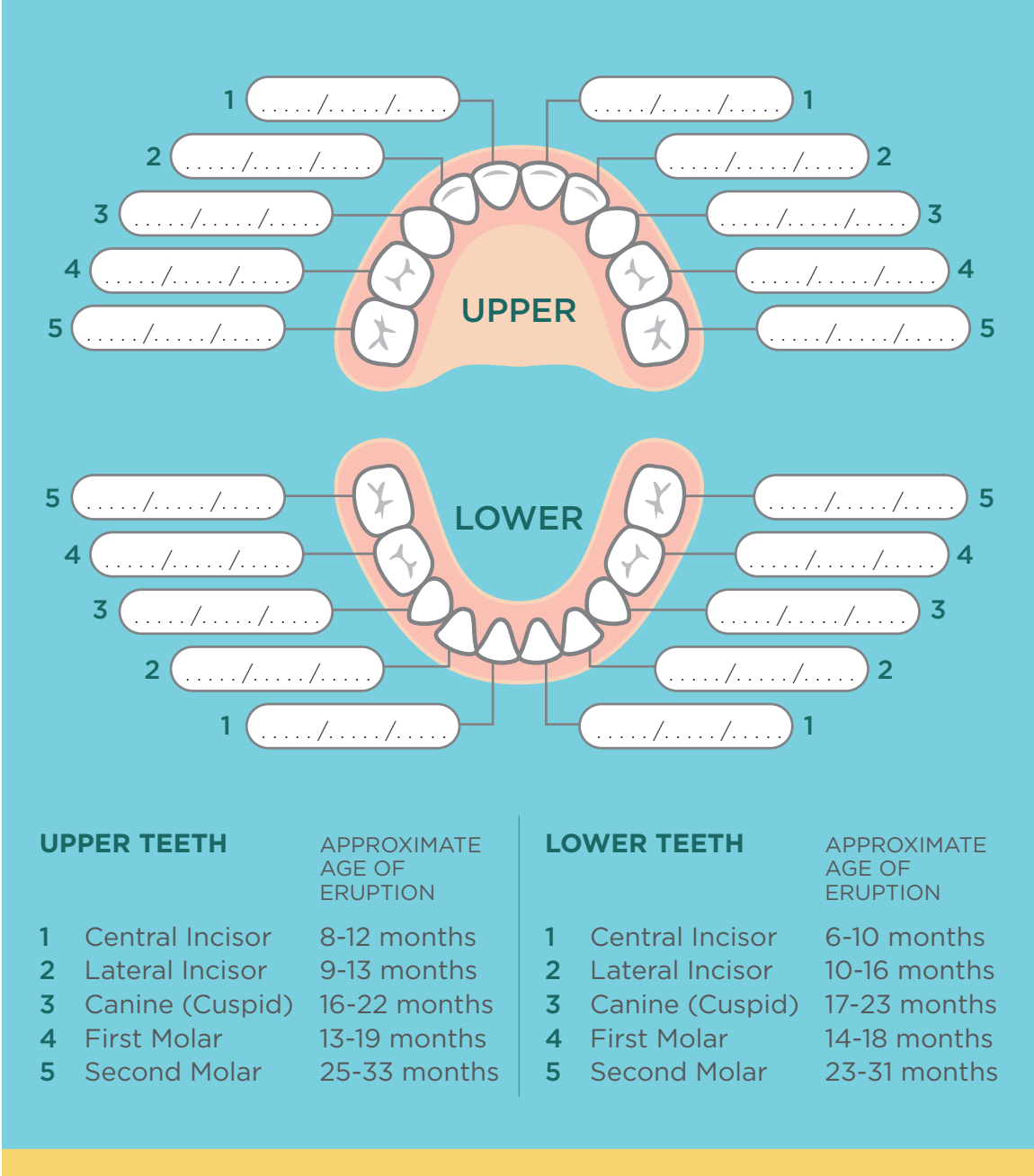
Dental Visits: [www.mouthhealthy.org/en/dental-care-concerns](http://www.mouthhealthy.org/en/dental-care-concerns)

Nutrition: [www.mouthhealthy.org/en/nutrition](http://www.mouthhealthy.org/en/nutrition)



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

Baby Teeth Development Chart



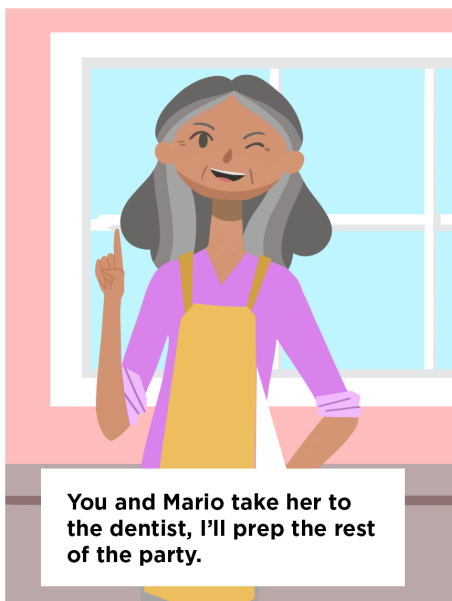
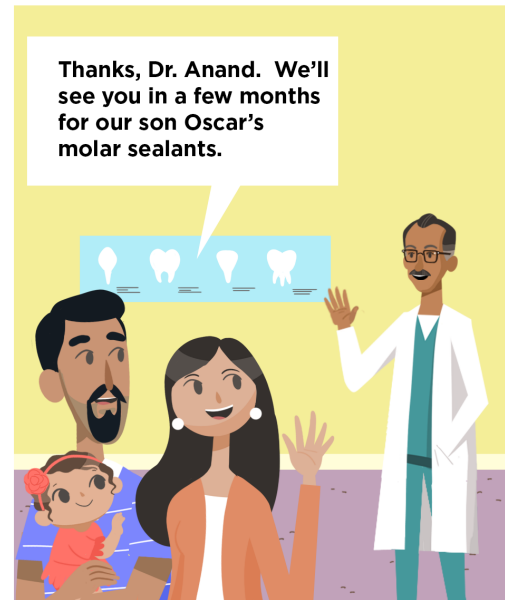
Text **SMILECA** to **31996** to receive healthy dental tips from *Smile, California!*

rev 09-2019

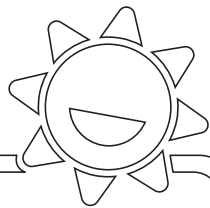
First tooth, first birthday,  
**FIRST VISIT.**





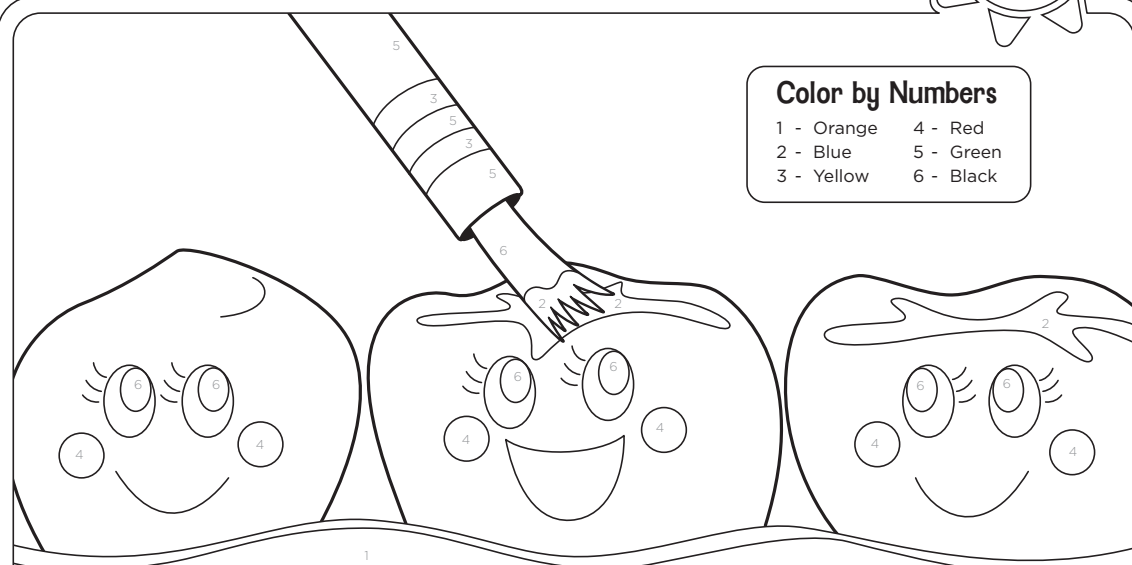


# Smile Activities



## Color by Numbers

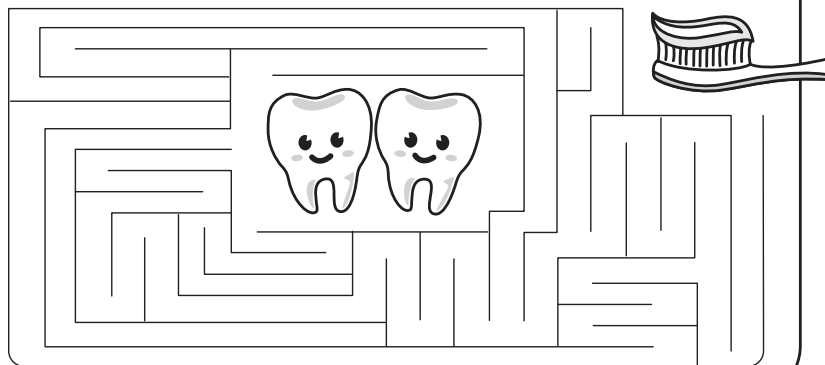
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|------------|-----------|
| 1 - Orange | 4 - Red   |
| 2 - Blue   | 5 - Green |
| 3 - Yellow | 6 - Black |



Sealants can reduce cavities by 80%\*

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



