Children’s Dental Health Education Package

2ND - 3RD GRADE

SmileCalifornia.org
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Want more dental tips? Visit SmileCalifornia.org.
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
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.

**Smile Activities Worksheet**

**Sealants can reduce cavities by 80%**

**Instructions**

1. Color the foods that are GOOD for your teeth.
2. Put an X on the foods that are BAD for your teeth.

**Name:** ______________________

**Date:** ________________

**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?
4. On Monday, Sally went to the dentist for a check-up. She visits the dentist __________ times every year. The dentist gives Sally a high-five for taking care of her teeth! Sally will see the dentist again in __________ months!
5. 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 twice a day and flosses every day too! The dentist reminds Sally that choosing healthy foods help her have a healthy mouth. The front toothbrush and floss icons for students to color in each time they brush and floss.
6. The dentist tells Sally that sealants help fight cavities! 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 get hard and keep teeth healthy. They help prevent cavities.
7. A hole that forms in a tooth when it decays is called a cavity. Tooth decay is the breakdown of tooth enamel. It can lead to holes in the teeth called cavities.
8. Foods like soda and sugar can damage our teeth. The dentist tells Sally to limit sweet and sticky foods and drinks.
9. The dentist also reminds Sally to limit sweet and sticky foods and drinks. The dentist also tells Sally to limit sweet and sticky foods and drinks.
10. The dentist reminds Sally that brushing twice a day and flossing every day is important. Clean teeth are healthy and strong teeth!

**Things that make me smile!**

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

Example:

1. I smile when I play with friends.
2. I smile when I eat a yummy ice cream.
3. I smile when I see my family.
4. I smile when I have fun at school.
5. I smile when I think of my pet.
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!**
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.
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
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
Smile Activities

Happy Teeth Word Search

TOOTH
BRUSH
SEALANTS
FLOSS
DENTIST
SMILE
HEALTHY
MOLARS
HAPPY
CHECKUP

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!

Name: _________________________

Month: _____________________________________

<table>
<thead>
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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SmileCalifornia.org
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!

- Apple
- Milk
- Cheese
- Fish
- Soda
- Candy
- Pencil
- Water
- Lollipop
- Carrot
- Cake
- Toothpaste

SmileCalifornia.org
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!

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**TOOTHY TIPS FOR PARENTS**

**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.

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**Good Oral Health Through the Years**

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

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.

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)


Need help finding a dentist near you? Visit [SmileCalifornia.org](http://SmileCalifornia.org).
# Baby Teeth Development Chart

<table>
<thead>
<tr>
<th>UPPER TEETH</th>
<th>APPROXIMATE AGE OF ERUPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Central Incisor</td>
<td>8-12 months</td>
</tr>
<tr>
<td>2 Lateral Incisor</td>
<td>9-13 months</td>
</tr>
<tr>
<td>3 Canine (Cuspid)</td>
<td>16-22 months</td>
</tr>
<tr>
<td>4 First Molar</td>
<td>13-19 months</td>
</tr>
<tr>
<td>5 Second Molar</td>
<td>25-33 months</td>
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</table>

<table>
<thead>
<tr>
<th>LOWER TEETH</th>
<th>APPROXIMATE AGE OF ERUPTION</th>
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<tbody>
<tr>
<td>1 Central Incisor</td>
<td>6-10 months</td>
</tr>
<tr>
<td>2 Lateral Incisor</td>
<td>10-16 months</td>
</tr>
<tr>
<td>3 Canine (Cuspid)</td>
<td>17-23 months</td>
</tr>
<tr>
<td>4 First Molar</td>
<td>14-18 months</td>
</tr>
<tr>
<td>5 Second Molar</td>
<td>23-31 months</td>
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</tbody>
</table>
Oh, Mama, I have so much to set up before Mariana’s first birthday party today. Presents, party favors, piñata, cake.

Plus, we have Mariana’s first dental visit today!

Dental visit? What does that have to do with little Mariana’s birthday?

Every baby should have their first dental visit when their first tooth appears or by their first birthday. I learned about it on SmileCalifornia.org

Thanks, Dr. Anand. We’ll see you in a few months for our son Oscar’s molar sealants.

Surprise! Everything for the party is set-up and we are ready for all of the guests!

Of course! Anything for my babies! How was the dentist?

Mom! I can’t believe you did all this!

Great! We got in and out of there in no time. And with Medi-Cal Dental, the visit was free!

It’s true! It’s part of our Medi-Cal dental coverage!

This won’t hurt her, will it?

You and Mario take her to the dentist, I’ll prep the rest of the party.

Yes! That was easier than I thought!

Not at all, just a quick look-see here... aaaand we are done!

Yep! The first visit is just a simple check-up. Here’s a teeth development chart to keep track as her teeth come in.

Good to know! We have Medi-Cal too, and this little guy is almost a year. I’m going to schedule his appointment very soon.

A free dental visit? I never thought I’d hear that in the same sentence!

Excellent! But try not to schedule it on the same day as his big party... Trust me!
Seal Today to Prevent Decay.

Sealants can reduce cavities by 80%*

Color by Numbers
1 - Orange
2 - Blue
3 - Yellow
4 - Red
5 - Green
6 - Black

Help the Toothbrush Find the Teeth

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

Text SMILECA to 31996 to receive healthy dental tips from Smile, California!
Hey Oscar, ready for the dentist?

Will it hurt?

Not at all! Molar sealants are just a painless coating painted on those permanent molars of yours.

Hi! Ready to protect those teeth from harmful bacteria?

Yes, my mom said it won't hurt.

Good! She must have read that on SmileCalifornia.org

Hi Oscar! Ok, this will only take a few minutes, and you'll be back home to finish up your homework and play in no time!

I sure did!

You're all done!

Sealants will help protect your teeth for years along with good brushing habits.

He did great, as usual.

How'd it go, mio?

I want to be a dentist when I grow up!

You can do anything you set your mind to.

Must have gone well.

Went really well, Mama! When little Mariana gets her permanent molars in, Medi-Cal Dental will cover her molar sealants at little to no cost for us too!