



Children's Dental Health Education Package

4TH - 5TH GRADE



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Want more dental tips? Visit 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 are an Important Part of a Healthy You! Lesson Plan

Grade: 4th – 5th grade (9 - 10 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 and emphasize the relationship between healthier food choices and good oral health.



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: Dental Sentences.

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.
- Explain that a healthy diet is important for good oral health.

Vocabulary:

Dentist
Cavities
Enamel
Floss

Sealants
Fluoride
Tooth Decay
Plaque

Molar
Fluoride Varnish
Gums



Materials:

- **Dental Sentences:** A worksheet that asks children to create sentences using dental vocabulary words.
- **Things that make me smile! writing activity:** A worksheet that asks children to write a story about a time something made them smile or things that make them smile.
- **What do sugary drinks do to your teeth? science experiment:** A science experiment activity that shows the effect of sugar on tooth enamel using eggs, water and soda. Children are asked to form hypotheses and record their observations before describing the experiment results.
- **Healthy teeth are an important part of a healthy you! reading activity:** Children are asked to read a short passage highlighting the importance of healthy teeth and introducing the science behind tooth decay, before answering questions about the passage.
- **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.



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

Dental Sentences

Create 6 sentences using the dental vocabulary words.

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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: Write a story and draw a picture about a time where something made you smile or about things that make you smile!



Name: _____ Date: _____

What do sugary drinks do to your teeth?

Easy and fun dental health experiment showing the dangers of sugar and tooth decay.

You've heard that sugar is bad for your teeth. Do you know why?

Plaque is a layer of bacteria that grows on your teeth. When you eat or drink foods containing sugar, the bacteria produces acids that attack the hard, outer layer of your teeth, called tooth enamel. This causes tooth decay and cavities to form over time.



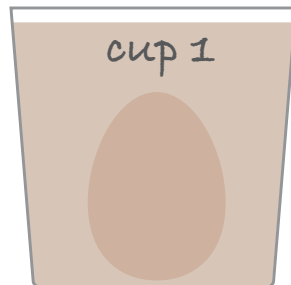
Eggshells are a lot like tooth enamel. In the following experiment, we will test and observe the effects sugary drinks have on your teeth!

Materials Needed:

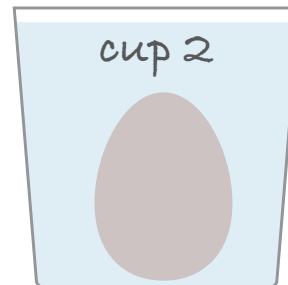
- 2 eggs— raw or hard-boiled
- 2 Clear plastic cups
- Water
- Dark soda

Instructions:

Put an egg in each of your two cups.



Fill one with dark soda and label it "Cup 1"



Fill your other cup with water and label it "Cup 2"

Observe your cups over the next few days, making notes of the changes happening to your eggs on the other side of this sheet.

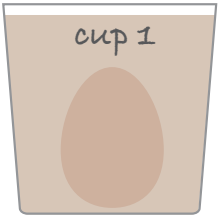
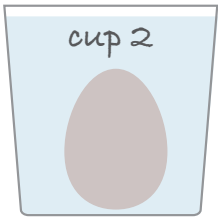
Predictions:

What do you think will happen to each egg?

cup 1

cup 2

Observations:

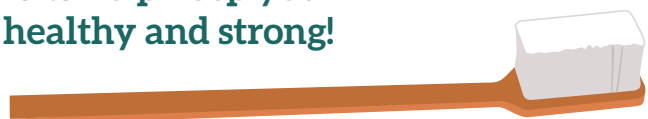
What changes do you see?	Day 1	Day 2	Day 3
<p>soda</p> 			
<p>water</p> 			

Conclusions:

Describe what happened to each egg on the lines below.

Draw your egg (Cup 1 - Soda)

Draw your egg (Cup 2 - Water)

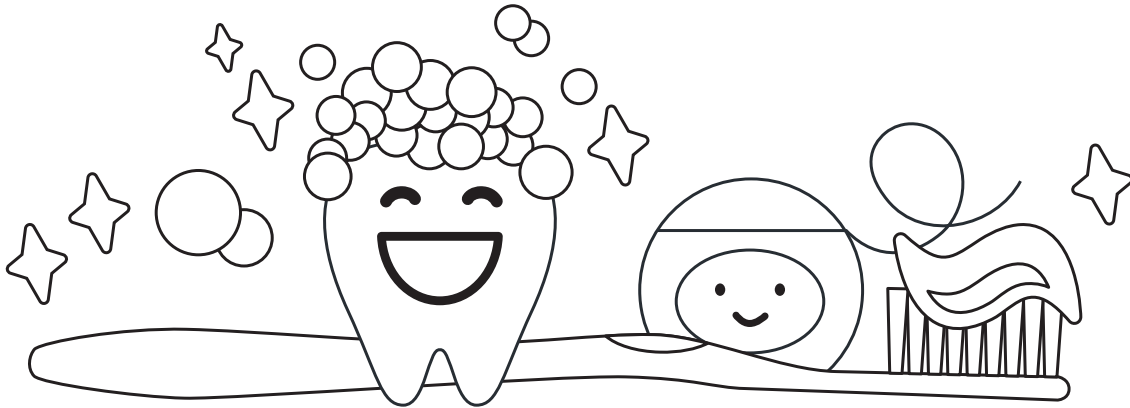


Name: _____

Date: _____

Healthy Teeth are an Important Part of a Healthy You!

Read the passage below, then answer the questions on the next page.



Your teeth play an important role in your daily life! You use your teeth to chew the food that fuels your body for learning and playing. Your teeth also help you talk and smile. When you smile, you're showing off your enamel. Enamel is the protective layer of your teeth. It is very hard and often white and shiny.

Keeping your teeth healthy means preventing tooth decay. Tooth decay is the breakdown of enamel. Tooth decay is caused by a sticky, slimy substance called plaque. Plaque is caused by bacteria. The bacteria in plaque makes acids when plaque sticks to your teeth. The acids breakdown your tooth enamel causing small holes in your enamel. These small holes in your enamel are called cavities and they can grow larger over time. Cavities are not only harmful to your teeth, but they can also be very painful.

To keep your teeth and gums healthy, you need to brush your teeth at least twice a day. When you are brushing be sure to brush all your teeth, not just your front teeth. And don't forget to brush your gums too! It is important to brush up and down in a circular motion for at least two minutes. It is also important to floss your teeth at least once a day to remove plaque stuck between your teeth and keep your gums healthy.

Keeping your teeth healthy also means visiting the dentist for a check-up every six months. The better you are at keeping your teeth healthy at home, the better your visit to the dentist will be!

Remember, healthy teeth are an important part of a healthy you. Take care of your teeth and they will keep working hard for you!

Name: _____ Date: _____

Healthy Teeth are an Important Part of a Healthy You! – Worksheet & Quiz

Answer the following questions based on the reading passage.
Remember to go back to the passage to find or confirm your answers.

Define These Vocabulary Words:

Enamel: _____

Tooth decay: _____

Plaque: _____

Cavities: _____



How many times a day should you brush your teeth? _____

Why should you floss your teeth? _____

How often should you visit the dentist? _____

Why should you visit the dentist? _____



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.

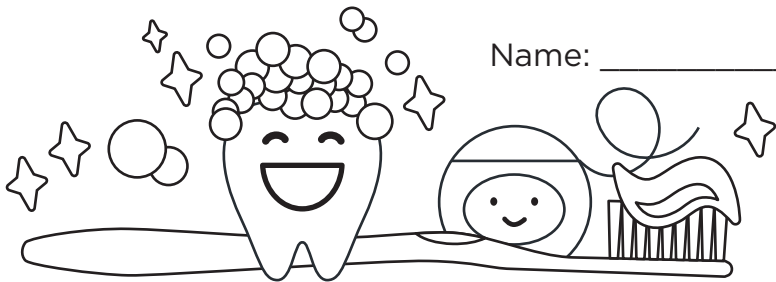
Behaving well while at the dentist.

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: _____



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"/>
<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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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.

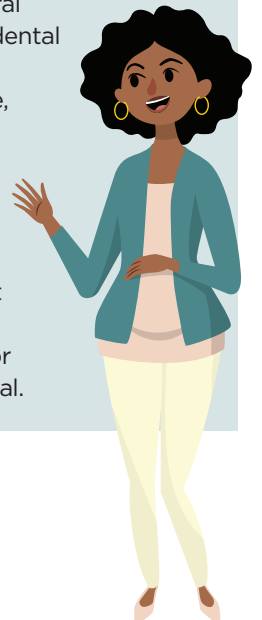
Pregnancy

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



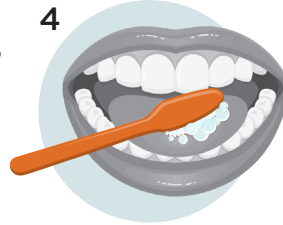
1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



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

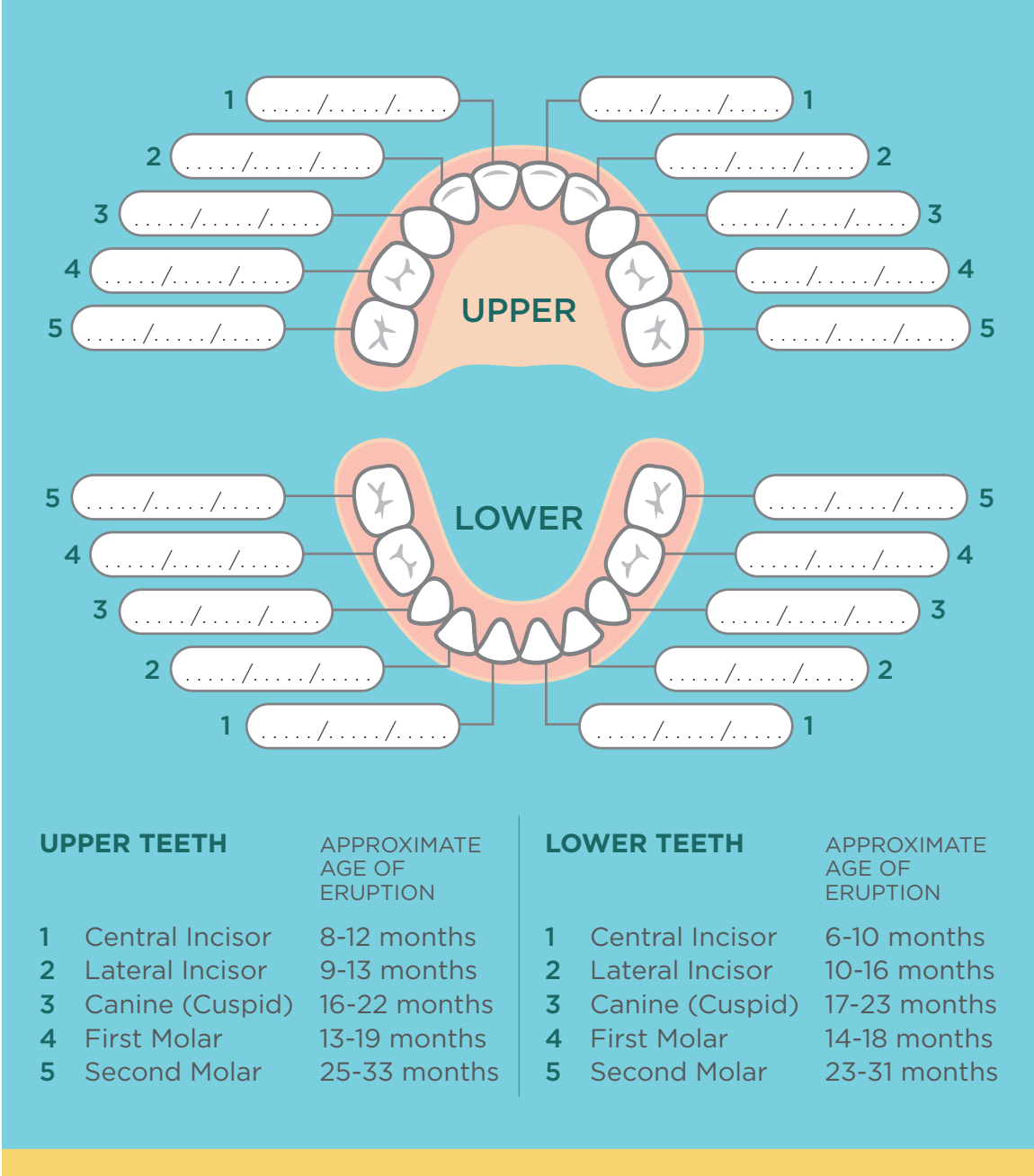
Dental Visits: www.mouthhealthy.org/en/dental-care-concerns

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!*

rev 09-2019

First tooth, first birthday,
FIRST VISIT.





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



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



Hi, Mariana! Dad, to keep her comfortable, let's leave her on your lap. I'm going to make sure her gums and first teeth are in good shape. Okay?



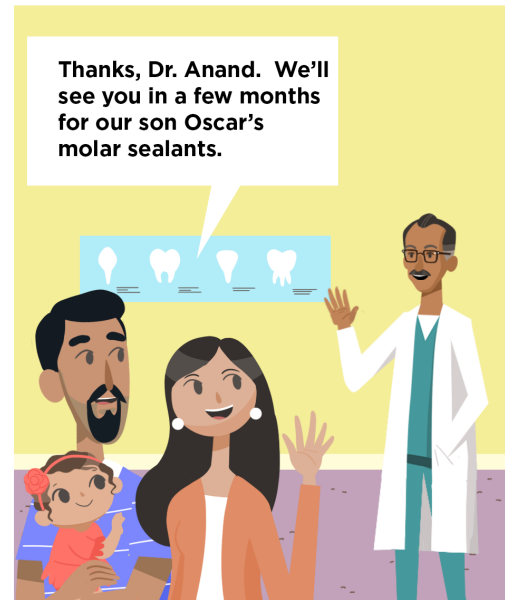
This won't hurt her, will it?

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



Wow! That was easier than I thought!

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



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!



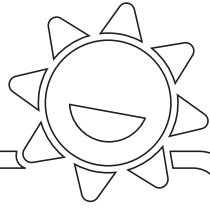
It's true! It's part of our Medi-Cal dental coverage!

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.



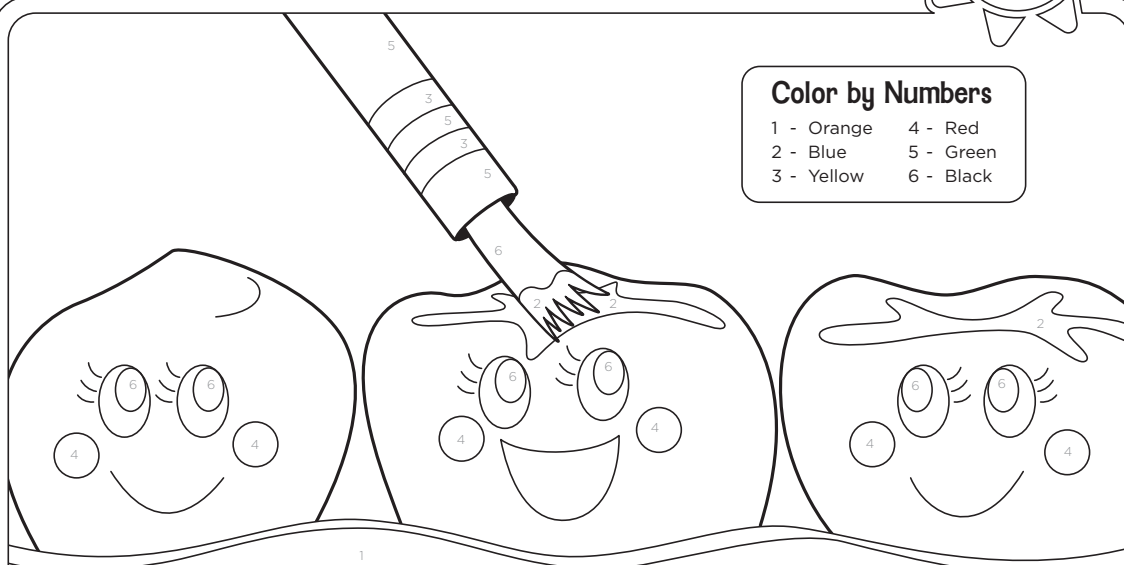
Excellent! But try not to schedule it on the same day as his big party... Trust me!

Smile Activities



Color by Numbers

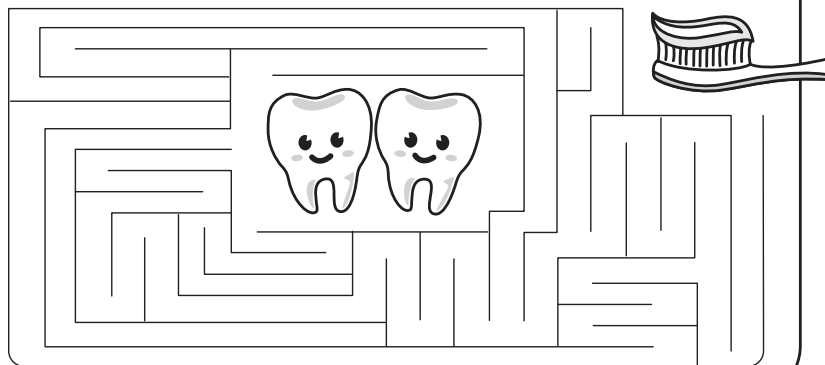
- | | |
|------------|-----------|
| 1 - Orange | 4 - Red |
| 2 - Blue | 5 - Green |
| 3 - Yellow | 6 - Black |



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.



