Children’s Dental Health Education Package

KINDERGARTEN - 1ST 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
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: ________________________________
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.

2
I floss my teeth every day.
Flossing keeps my teeth clean.
I eat healthy foods every day.
I do not eat too much sugar.
I visit the dentist two times every year.
The dentist makes sure my teeth are clean.
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.
Visit SmileCalifornia.org to learn more about oral health!

Text SMILECA to 31996 to receive healthy dental tips from Smile, California!
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 two times a day, floss daily and visit your dentist twice a year!
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!

- **Name:** _________________________
- **Month:** _____________________________________

## Color in the pictures each time you brush and floss!

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

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

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


Teens: www.mouthhealthy.org/en/teens


Need help finding a dentist near you? Visit SmileCalifornia.org.
Baby Teeth Development Chart

UPPER TEETH
1 Central Incisor 8-12 months
2 Lateral Incisor 9-13 months
3 Canine (Cuspid) 16-22 months
4 First Molar 13-19 months
5 Second Molar 25-33 months

LOWER TEETH
1 Central Incisor 6-10 months
2 Lateral Incisor 10-16 months
3 Canine (Cuspid) 17-23 months
4 First Molar 14-18 months
5 Second Molar 23-31 months
Oh, Mama, I have so much to set up before Mariana’s first birthday party today. Presents, party favors, piñata, cake.

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.

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

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!

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

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.

This won’t hurt her, will it?

Wow! That was easier than I thought!

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

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

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

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

Sealants can reduce cavities by 80%*

Help the Toothbrush Find the Teeth

*Source: Centers for Disease Control and Prevention. www.cdc.gov/dentalhealth/sealants.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?

How'd it go, mijo?

Good job in there, I'm proud of you.

Thanks, mom!

You're all done!

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

He did great, as usual.

I want to be a dentist when I grow up!

You can do anything you set your mind to.

I sure did!

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!

Grandma!

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!