

Section 2: CARING FOR YOUR TEETH

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*Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Keirah Clarke, Pinsent's Arm)*

*Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Madison Russell, Port Hope Simpson)*





CARING FOR YOUR TEETH

SECTION 2

Introduction

The following information is intended to provide teachers and caregivers with a general overview of basic dental concepts related to caring for children's teeth. You are encouraged to read this background information prior to preparing any of the associated activities to refresh your own understanding of these concepts. Even though we have indicated suggested grade levels for each activity we encourage you to modify the activities in this toolkit to suit your classroom's needs.

Two Sets of Teeth

In order to understand how we must care for our teeth, we first should understand what kinds of teeth we have and their function.

Teething

Teething is a natural process that lets the baby teeth work their way through the gums. Some common signs of teething include:

- Drooling
- Being more cranky/irritable
- Having red cheeks and red swollen gums
- Showing a need to chew on things

Signs of teething **do not** include fever, stuffiness, runny nose, or diarrhea, and should be checked out by a health care professional.

Primary Teeth

Primary teeth, also called baby teeth, begin to form before birth and start to erupt when a baby is about six or seven months old. By age three, children should have 20 primary teeth.

Between the ages of six and eight (Grades K-3), children begin to lose their primary front teeth. The back primary teeth may remain in the mouth until a child is about twelve to fourteen years of age (up to Grade 9). Usually by age fourteen, children will lose all of their 20 primary/baby teeth. However, all children grow and develop at a different rate.

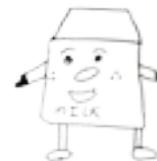
Primary teeth are lost when pressure from erupting permanent teeth cause the roots and dissolve. As the roots dissolve, the crowns of the primary teeth become loose and then they fall out. Many people feel that primary teeth do require routine preventative care and treatment services as necessary, so they are not lost prematurely.

Primary teeth are important for chewing, speech, and appearance, as well as to retain space for the permanent teeth and to serve as a foundation for the development of the jaw.



Photograph courtesy of Michelle Clarke





Permanent Teeth

Permanent teeth are meant to last a person's lifetime. These teeth begin to erupt between five to eight years of age. Therefore, in the early years, children need to begin developing life-long dental skills and habits to maintain healthy teeth and gums for their entire life.

Generally, the first permanent teeth to erupt replace the front primary teeth when children are between six to eight years old (Grades K to 3). About the same time, the first permanent molars, also known as the six-year molars, erupt behind the last primary teeth. By age fourteen (Grade 9) children will usually have 29 permanent teeth. The remaining 4 molars, often called wisdom teeth, can erupt starting at age sixteen to early adulthood. Counting the 4 wisdom teeth, an adult would have 32 permanent teeth.

Permanent teeth serve the important functions of helping us to chew, talk, and smile. The loss of any permanent teeth can be detrimental to these functions.

The Six-Year Molars

Six-year molars do not replace primary teeth, but erupt behind the last primary molar. Because a primary tooth does not fall out as this tooth is erupting, these permanent molars are often mistaken as primary teeth. Therefore students need to be aware of the importance of caring for these permanent teeth in order to maintain them for life. They need to be reminded, and assisted by parents, to reach the toothbrush back to these important teeth.



Photographs courtesy of Paula Campbell





CARING FOR YOUR TEETH

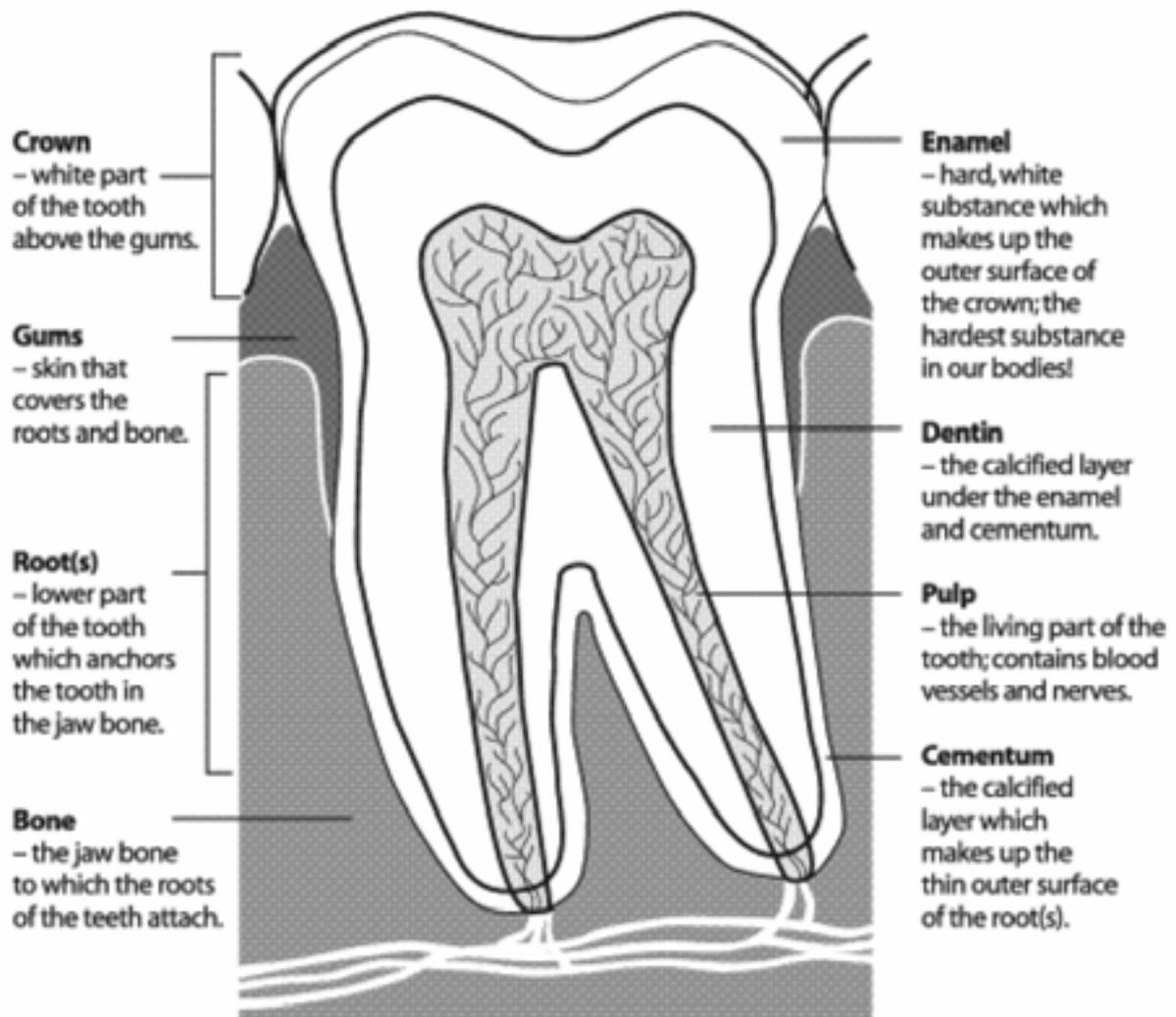
SECTION 2

Structure and Function of Teeth

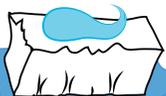
Teeth are the first step in the digestive system. Each tooth is uniquely shaped to perform different functions for eating.

Structure

All teeth have a basic structure regardless of their shape.

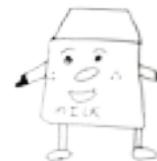


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Function

There are 4 different types of teeth, each shaped differently depending on their specific job for eating.

Types of Teeth and Their Jobs

Shape and Name

Incisor	Cuspid or Canine	Bicuspid or Premolar	Molar
			
Position front	corner	side	back
Job cutting	holding and tearing	holding and tearing, chewing and grinding	chewing and grinding
Numbers 8 – primary 8 – permanent	4 – primary 4 - permanent	0 – primary 8 - permanent	8 – primary 12 - permanent

Note: The 8 primary molars are replaced by the 8 permanent bicuspids. The 12 permanent molars do not replace any primary teeth but erupt behind them.

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Plaque: Destroyer of Teeth and Gums

Plaque is a constantly forming film of bacteria that sticks to the tooth surfaces and along the gumline. Plaque forms in our mouths regardless of whether we are eating or not—plaque forms all the time. Plaque may cause two diseases in our mouths: gingivitis and cavities.

Gingivitis

Gingivitis is a disease of the gums caused by toxins accumulating around the gumline. When plaque collects and is not removed by brushing and flossing, toxins are produced which irritate the gums.

If a person has gingivitis, their gums may be:

- Red in colour
- Puffy/inflamed/swollen
- Bleeding easily with brushing

Healthy gums are:

- Light pink or light brown in colour (not red)
- Flat and tight around teeth
- Not prone to bleeding easily

Even young children may get gingivitis. This disease is preventable and is easily reversed by brushing thoroughly twice a day and flossing daily. However, if red, swollen, bleeding gums do not improve, then a professional cleaning is required by the dental hygienist at the dental office. Periodontal disease, or periodontitis, is an advanced form of gum disease that is more serious than gingivitis. It involves irreversible damage to gums and the destruction of supporting bone and periodontal ligaments, resulting in the loss of permanent teeth.

Cavities

Cavities, or tooth decay, are holes in the teeth caused by frequent exposures of the tooth surface to acid. Plaque digests sugars and starches in foods to produce acids. This acid attack can last for at least 20 minutes, dissolving some of the tooth surface. Repeated acid attacks break down the tooth surface to form a cavity.

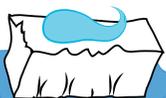
Plaque works with foods in the process:

Plaque + sugar/starches = ACID

Repeated acid attacks + teeth = CAVITIES

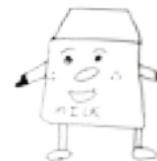


Cavity created by Keeley Turnbull, Port Hope Simpson



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Healthy Teeth and Gums

The best way to keep a mouth healthy is to thoroughly remove plaque every day. Brushing and flossing are the most effective methods for removing plaque.

How to care for your infant/toddler's mouth

Before teeth appear, you should use a clean cloth to wipe your baby's gums after each feeding. As soon as teeth appear, brushing should happen twice a day using a small, soft-bristled toothbrush and water (no toothpaste unless your child is at risk for tooth decay). If your baby sleeps with a bottle, only use water, as juice or milk can cause decay if sipped over a long period of time. If you see white or brown spots on your child's teeth, they should visit the dentist as this could be a sign of tooth decay.

How to help your baby during teething

- Directly massage an irritated swollen gum with your finger or a clean, cold, wet cloth for a few minutes.
- Give the baby a teething ring or a chilled wet cloth, or a chilled banana to chew on.

Brushing

Brushing removes plaque from the teeth, gums, and tongue. When placing the toothbrush in the mouth, the bristles should be directed at a 45-degree angle to the teeth, pointing toward the gums. One recommended tooth brushing method is to move the brush in small circular motions, counting 10 circles in each spot. Only light pressure should be used- hard scrubbing should be avoided. All areas need to be brushed- the outside (check side), the inside (tongue/palate side), and the tops (chewing surfaces) of the teeth. Brushing should take at least two minutes of time. The tongue should also be gently brushed.

Brushing needs to be done at least every morning and every night. Until children are eight years old, their manual dexterity may not be fully developed so they need to have an adult help with brushing, at least once in the day, preferable at bedtime.

Ideally, children should brush their teeth after every time they eat, but this is often not realistic. If children eat sugary/starchy foods at school and are not able to brush, encourage them to have a drink of water to help rinse out the sugar/starch.



Photograph courtesy of Sarah Clarke

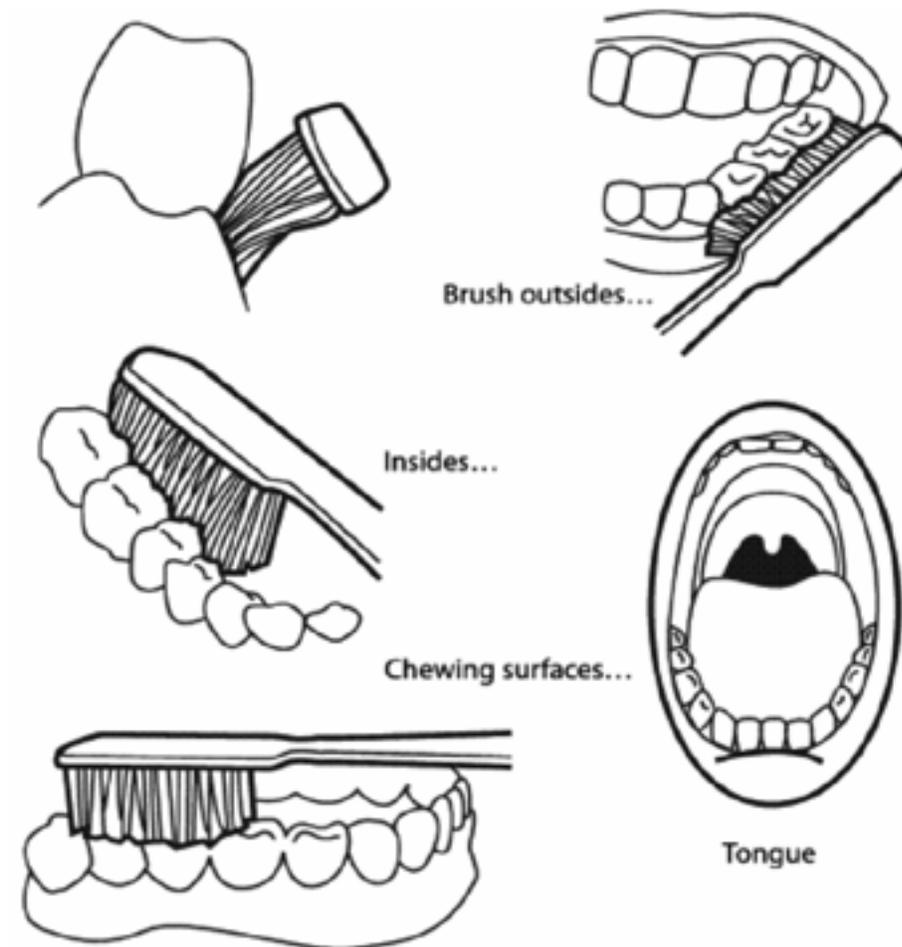




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How to Brush Your Teeth!

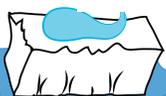


Hold brush at 45-degree angle to the gums

Move brush gently in small circular motions- 10 circles in each spot.

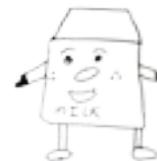
The outsides, insides, and chewing surfaces of teeth need to be brushed as does your tongue.

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Choosing a Toothbrush

Dental health professionals recommended using soft-bristled toothbrushes to remove plaque effectively from the teeth and gum line, while avoiding tooth abrasion and gum trauma. Toothbrushes come in a variety of sizes. Children should use toothbrushes small enough to access every tooth surface.

Manual toothbrushes and electric toothbrushes are both effective. Both require manual dexterity and proper technique to effectively remove plaque. Electric toothbrushes do not automatically brush children's teeth. However advantages of using an electric toothbrush include motivating the child to brush because it seems like more fun and a timer that encourages child to brush longer.

Toothpaste

Fluoride in toothpaste strengthens tooth enamel, making the tooth surfaces more resistant to cavity-causing acid. Brushing every morning and night with a fluoride toothpaste helps to prevent cavities. Toothpaste does not clean the teeth- the mechanical action of a toothbrush and floss removes plaque.

A pea-sized amount of toothpaste, or less, should be used on the toothbrush. Children under six years of age should have an adult dispense the toothpaste. Toothpaste should be spit out and not swallowed, and should be kept out of the reach of small children.

Flossing

Daily flossing can help prevent cavities and gum diseases like gingivitis. Since toothbrushes bristles cannot clean all tooth surfaces, flossing is needed once a day to remove plaque and food from between the teeth and under the gum line.

Parents should be flossing their children's teeth. Children may begin to floss on their own starting at age ten (Grade 5), and even then they may still need adult help.



Global News- Maintaining Healthy Gums (2014). Interview with Dalhousie University's Dr. Debora Matthews. Retrieved from: <http://globalnews.ca/video/1247870/maintaining-healthy-gums>

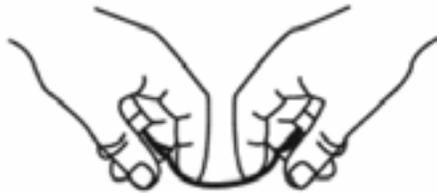




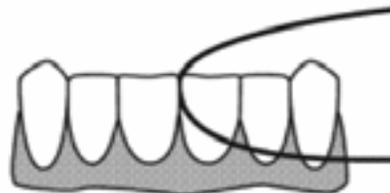
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How to Floss Your Teeth!



Pinch floss with thumbs and index fingers, to help guide the floss.



Curve the floss in a "C" shape and gently move up and down the side of each tooth.

Daily flossing can prevent cavities and gum disease.

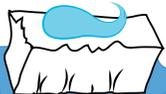
Parents should floss child's teeth until Grade 5.

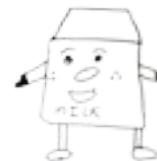
Wrap dental floss around both middle fingers and hold tightly between thumbs and index fingers.

Gently insert the floss between teeth, curve it into a "C" shape and move up and down the side of the tooth.

Don't forget to floss behind your back teeth!

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Protecting Teeth

Fluoride

Fluoride is a mineral that helps prevent cavities in three ways:

- Fluoride becomes part of the tooth, making the tooth enamel stronger and therefore more resistant to acid attacks.
- Fluoride is kept in the saliva and stops the plaque bacteria from making acid.
- When a tooth surface is slightly damaged, a cavity can be reversed if the enamel is repaired by fluoride. Fluoride enhances the remineralization process, which binds minerals, such as calcium, back into the tooth structure, preventing cavities.

Fluoride works on the inside of teeth when teeth are forming and growing under the gum. It also works from the outside of the teeth after the teeth have erupted into the mouth. Sources of fluoride include water (natural or added through water fluoridation), fluoride supplements, and some foods and drinks. Topical fluoride is found in most toothpastes, some mouthwashes and is also applied by a dental health professional in a school or office setting.

Calcium

Teeth are composed of many minerals, one of which is calcium. Calcium helps build strong bones and teeth. It is initially incorporated into teeth as they grow and develop. But after teeth have formed, calcium is still important as it can restore tooth minerals that are lost due to acid attacks.

Calcium is found in milk products, some fruits and vegetables, and some legumes and nuts. Cheese is an excellent source. It not only provides calcium, but cheese also neutralizes both plaque and acids and increasing the clearing of food from the mouth. Therefore eating a piece of cheese with a meal, dessert, or snack is recommended to help prevent cavities.

Sealants

Dental sealants are thin protective plastic coatings applied to the chewing surfaces of the molars by dental health professionals. They act as a physical barrier, filling the pits and grooves where food and bacteria can stick and cause cavities. Although they help protect the chewing surfaces, it is still important to brush these areas thoroughly. Sealants do not protect areas in between the teeth, therefore it is important to floss these surfaces.

Permanent molars can be sealed as soon as they erupt- between the ages of five and seven (Grades K-2) for the first molars and ages eleven and fourteen (Grades 6 to 9) for the second molars. Sealants can help protect teeth from cavities for many years. However, they can wear down over time and should be checked during regular dental visits.





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Smile Protectors

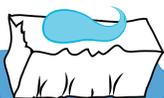
The mouth is the most frequently injured area of the body among children and young adults when playing sports. Mouth guards work like shock absorbers for the mouth. They provide a cushion to redistribute the force from impacts that could break or loosen teeth, dislocate the jaw or cause a concussion. They also protect the lips, cheeks, and tongue, so they are not accidentally bitten.

Mouth guards are available commercially from sports stores and custom-made dental offices. Commercial mouth guards are pre-formed for a person to fit at home. Mouth guards from a dental office give the best protection and comfort, as they are specifically designed for each individual. Children need to replace their mouth guards regularly as their mouths grow.

Anyone active in sports should wear a mouth guard to help prevent painful and costly mouth injuries. Mouth injuries can also happen in instances other than when playing sports. It is important to keep teeth safe, to prevent them from getting hurt or broken. If teeth are not protected they may chip, break or be knocked out. This may cause mouths to be hurt, and damaged teeth can make chewing, speaking, and smiling more difficult.



Photograph courtesy of Paula Campbell



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Ways to Keep Teeth Safe

There are several ways you can keep your teeth safe:

- Wear safety gear for playing sports and practices- like mouth guards and helmets.
- Be aware of others around you- don't swing bats or kick balls when others are near.
- Don't use your teeth as tools- teeth are not meant for opening bags or holding things such as pencils, eyeglasses, etc.
- Don't push others at the water fountain or on playground equipment.

A Knocked-Out Tooth!

If a permanent tooth (not a primary tooth) is knocked out, it is possible for that tooth to be put back in its place and to heal so that the tooth can be saved. It is important to act quickly when a permanent tooth is knocked out, in order to have better success in saving the tooth. The actions to be taken are described as follows:

If it is a primary tooth:

- Leave it out
- Instruct child to inform their parent, who should discuss with dentist at next dental appointment

If it is a permanent tooth:

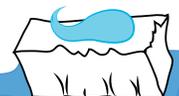
- Find the tooth
- Handle by the crown only, not the root portion
- Choose one of the following, depending on whether it is possible to reinsert the tooth:

Reinsert tooth

- Gently rinse off tooth, if necessary, without over handling
- Try to reinsert into tooth socket
- Have child bite on clean piece of cloth or gauze to hold tooth in place
- Have child see a dentist as soon as possible

Unable to reinsert tooth

- Keep tooth moist in cool milk or water
- Have child take the tooth and see a dentist as soon as possible





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List of Internet Resources

The following list of internet resources are available as active links on the E-version of this toolkit, which is available on the USB flash drive that accompanies the print version, or on our website: www.Kungatsiajuk.ca.

Information for Educators

Ability Path: http://www.abilitypath.org/health-daily-care/health/oral-health/articles/social-story_dentist.pdf

Alberta Health Services: www.albertahealthservices.ca/services/page13173.aspx

American Dental Association: www.ada.org

American Dental Hygiene Association: www.adha.org

Autism Speaks: www.autismspeaks.org/sites/default/files/documents/dentalguide.pdf

Canadian Dental Association: www.cda-adc.ca

Canadian Dental Hygiene Association: www.cdha.ca

Crest: www.crest.com/en-CA/crest-kids/

Activities for Youth

ABC Teach: www.abcteach.com/directory/theme_units/science/teeth

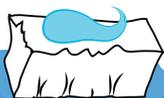
American Dental Association: www.mouthhealthy.org/

Colgate: www.colgate.com/en/us/kids/home

Healthy Teeth: www.healthyteeth.org



Photograph courtesy of Michelle Clarke





CAVITY PREVENTION FOR CHILDREN AND ADOLESCENTS

Dietary Recommendations

- How often you have sugary foods and drinks is more important than how much sugar you have at one time.
 - It is much worse for your teeth to drink a cup of juice slowly than to just drink it all at once!
- Limit how much sugar, sweets and carbohydrates you eat. This includes crackers, dry cereals and cookies.
- If available, raw fruit and vegetables, cheese and unsweetened yogurt are healthy snacks for teeth.
- Limit eating sugary snacks that stick to your teeth, including:
 - Raisins & other dried fruit
 - Granola bars
 - Fruit bars



- Only drink water between meals.
- Watered down juice still has sugar and acid that can cause cavities.
- Drink juice, milk or other drinks with natural or added sugar only with meals or snacks.
- Bottles and sippy cups should only contain water if they are used at night.
- Limit the amount of drinks containing natural or added sugar such as:
 - Pop
 - Fruit juices
 - Milk
 - Infant formulas

Sharing Cavities?!



- People with cavities can spread the bacteria that causes cavities.
- Some of the ways that this can happen are:
 - Sharing food
 - Sharing straws, cups, spoons, pacifiers, etc.
 - Kissing on the mouth



For references and further information contact:

healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

2014-2015





ORAL HEALTH CARE DURING PREGNANCY

Why is good oral health important during pregnancy?

- Maintaining good overall health during pregnancy will help to protect the baby from many health problems.
- Poor oral health in mothers can cause pain and infections, which can lead to taking too many medications.
- Untreated dental disease may result in poor nutrition and reduce the mother's ability to supply the growing baby with the nutrients needed for proper growth and development.



Hormonal Changes

- During pregnancy, a woman's body experiences hormonal changes. These changes can put pregnant women at an increased risk for developing oral diseases.
- During pregnancy, it is especially important to take good care of your teeth and gums.
 - ▶ Brushing teeth at least two times each day with a toothpaste that has fluoride.
 - ▶ Flossing at least once a day.

- Nausea and vomiting increase the amount of acid to which teeth are exposed. The acid wears away the surface of teeth.
- To help protect their teeth, pregnant women can do the following:
 - ▶ Rinse with a teaspoon of baking soda mixed with a cup of water.
 - ▶ Wait at least 30 minutes after vomiting before brushing.

- Pregnant women should ensure that they are drinking adequately fluoridated water.
- If fluoridated water is not available, pregnant women should discuss with a health professional about other ways that they can ensure they are receiving adequate amounts of fluoride.

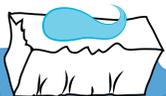
- Pregnant women should receive a thorough dental examination during the first trimester to diagnose and prevent any oral diseases.
- The preferred time for any dental treatment needed is during the second trimester.
- If possible, some dental treatments may be postponed until after the baby is born.



For references and further information contact:

healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

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CARING FOR YOUR TEETH



Activity: Making Teeth Clean

Suggested for Ages 2-5

Objectives

- To introduce child to brushing their teeth
- To explain the importance of brushing teeth

Materials

- Pop bottle
- Scissors
- Chocolate chips
- Toothbrush
- Toothpaste
- Water cup
- Camera
- Mirror

Steps

- Have children look at teeth in mirror to see them clean.
- Take photo of child's mouth/teeth while they are clean.
- Explain how teeth get dirty when we eat food, so we need to clean them.

Child's Mouth

- Give each child 2 chocolate chips and ask them to chew them up really well.
- Take photo of teeth/mouth with chocolate.
- Have child swish some water around mouth and take photo of teeth/mouth with some chocolate still there.
- Have child then brush their own teeth to get rid of the chocolate and take photo to show them the difference.

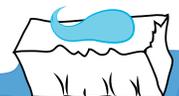
Pop-Bottle tooth

- To mimic what happened when the child chewed the chocolate, pour chocolate sauce on the bottom of a pop bottle to resemble a molar.
- Show children how rinsing the 'molar' with water does not get rid of the chocolate.
- Brush the pop-bottle 'molar' with a toothbrush and toothpaste to get the 'molar' clean.

Discussion Points

- Discuss with children how it is important to clean their teeth by brushing twice a day and flossing once a day.
- Explain how brushing with a soft toothbrush and toothpaste helps get food out of all of the hard to reach spots in their mouth.

See an example of this activity on: The Bishop's Family blog (2012). Dental Hygiene Lesson. Retrieved from <https://web.archive.org/web/20130812100515/http://bishopsfamilysite.blogspot.ca/2012/06/dental-hygiene-lesson.html>





CARING FOR YOUR TEETH

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Activity: The Importance of Flossing

Suggested for Ages 2-5

Objectives

- To introduce young children to flossing
- To explain why it is important to floss

Materials

- Egg carton
- Scissors
- Glue/tape
- Pink construction paper
- Green tissue paper
- Yarn or string
- Dental floss

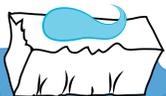
Preparation

- Cut egg carton between each egg compartment for 'teeth'.
- Cut construction paper in a half circle for the mouth/tongue.
- Glue or tape the teeth along the edges of the construction paper.
- Place strips of tissue paper between each of the teeth for 'food stuck in teeth'.
- Cut yarn/string into arms-length pieces that child can use as 'floss'.

Steps

- Talk about how food can get stuck between your teeth, and even a toothbrush can't get there.
- Show model of mouth with 'food' (tissue paper) between the teeth.
- Explain how dental floss can be used to get this food that is stuck out of our teeth.
- Use the yarn/string to get the tissue paper out of the teeth model.
- Ask child to floss their own teeth (or help them to do so).

Adapted from Bishop's Family (2012). Dental Hygiene Lesson. Retrieved from <https://web.archive.org/web/20130812100515/http://bishopsfamilysite.blogspot.ca/2012/06/dental-hygiene-lesson.html>





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Activity: Brushing Morning & Night

Suggested for Grades K-3

Objective

- To discuss reasons for and frequency of tooth-brushing, and to practice a thorough brushing technique

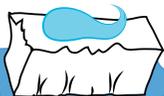
Materials

- 1 copy of the 'Mouth Model' for teacher use (assembled prior to activity)
- 1 toothbrush
- Copies of 'Healthy Smiles Certificate' as needed
- 1 copy of 'Healthy Smiles Calendar' for each student

Steps

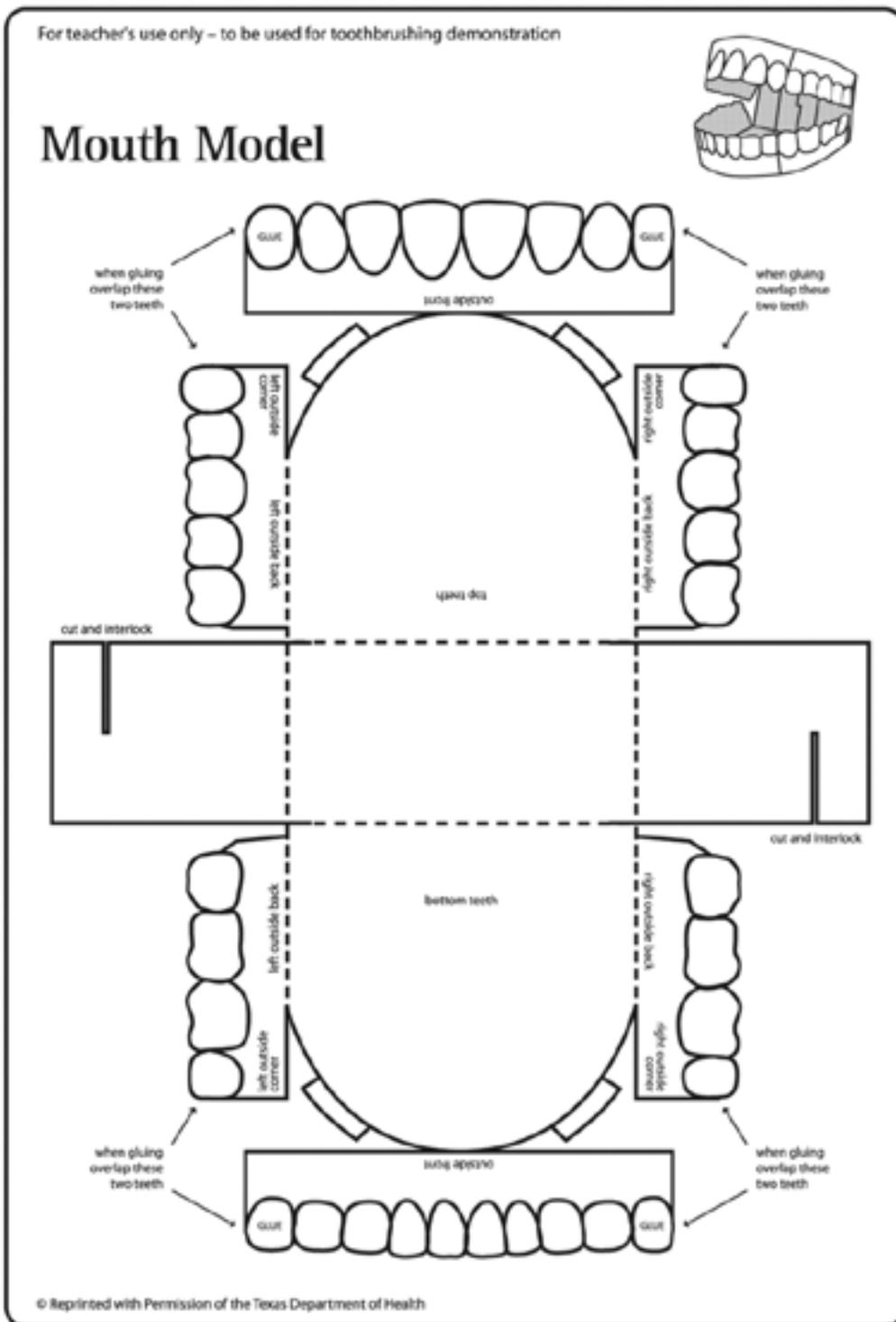
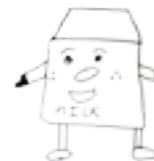
- Ask children if they have ever seen/helped someone to wash a car. Discuss why cars need to be washed, and what might happen if people did not wash their cars.
- Ask children if it is also important for us to clean our teeth. Discuss why it is important to clean teeth, and what might happen if we do not clean our teeth.
- Discuss with students how we clean our teeth, and demonstrate this to them using the paper tooth model.
- Ask children how often we should brush our teeth (emphasize that brushing when we go to bed is very important and they should brush at least two times a day). Ask them how long we should brush our teeth for (2 minutes) and have them brainstorm what might be a good way to time this.
- Explain that the best way to brush your teeth is using small circles.
- Have children make small circles with their fingers and then count as you make 10 circles in the air with your own finger or toothbrush.
- Show children how to brush teeth using the teeth model (see 'Mouth Model' handouts).
- Give each child a copy of the Healthy Smiles Calendar. Tell them every morning and night that they brush their teeth they will colour in a sun or moon and return this to you at the end of the week.
- Each child who completes the chart receives a toothbrushing award certificate at the end of the week.

Adapted from Alberta Health Services (2015). Oral Health- Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx



SECTION 2

CARING FOR YOUR TEETH



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CARING FOR YOUR TEETH

SECTION 2





CARING FOR YOUR TEETH

SECTION 2

Activity: Mouth Design

Suggested for Grades K-3

Objective

- To teach children how to take care of their teeth

Materials

- Construction paper
- Scissors
- Miniature marshmallows
- Glue
- Toothbrushes
- Dental floss

Preparation

- Cut construction paper into ovals for each student and fold in half to make a 'mouth'

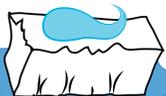
Steps

- Explain that you will be studying teeth today, and discuss how teeth help you eat.
- Have children cut and glue the marshmallows inside the open paper 'mouth' (These will be the 'teeth').
- Allow the models to dry.
- Have students practice brushing and flossing the 'teeth' on the models.
- Have students look at a 'teeth chart' and identify the different teeth they observed in their models.

Discussion Points

- Have a discussion about proper tooth care.
- Talk about all of the reasons teeth are important (i.e. speaking, eating, smiling).
- What is the proper way to brush your teeth?
- What is the proper way to floss your teeth?
- Why is it important to brush and floss teeth everyday?

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



SECTION 2

CARING FOR YOUR TEETH



Activity: Protecting Our Teeth

Suggested for Grades K-3

Objectives

- To examine how fluoride and sealants can protect teeth from cavities
- To examine the need for positive oral health habits

Materials

- Chalkboard/Whiteboard
- Small plastic bag with a zip-type seal
- Clear nail polish
- 1 bottle of food coloring
- Paper or students' notebooks
- Paper towel
- Chalk
- 1 Copy for each student of 'Robo-Tooth Talks About Sealants'

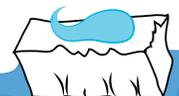
Steps

- Ask children what it means to protect something, and why it is important to protect our teeth.
- Ask children how they can protect their teeth, and explain that there are other things that can protect teeth from cavities. Today they will be learning about fluoride and sealants.
- Discuss fluoride with children - write the word on the board, explain that it is a mineral found in most toothpaste and that it makes teeth stronger.
- Introduce the idea of a 'seal' to the children using the plastic bag and a small object inside of the bag that is unable to shake out of the bag once it is zipped.
- Discuss sealants with the children - these are seals put on their teeth that can help keep out germs that cause cavities.
- Divide the group into clusters of 3-4 children, giving each group some paper towel and a piece of chalk.
- Have the children pass the chalk around so they can feel it before it is sealed.
- Visit each group and paint one end of the chalk with the clear nail polish.
- Once the polish has dried, place one drop of food coloring on the chalk and dab with a paper towel.

Discussion Points

- Discuss why the polish kept the food coloring from going to the sealed end of the chalk. Describe how this is similar to sealants on our teeth.
- Have children write some sentences about what they learned today and give the attached handouts for them to take home to their caregivers.

Adapted from Alberta Health Services (2015). Oral Health- Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx





CARING FOR YOUR TEETH

SECTION 2



Robo-Tooth Talks About Sealants

Sealants help protect the chewing surfaces of the teeth from cavities by sealing the deep pits and grooves from plaque germs, food and acid.



The chewing surfaces of the back teeth have many ridges and deep pits and grooves.



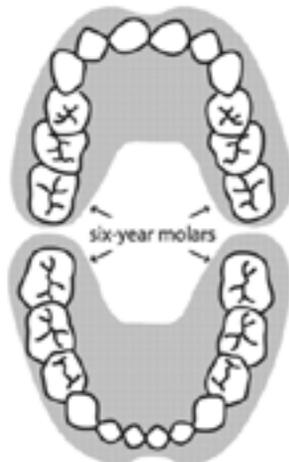
The deep grooves of the molars are difficult to clean with a toothbrush.



Sealants are thin plastic coatings painted on the chewing surfaces of healthy back teeth.



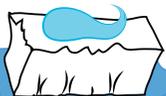
Sealants help to keep out the germs and food that cause cavities.



Children should get dental sealants on their permanent molars as soon as they come in and before they have cavities. The first permanent molars – often called six-year molars – come in between the ages of 5 and 8.

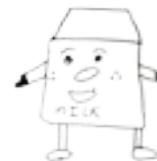
Ask your dental health professional about sealants for your child's teeth.

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SECTION 2

CARING FOR YOUR TEETH



Activity: Take Care of Your Teeth

Suggested for Grades K-3

Objective

- To learn how to take care of teeth

Materials

- Large paper cut into shape of a tooth
- Small tooth shaped paper
- Oral health children's book
- Copies of 'The Toothbrush Song' worksheet for each child

Steps

- Read an oral health book to the children.
- Using chart paper, brainstorm oral health words (Eg., the kinds of teeth, tools, people, and behaviors associated with dental care, etc.).
- Divide the class into smaller groups (3-5 children).
- Give each group 5 smaller papers shaped like teeth.
- Each group should write or draw five actions associated with dental care/oral health on these papers (Ex. brushing teeth, flossing, going to the dentist, eating healthy foods, etc.).
- Have each group share their actions with the class.

Discussion Points

- Discuss the ways to keep teeth healthy and what is involved (eating healthy foods, going to the dentist, etc.).
- Talk about foods that are good and bad for teeth and how it is important to eat lots of healthy foods to keep your teeth healthy and happy.

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>





CARING FOR YOUR TEETH

SECTION 2

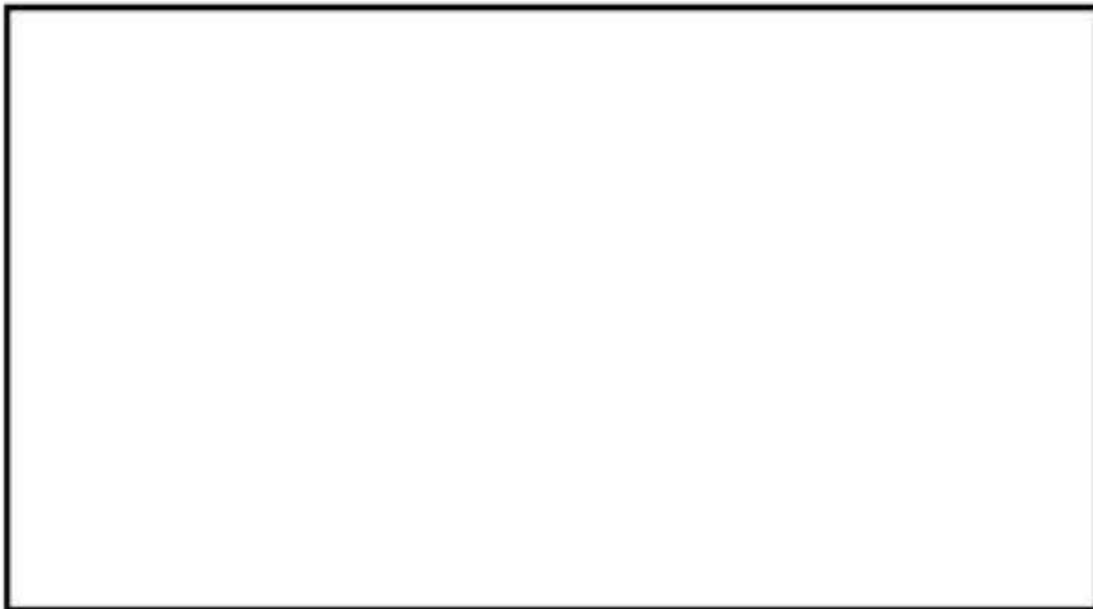
THE TOOTHBRUSH SONG

(TO THE TUNE OF "ROW, ROW, ROW YOUR BOAT")

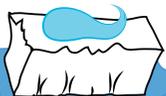
**BRUSH, BRUSH, BRUSH YOUR TEETH
BRUSH THEM EVERYDAY
HAPPY, HEALTHY TEETH YOU'LL HAVE
IF IT'S DONE THIS WAY**

**FLOSS, FLOSS, FLOSS YOUR TEETH
FLOSS THEM EVERYDAY
USING THE STRING TO CLEAN BETWEEN
KEEPS THE PLAGUE AWAY**

**CLEAN, CLEAN, CLEAN YOUR TEETH
CLEAN THEM EVERYDAY
YOUR TEETH WILL SPARKLE FOR YEARS TO COME
IN THE MOST BEAUTIFUL WAY**

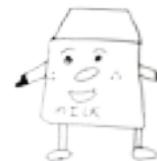


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SECTION 2

CARING FOR YOUR TEETH



Activity: Tooth Safety

Suggested for Grades K-3

Objectives

- To describe and apply safety rules when using physical activity equipment
- To discuss ways they can keep their teeth safe in different situations

Materials

- Large sheet of chart paper titled 'Ways to keep my teeth safe.'
- Marker
- Samples of age appropriate comics
- Copies of 'My Comic Strip' handout for each child
- Crayons/markers

Steps

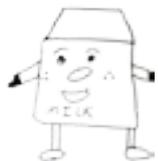
- List the following ways to keep teeth safe on chart paper: Wear safety gear for playing sports; Be aware of others around you; Don't push others; Always wear your seatbelt; and Don't use your teeth as tools.
- Ask children why it is important to keep teeth safe. Explain that they can injure their teeth when they are doing different activities throughout the day. Have children list the way they can injure their teeth (when playing sports, playing outside, at school, when riding in the car, etc.).
- Explain these injuries can be prevented, have children brainstorm ways to prevent injuring their teeth.
- Explain that even though they can try to protect their teeth, injury could still happen, and what they should do if they hurt their teeth (tell an adult, go to the dentist, etc.).
- Have children role play a situation involving a situation when one might injure their teeth.
- Explain to children that they will now be making their own comic strips about keeping their teeth safe. Give each child a copy of 'My Comic Strip' handout.

Discussion Points

- Have children read their stories to the class.
- Discuss what to do if their tooth is knocked out.

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CARING FOR YOUR TEETH

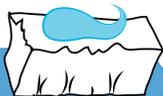
SECTION 2

My Comic Strip

Draw a picture in each of these boxes to create your comic strip about keeping your teeth safe or what to do if a mouth injury happens.



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SECTION
2

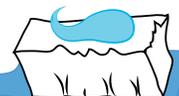
CARING FOR YOUR TEETH



Did you know?

Don't be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth. They'll thank you for it!

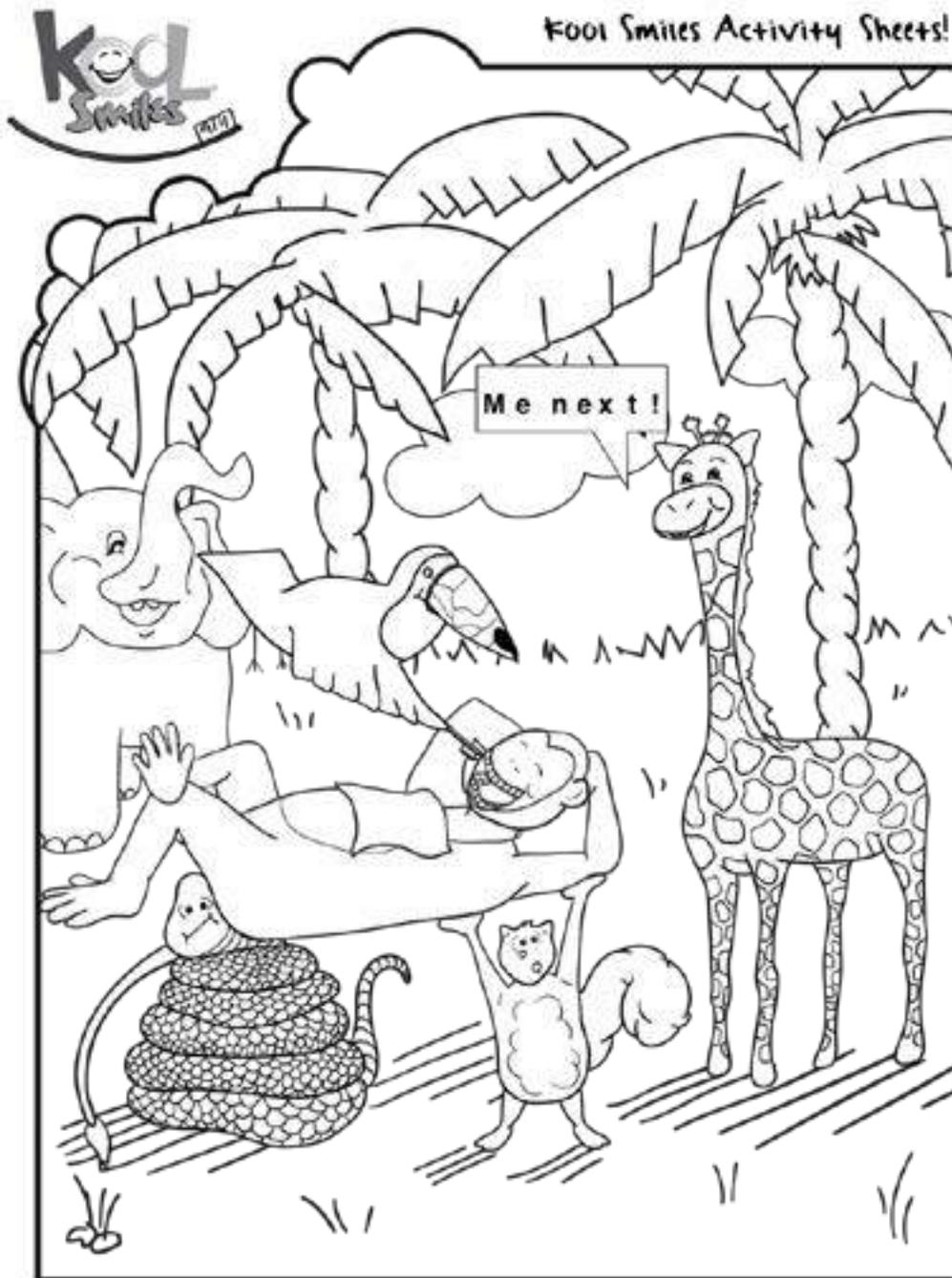
Find more activity sheets at www.mykoolsmiles.com/fortkids





CARING FOR YOUR TEETH

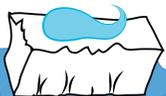
SECTION 2



Did you know?

Good oral health is for everyone! Remember to visit your dentist at least twice a year, to keep your smile strong.

Find more activity sheets at www.mykoolsmiles.com/for-kids.



SECTION
2

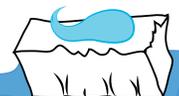
CARING FOR YOUR TEETH



Did you know?

You should always brush your teeth when you wake up, before you go to bed, and after snacks and meals.

Find more activity sheets at www.mykoolsmiles.com/tokids





CARING FOR YOUR TEETH

SECTION 2

BUT WHAT?

HEY! MAYBE YOU SHOULD JUST USE TOOTHPASTE AND FLOSS AFTER EVERY MEAL...

WHY? DON'T YOU THINK MY NEW LOOK IS _____?

HEY!

HEY!

WHAT HAPPENED TO YOUR TEETH?

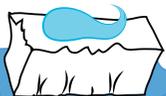
I BRUSHED THEM WITH _____, AND THEY STARTED _____ OUT!

HOW ARE YOU GOING TO CHEW YOUR _____?

OH, WELL... OF COURSE. BUT...

?

Kool Smiles





Kool Smiles Activity Sheets!

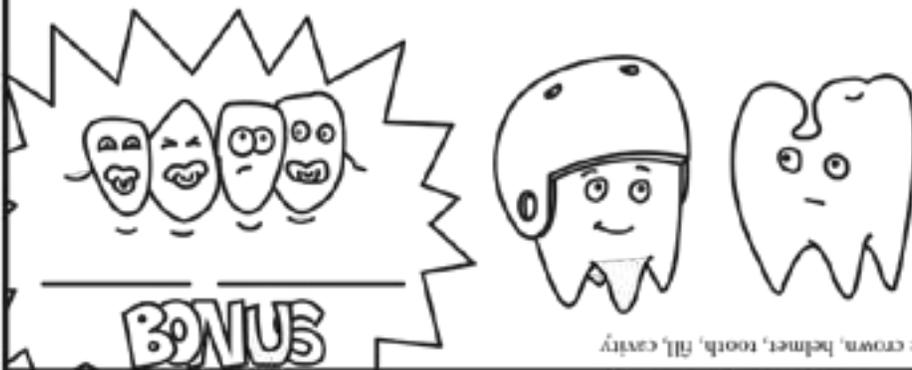
Crowns & Fillings

A  _____ is like a  _____

for a broken or damaged  _____.

Fillings are used to  _____ the hole that

is left when a  _____ is removed.



A: crown, helmet, fill, cavity

Did you know?

Crowns and fillings are used to protect damaged teeth. They are put on baby teeth to help give them structure until they fall out!

Find more activity sheets at www.mykoolsmiles.com/for-kids





CARING FOR YOUR TEETH

SECTION 2

Kool Smiles MY

Kool Smiles Activity Sheets!

New Year, Healthy Routine!

1 During commercial breaks do jumping jacks for 20 minutes!

2 Brush your teeth after every meal!

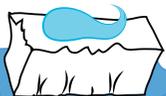
3 Laugh more! Laughing releases feel-good chemicals in your body!

4 Eat the rainbow by eating fruits and veggies of every color!

Did you know?

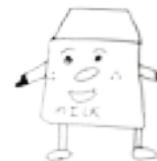
When it comes to being healthy, think small. It's the little things that count! Make sure you get moving, take care of your teeth, laugh more and eat healthy!

Find more activity sheets at www.mykoolsmiles.com/for-kids



SECTION 2

CARING FOR YOUR TEETH



Take Care of Your Teeth!

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

CAVITY
DENTIST
FLOSS
GRAINS
MILK
PLAQUE
TONGUE
TOOTHPASTE

CLOUDBERRY
ENAMEL
FLUORIDE
GUMS
MOOSE
SEALANT
TOOTH
VEGETABLES

DAILY
FISH
FRUIT
MEAT
MOUTHGUARD
TOBACCO
TOOTHBRUSH

