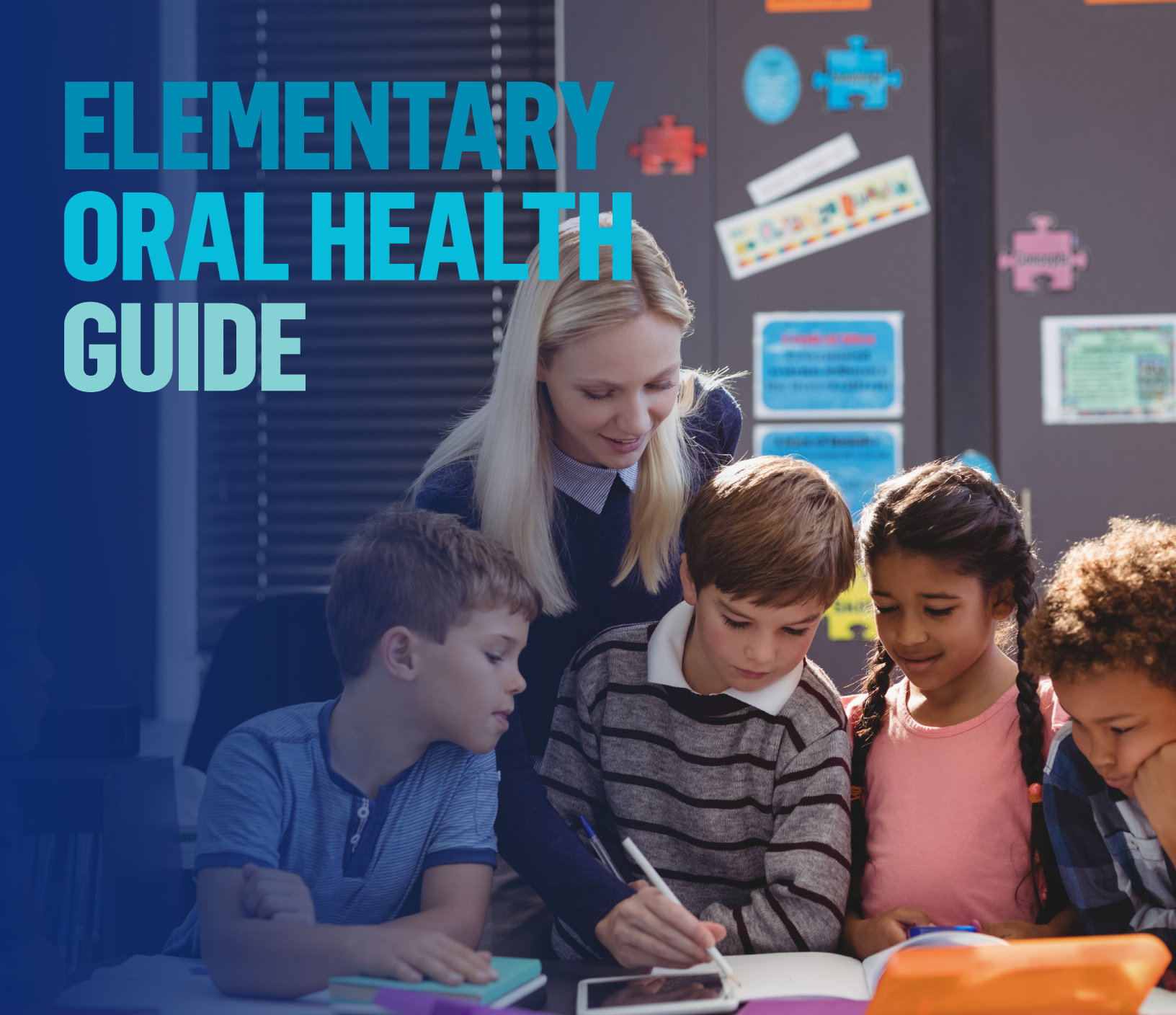


ELEMENTARY ORAL HEALTH GUIDE





DEAR EDUCATOR,

As a professional who works with children, you have a wonderful opportunity to share with your students the **importance of oral health**.

We've included a variety of **fun activities** and **resources** that can be used in your classroom or sent home to parents.

The purpose of this guide is to help educators provide oral health education to students and **encourage parents** to set a good example by making **healthy food choices** and taking good care of their own mouths.

Thank you for allowing us to share this valuable information. Together we can help make a difference in the health of all children in Colorado!

Yours in good oral health,

The DentaQuest Outreach & Education Team

Oral Health Facts

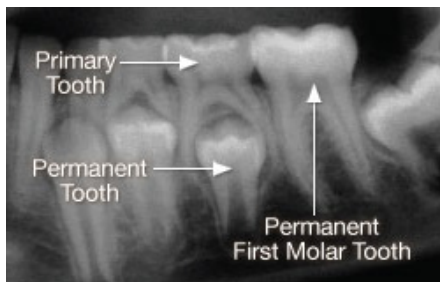
- Tooth decay is the single most common chronic disease of childhood.
- Children with poor oral health are three times more likely to miss school.
- If left untreated, dental decay can cause physical and developmental complications for children.
- The most important thing to note about tooth decay is that it is 100% preventable!

ELEMENTARY ORAL HEALTH GUIDE

Basic talking points for the classroom:

Fun facts to share with kids about our teeth:

- Humans get 2 sets of teeth compared to sharks which get about 40 sets of teeth!



- Teeth are harder than bones, but teeth cannot heal like bones. If a tooth is broken a dentist must fix it.
- Our teeth all have different jobs when we eat.
Incisors – The teeth in the front we see when we smile. Their job is to bite off food. Think of which teeth you use when biting into an apple.
Canines – These are the pointy ones on the sides. They are very strong and can tear food. Especially tough food such as meat.
Molars – They are the big teeth in the back. Molars are there to grind all our food into pieces so we can swallow it.
- Teeth are not for chewing on things like pencils, fingernails or opening items like food bags, etc. Do not use your teeth for anything but food!

Taking care of our teeth:

- Brushing and Flossing
 - Brush 2 minutes, 2 times per day. Set a timer, watch a video, or listen to a song for 2 minutes while you brush. Brush once in the morning and once at night before bed.
 - When you brush, only use a spot of toothpaste the size of a green pea.
 - Kids under 8 years old may need help from an adult to brush and floss.
 - Everyone should floss at least 1 time per day. Flossing is the only way to clean in between the teeth.
 - If you have been sick, your toothbrush needs to be changed to a new one at school and home.
- Eat Healthy Foods
 - Drink lots of water-Tap water is better than bottled water because it has fluoride that can keep our teeth strong and healthy.
 - Snacks that will keep your teeth healthy are fresh vegetables, fruit and dairy products like cheese.
- Don't eat foods that have a lot of sugar or junk food.
 - Some examples of foods to avoid are soda, sports drinks, candy, crackers, chips and anything sticky. If you do eat these foods on occasion, rinse right away with water or brush your teeth.

Important Terms to Know

Plaque – A sticky, white film of bacteria that forms on teeth. It can cause tooth decay, infection in the gums and bad breath.

Sealant – Plastic coating that covers the grooves in healthy teeth. Protects teeth from decay.

X-ray – A picture of the teeth and gums that helps the dentist learn the condition of the teeth. also called a Radiograph.

Dental cleaning – The process of removing plaque, tarter and stains from teeth. A dental hygienist will use dental tools to professionally brush and polish the teeth. Also called prophylaxis.

Tarter – Plaque bacteria that has become hardened and stuck to the tooth. Also called Calculus.

Dental Filling – Material a dentist uses to fill holes in teeth caused by decay. It can be silver (amalgam) or white (composite).

Decay – The breakdown of a tooth because of food and bacteria left on the teeth. Also called a cavity.

Fluoride – A mineral that helps harden and strengthen teeth. Prevents decay (cavities) from making holes in teeth.

Enamel – The off-white, hard protective layer on the outside of a tooth.

Permanent teeth – Second set of teeth. Also called Adult teeth.

Primary teeth – First set of teeth. Also called baby teeth or milk teeth.

What happens if we don't take care of our teeth:

- If we don't brush and floss the food and bacteria off our teeth, we can get a cavity. A cavity is when bacteria stays on our teeth and eats away the surface of the tooth. This hole is called a cavity.
- If a tooth has a cavity, the tooth can start to hurt and become sensitive to cold, hot and sweets. Finding a cavity quickly and when it is small, makes it easier to fix, that is why it's important to visit the dentist regularly. If a cavity gets too big you can get a toothache.
- A dentist will need to clean out the bacteria and fill the hole with a filling. While the tooth is being fixed, the dentist may make the tooth numb with medicine. If the tooth is numb, or sometimes it is called sleepy, you will not be able to feel the dentist cleaning out the cavity. A filling can be white or silver and will stay on the tooth to fill the hole made by the cavity.
- How does tooth bacteria live in our mouth and on our teeth? Bacteria eats the food left behind on and in between our teeth. If we do a good job brushing and flossing the food way from our teeth, the bacteria cannot live because they have nothing to eat!



Losing teeth:

- Children start to lose their primary teeth (also called baby teeth) around the age of 6-7 and stop losing teeth at age 12-13. This is to make room for our permanent (or adult) teeth.
- It is good to wiggle loose baby teeth at home to help them come out.
- Baby teeth are important! Although they fall out, it is important they are healthy while in your mouth.

Tips for including an oral health lesson:

- Read a story book about oral health or show a video. 10 minutes
- Talk to the class about oral care, nutrition and healthy habits. 10-15 minutes
- Oral health activities found in this packet or another of your choosing. 15-25 minutes
- Send home Parent Letter, Brushing Calendar and Educational Material from this packet to families.
- Keep in mind that there are many topics that also have an oral health component. Nutrition and diet, family role modeling and taking care of our bodies all allow for the oral health topic to be included into the discussion.

Oral Health Educational Book List:

Open Wide: Tooth School Inside by Laurie Keller

https://www.goodreads.com/author/show/60929.Laurie_Kelle

The Tooth Book: A Guide to Healthy Teeth and Gums by Edward Miller

https://www.goodreads.com/author/show/16396.Edward_Miller Edward Miller

The Tooth Book by Theo LeSieg, Dr. Seuss

https://www.goodreads.com/author/show/398177.Theo_LeSieg

ABC Dentist: Healthy Teeth from A to Z by Harriet Ziefert

https://www.goodreads.com/author/show/6483.Harriet_Ziefert

Why Do I Brush My Teeth? (My Body) by Angela Royston

https://www.goodreads.com/author/show/90587.Angela_Royston

Clarabella's Teeth by An Vrombaut

https://www.goodreads.com/author/show/456153.An_Vrombaut

Visit www.DentaQuest.com or <https://www.americastoothfairy.org/resources> for dental related videos and more activities.

DENTAL HEALTH WEEK



Dear Parents/Guardians,

This week we have been learning about our teeth and the importance of oral health. We learned how many teeth we have, what we use our teeth for and how to take good care of them. We also talked about what kinds of food are good for our teeth and did a fun tooth activity.

Please help us by talking about oral health at home. Ask your child questions about what they learned and be excited about the things they share with you. We have included a brushing calendar to help with daily brushing and a flyer about baby teeth. If your child has been sick, it is necessary to change out their toothbrush at home and school.

DentaQuest administers dental care benefits to children and adults in Health First Colorado and CHP+. If you need help finding a dental provider or have questions about your dental benefits, Health First Colorado members call 1-855-225-1729, TTY 711. CHP+ members call 1-888-307-6561, TTY 711.

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SEMANA DE LA SALUD DENTAL



Estimados padres o tutores:

En esta semana hemos estado aprendiendo sobre nuestros dientes y la importancia de la salud bucal. Hemos visto cuántos dientes tenemos, para qué los usamos y cómo cuidar bien de ellos. También hablamos sobre los alimentos que son buenos para nuestros dientes y realizamos una actividad dental divertida.

Les agradeceremos que hablen sobre la salud bucal en sus hogares. Hagan preguntas a sus hijos sobre lo que aprendieron y muestren entusiasmo sobre las cosas que compartan con ustedes. Hemos incluido un calendario de ayuda para el cepillado diario y un folleto sobre los dientes de leche. Si su hijo ha estado enfermo, es necesario cambiar el cepillo de dientes que usa en el hogar y el que usa en la escuela.

DentaQuest administra los beneficios de cuidado dental para niños y adultos que están en Health First Colorado y CHP+. Si está afiliado a Health First Colorado y necesita ayuda para encontrar un proveedor dental, o si tiene preguntas sobre sus beneficios dentales, llame al 1-855-225-1729, TTY 711. Los afiliados a CHP+ pueden llamar al 1-888-307-6561, TTY 711.

Visítenos en DentaQuest.com o en Americastoothfair.org para obtener información dental adicional, videos divertidos y actividades para los niños.

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MY BRUSHING CALENDAR

























































Draw a check mark in the sun box after you brush in the morning and draw a check mark in the moon box after you brush before bedtime.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SUNDAY	 start 	 	 	 
MONDAY	 	 	 	 
TUESDAY	 	 	 	 
WEDNESDAY	 	 	 	 
THURSDAY	 	 	 	 
FRIDAY	 	 	 	 
SATURDAY	 	 	 	  finish


WOW! You did it!
Keep up the great work!

MI CALENDARIO DE CEPILLADO

Marca el cuadro con el sol después de cepillarte en la mañana y marca el cuadro con la luna después de cepillarte antes de ir a la cama.

	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4
DOMINGO	 inicio 	 	 	 
LUNES	 	 	 	 
MARTES	 	 	 	 
MIÉRCOLES	 	 	 	 
JUEVES	 	 	 	 
VIERNES	 	 	 	 
SÁBADO	 	 	 	  final

¡INCREÍBLE! ¡Lo has logrado!
¡Sigue haciéndolo así de bien!

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GOOD ORAL HEALTH HABITS START EARLY

Cavities are preventable. How you care for your child's baby teeth will impact their adult teeth.

Start good oral care habits now!

Healthy baby teeth play an important role in your child's health because they help your child:



It's simple; healthy teeth don't hurt. But, decayed teeth can cause a lot of pain. This pain can have a negative effect on children's quality of life, their performance at school and their success later in life. Tooth decay is preventable and ensuring that kids take care of their oral health is important to help them stay healthy and ready to learn.

- Help your child brush his/her teeth 2 times a day with fluoride toothpaste and floss 1 time a day.
- Before bed, do not allow your child to eat after brushing and only give your child water during the night if they are thirsty.
- Avoid sharing spoons, cups or toothbrushes to reduce the transfer of cavity causing bacteria and other illnesses.
- Limit sugary drinks and avoid sweet and sticky foods.

Your dental provider is a big part of your healthcare team! It's important to have a dental home with a dental provider that you like, trust, and see regularly for care.

LA BUENA SALUD BUCAL COMIENZA TEMPRANO

Las caries se pueden prevenir. La manera como cuide los dientes de leche de su hijo tendrá efectos positivos o negativos en sus dientes permanentes.

Comience ahora con buenos hábitos de salud bucal.

Los dientes de leche sanos juegan un papel importante en la salud de su bebé ya que le ayudan a:



Es muy sencillo: los dientes sanos no duelen. Sin embargo, los dientes deteriorados por la caries causan mucho dolor. Este dolor puede tener un efecto negativo en la calidad de vida de los niños, en su rendimiento escolar y, posteriormente, en su éxito en la vida. Las caries pueden prevenirse y es importante asegurarse de que los niños cuiden su salud bucal para permanecer sanos y estar preparados para aprender.

- Ayude a su hijo a cepillarse los dientes 2 veces al día con crema dental con fluoruro y a pasar el hilo dental 1 vez al día.
- Antes de ir a la cama, no permita que su hijo coma después de haberse cepillado y dele solamente agua en la noche si tiene sed.
- Para reducir la transmisión de bacterias que causan caries y otras enfermedades, no comparta tazas, cucharas ni cepillos de dientes.
- Limite las bebidas azucaradas y evite los dulces y los alimentos pegajosos.

Su proveedor dental es un integrante importante de su equipo de cuidado de la salud. Es importante tener un consultorio dental con un proveedor dental con quien se sienta a gusto, en quien pueda confiar y a quien pueda ver regularmente para el cuidado.

DentaQuest administra los beneficios de cuidado dental para niños y adultos afiliados a Health First Colorado y CHP+. Para obtener más información, los afiliados de Health First Colorado pueden llamar al 1-855-225-1729, TTY 711. Los afiliados a CHP+ pueden llamar al 1-888-307-6561, TTY 711.

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TOOTH FAIRY TEETH TRACKER

Losing baby teeth is a part of growing up!
Use this chart as a diary of when and how
you lost each tooth.

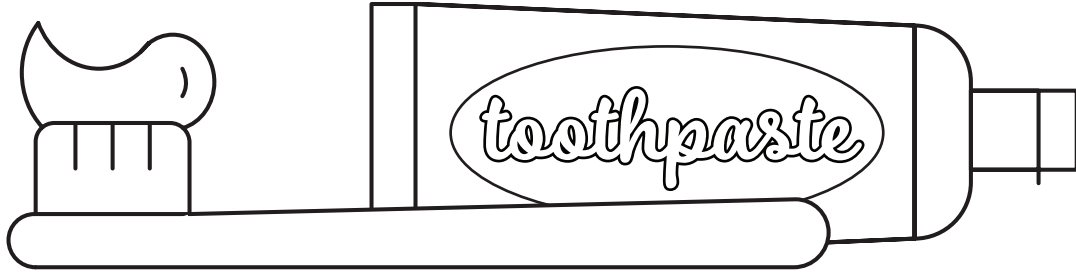


When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____
When/How: _____		When/How: _____

Color the BIG FOUR!

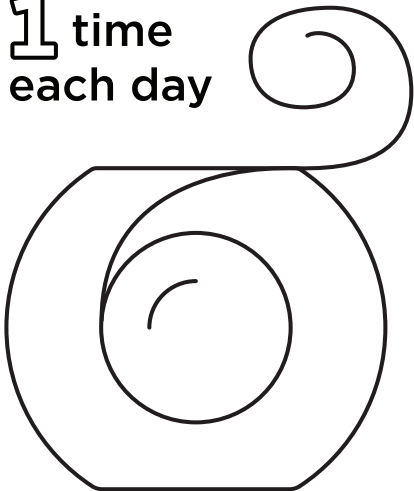
① BRUSH

2 times each day for 2 minutes



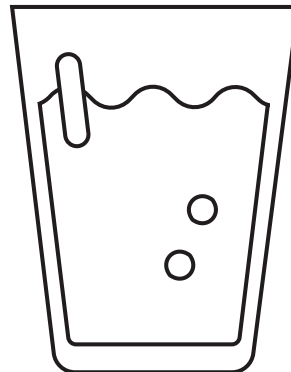
② FLOSS

1 time
each day



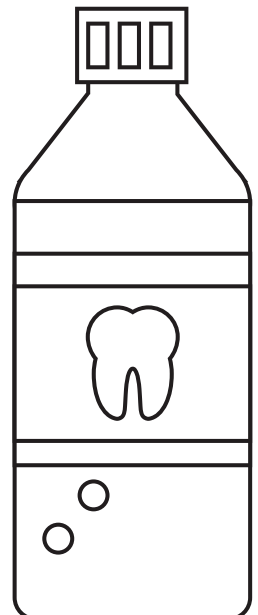
③ RINSE

with:



water

or



mouthwash
(children 6+)

④ REPEAT

every day!



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Cavity Experiment

The hard enamel surface of your teeth protects them, much like the skin of an apple protects the fruit inside. This experiment shows what can happen to teeth when a cavity develops and allows bacteria inside.



What you'll need per student group:

- 2 apples
- 2 paper bags
- A sharpened pencil

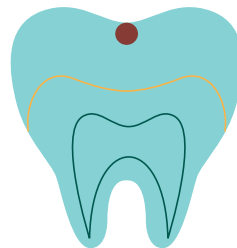
Educator will need a knife to cut apples at the end of experiment.

Instructions:

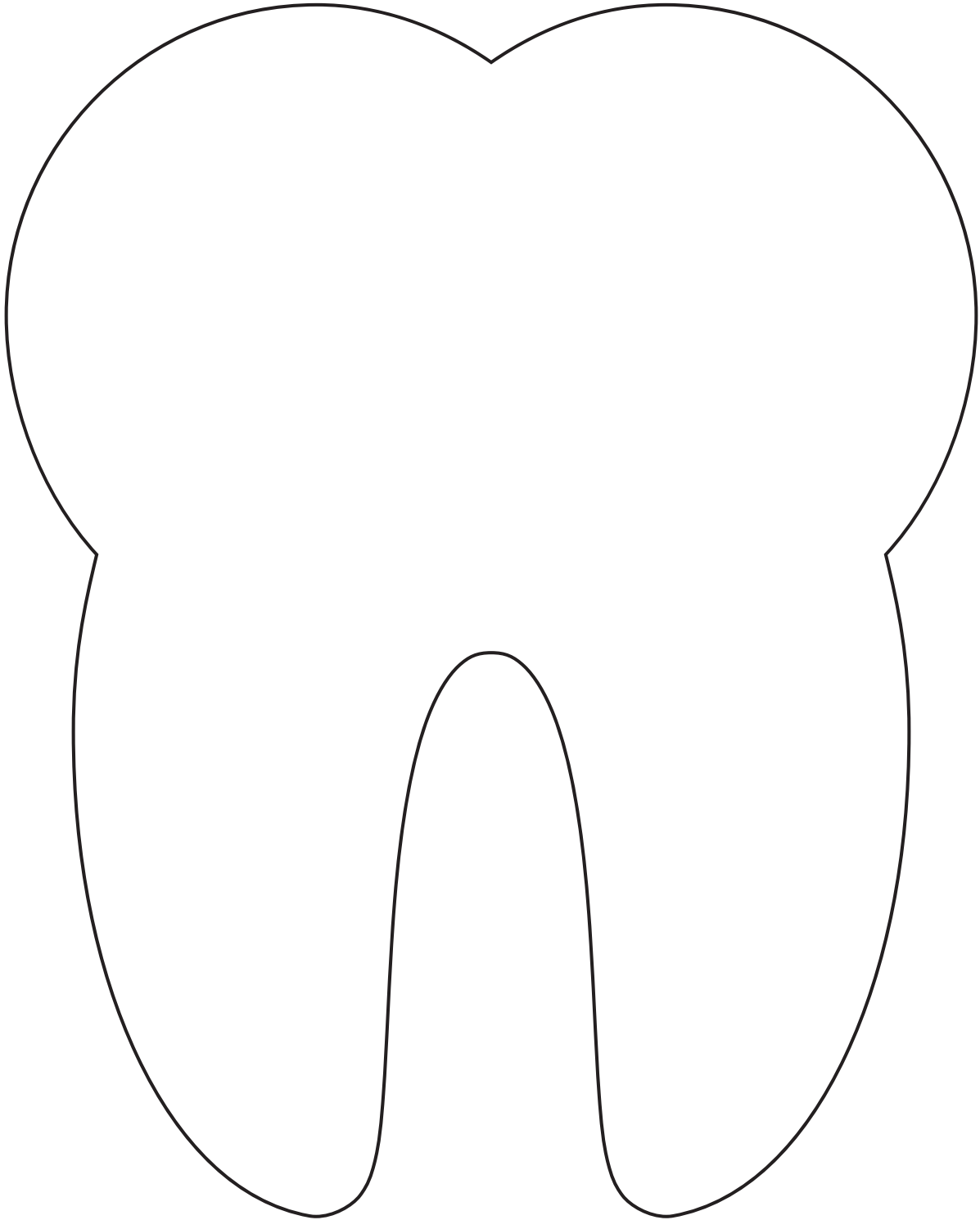
- Using the pencil, poke varying size holes into one of the apples. This represents a break in a tooth's enamel caused by bacteria left on the tooth.
- Place the apples – the punctured apple and the control apple with no holes– in separate paper bags and leave them there for at least 48 hours.
- After letting the apples sit in the bags for 48 hours, removed them and use the knife to cut both apples in half. The control apple without holes should appear normal, while the punctured apple has brown areas of decayed cavity.
- This experiment can be customized to show the growth of a cavity.
Note: Cavities in teeth develop slower than apple cavities. For example, each of the student groups would cut their apples on a different day, group 1- 24 hours, group 2- 48 hours, group 3-72 hours, group 4-96 hours, this will the show growth of a cavity.

Lessons Learned:

Just like an apple's skin, enamel is a shield for keeping bacteria out of your teeth. Keep your enamel strong and healthy on your teeth by brushing twice a day with fluoride toothpaste and floss every day.



I like my teeth because...





Color and cut out this door hanger to use whenever you lose a tooth. Just hang it outside your door, and the Tooth Fairy will know there is a tooth ready for pickup

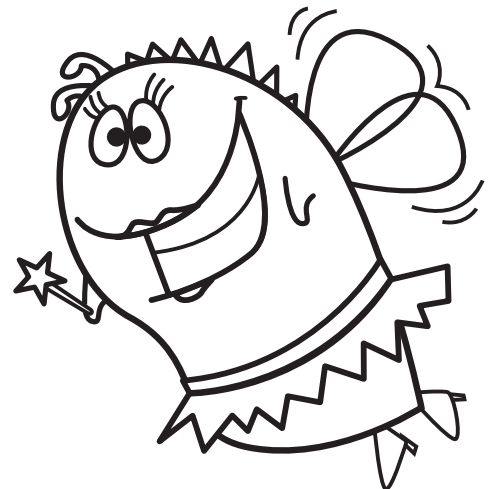
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DEAR TOOTH FAIRY,
MY TOOTH IS
READY FOR
PICK UP!

NAME _____



DENTAL WORD SEARCH

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

Find these words to solve the puzzle:

TOOTHBRUSH

FLOSS

XRAY

DENTIST

TOOTHPASTE

SMILE

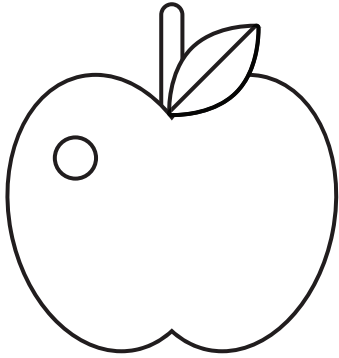
PLAQUE

MOLAR

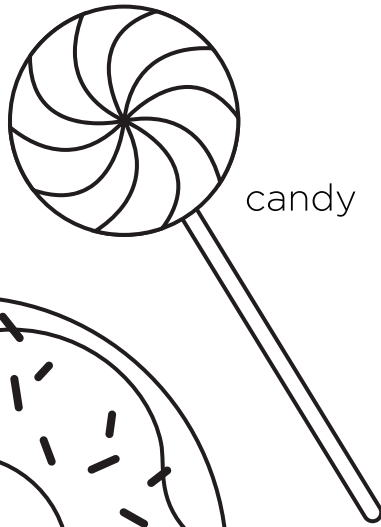
GUMS



Color the food. Put an X over the sticky or sugary foods that are not good for your teeth!



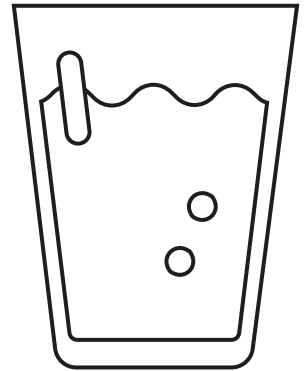
apple



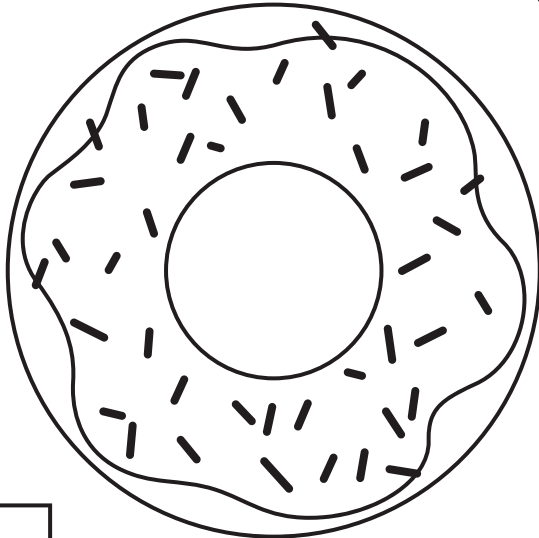
candy



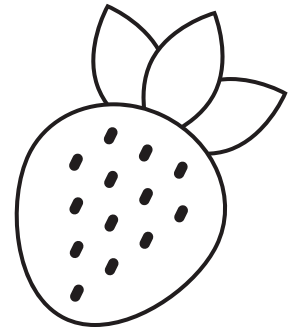
cake



water



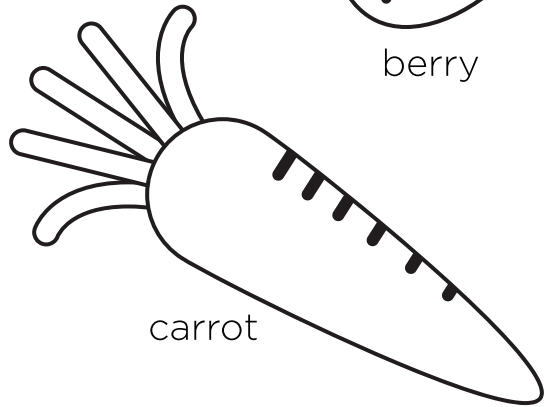
donut



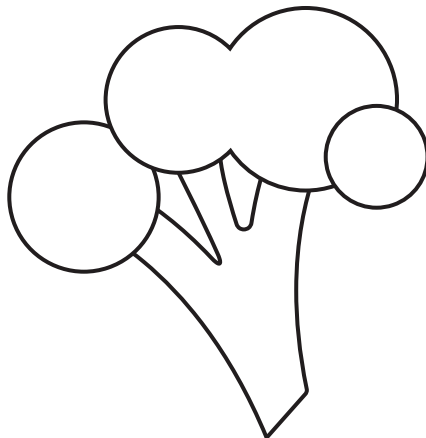
berry



soda



carrot



broccoli



watermelon

