

EARLY LEARNING ORAL HEALTH CURRICULUM



A fun and interactive way to introduce oral health to early learners



CardinalCare Smiles
Improving Dental Care in Virginia for Children and Adults

DentaQuest
a Sun Life company



DEAR EARLY CHILDHOOD EDUCATORS,

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

We've included lots of optional resources and fun ideas that can be used in your classroom or sent home to parents including a **video** to get kids excited about brushing their teeth, easy **crafts** and a list of age appropriate **books.**

The goal of this packet is to get the entire family talking about oral health 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 Virginia!

Yours in good oral health,

The DentaQuest Outreach & Education Team

Oral Health Facts

- Tooth decay is the single most common chronic disease of childhood.
- Tooth decay is highly prevalent in preschool children and goes almost untreated in children under the age of 3.
- Children with poor oral health are 3x 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!

TEACHING CURRICULUM

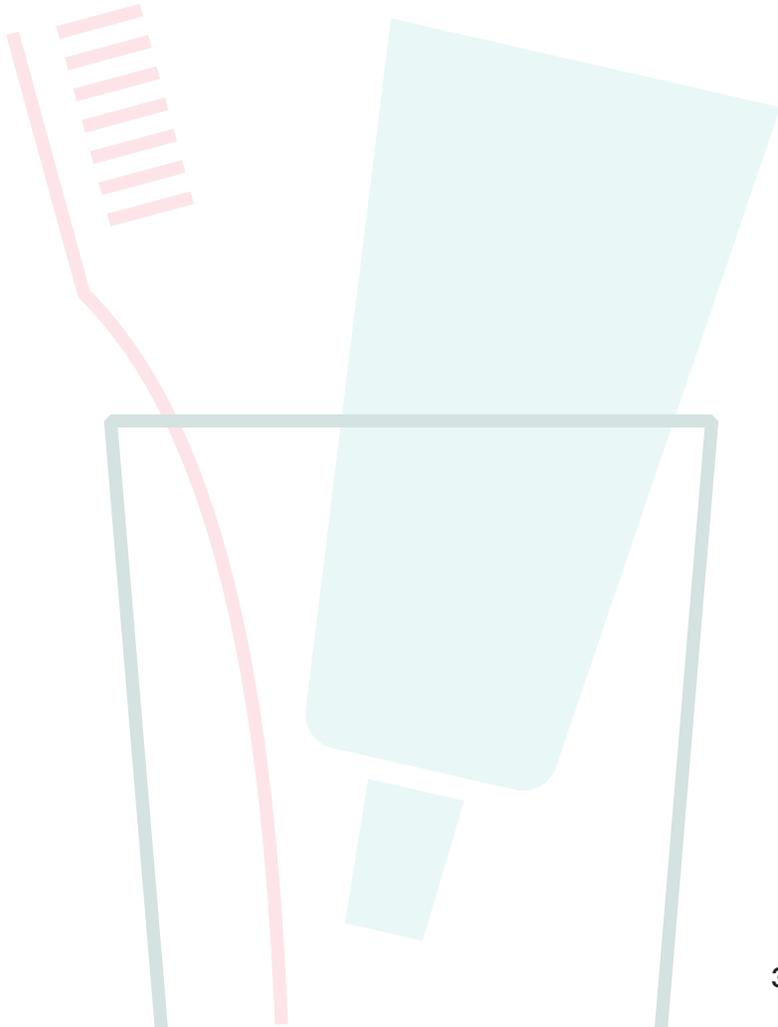
Basic talking points for the classroom:

Fun facts to share with kids about our teeth:

- Kids have 20 teeth total. 10 on top 10 on bottom. (Depending on age and eruption patterns most kids ages 2 to 5 will have 20 teeth total) Adults have 32 teeth. **Fun fact:** an alligator has about 80 teeth!
 - Enamel is a super hard material that is stronger than our bones!
 - The enamel of baby teeth is as thin as an eggshell!
- What jobs do our teeth have?
 - Teeth allow us to chew our food
 - Teeth help us speak and pronounce words correctly
 - Teeth give us a beautiful smile and help us feel good about ourselves
 - Primary teeth (baby teeth) help guide our permanent teeth into place

Taking care of our teeth:

- Brushing and Flossing
 - We should always brush our teeth at least two times per day, once in the morning and again at night before we go to bed
 - We should floss one time per day. Everyone with teeth should floss!
 - Always have an adult help us brush and floss
 - Brush for 2 minutes each time – use a song or timer to help keep track of the time
- Eat Healthy Foods – What we eat can impact the health of our teeth!
 - Choose to snack on healthy foods such as fresh vegetables and fruits, dairy products and lean meats. These are good for our teeth.
 - Drink lots of water - water straight from the tap is better than bottled water. Tap water (in all cities and some counties) has fluoride and most bottled water does not. Fluoride strengthens developing/ young teeth.
 - Don't eat or drink foods that have lots of sugar. Sugar can cause cavities, so be smart about what you are putting in your mouth. Avoid things like soda, sports drinks, sugary coffee drinks, candy and sweet pastries. Sticky candy is especially harmful. If you do eat something sugary, make sure you brush your teeth right after.
- Visit the Dentist
 - Visit the dentist every 6 months to make sure our teeth stay healthy.
 - The dentist helps us take good care of our teeth. They will find cavities before they become painful and germs spread.



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

- If we don't brush and floss every day, bad germs will harm our teeth. Unless we brush them away, the germs sit on our teeth and can eat a hole in the outer layer of our teeth. This hole is called a cavity.
- A cavity damages our tooth, making our tooth sick. The tooth can hurt, and can be sensitive to hot and cold, and to sweets.
- If our tooth becomes sick we will need to visit the dentist to get it fixed.



Summary notes

We all need to take good care of our teeth so they stay strong and healthy. We can do this by brushing twice a day, flossing daily and eating healthy foods. And avoid sugary food and drinks so the bad germs won't attack our teeth.

Tips for including an oral health lesson:

- Read a story book around oral health. – 5-8 minutes
- Talk to the class about oral care, nutrition and healthy habits. – 10-15 minutes
- Show an oral health centered video – use the Elmo link below, or another one. – 10 minutes
- Oral Health activity – one of the activities found in this packet, or another one of your choosing. – 15-25 minutes
- Introduce a brushing activity to your manipulative play station.
- Send home Parent Letter, Baby Teeth Matter and Tooth Brushing Calendar to families.
- Offer a parent education presentation after class hours - during parent council meetings or at back to school night, for example, or host a special educational event on oral health.
- Also keep in mind that there are many topics that can 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 tied into the discussion.

Link to Elmo brushing video: <https://www.youtube.com/watch?v=wxMrtK-kYnE>



DENTAL HEALTH WEEK



Dear Parents/Guardians,

This week we have been learning about our teeth. 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 put together a fun craft.

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 you need help finding a dentist and are a member of **Cardinal Care Smiles**, visit DentaQuest.com or call 1-888-912-3456.



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SEMANA DE LA SALUD DENTAL



Estimados padres o tutores:

En esta semana hemos estado aprendiendo sobre nuestros dientes. 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 elaboramos una actividad divertida.

Les agradeceremos que hablen sobre la salud oral 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 necesita ayuda para encontrar un dentista y es miembro de **Cardinal Care Smiles**, visite DentaQuest.com o llame al 1-888-912-3456.



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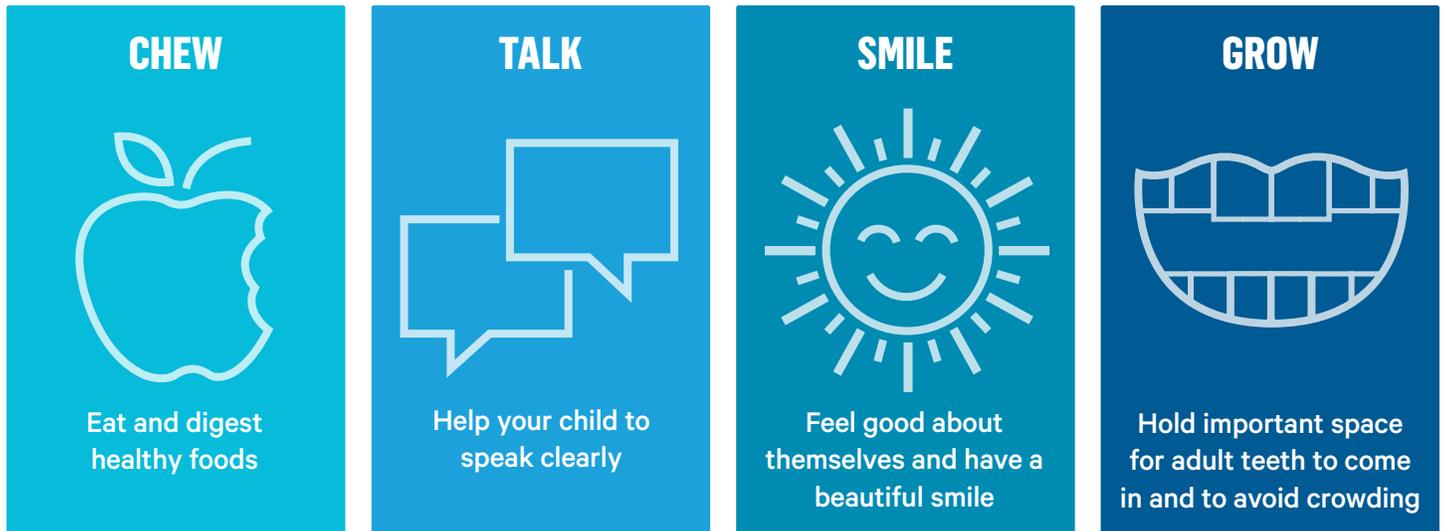
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BABY TEETH MATTER

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

Start good oral care habits now!

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



Losing baby teeth too soon can cause serious problems. Follow these steps to help your child keep their baby teeth healthy:

- Help your child brush his/her teeth 2 times a day with fluoride toothpaste.
- Never put your child to bed with a bottle or sippy cup.
- Avoid sharing spoons, cups or toothbrushes with your child.
- Limit sugary drinks and avoid sweet and sticky foods.
- Take your child to their first dental visit by age 1.

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.

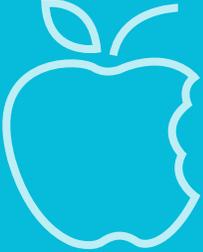
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LOS DIENTES DEL BEBÉ SON IMPORTANTES

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 oral.

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

<p>MASTICAR</p>  <p>Comer y digerir alimentos saludables.</p>	<p>HABLAR</p>  <p>Ayudan a que su hijo hable claramente.</p>	<p>SONREÍR</p>  <p>Sentirse bien consigo mismo y tener una bella sonrisa.</p>	<p>CRECER</p>  <p>Mantienen un espacio importante que ocuparán los dientes permanentes y evitan el apiñamiento.</p>
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Cuando los dientes de leche se caen demasiado pronto surgen problemas graves. Siga estos pasos para que su hijo mantenga sanos sus dientes de leche:

- Ayude a su hijo a cepillarse los dientes 2 veces al día con crema dental con fluoruro.
- Nunca ponga a su hijo a dormir con un biberón ni con una taza para sorber.
- No comparta cucharas, tazas ni cepillos de dientes con su hijo.
- Limite las bebidas azucaradas y evite los dulces y los alimentos pegajosos.
- Lleve a su hijo a la primera consulta dental cuando cumpla su primer año.

El 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.

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	 <input type="checkbox"/> start  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
MONDAY	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
TUESDAY	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
WEDNESDAY	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
THURSDAY	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
FRIDAY	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>
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"/> finish

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

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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.

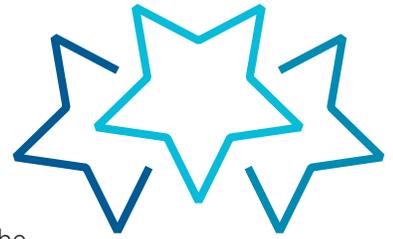
	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4
DOMINGO	 inicio 	 	 	 
LUNES	 	 	 	 
MARTES	 	 	 	 
MIÉRCOLES	 	 	 	 
JUEVES	 	 	 	 
VIERNES	 	 	 	 
SÁBADO	 	 	 	  final

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

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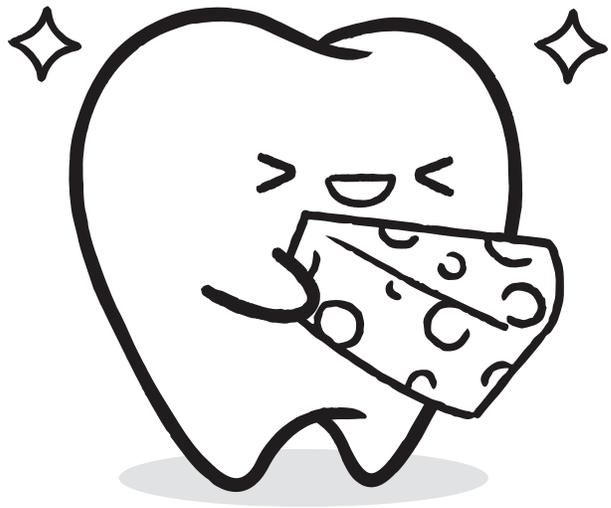
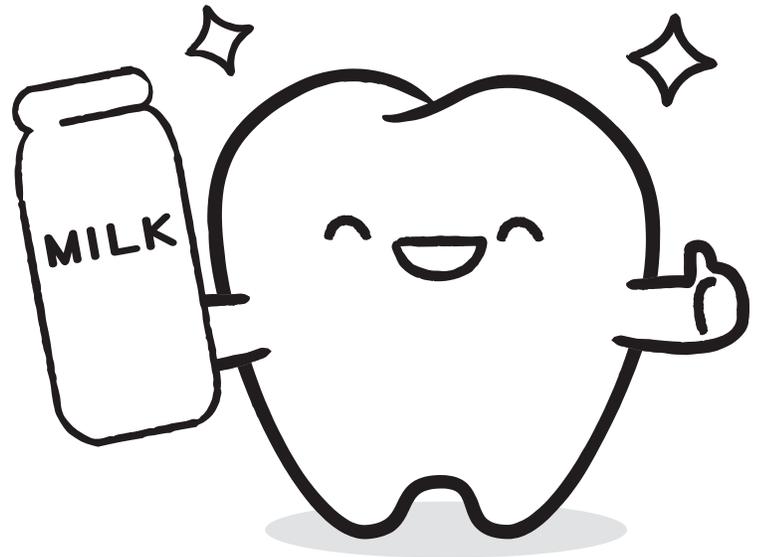
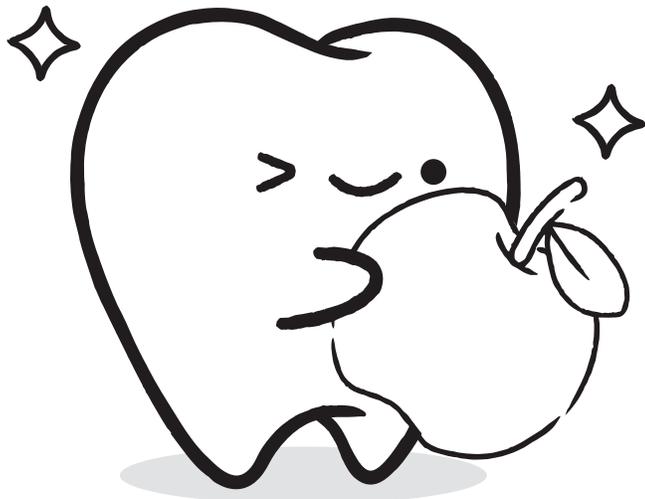


BOOK LIST



1. **Arthur Tricks the Tooth Fairy, Author: Marc Tolon Brown**
Jealous when Arthur loses a tooth and receives a quarter for it, his sister tries to trick the Tooth Fairy into also visiting her.
2. **Pony Brush's his Teeth, Author: Michael Dahl**
Pony eats a lot, and after he eats he always brushes his teeth.
3. **Just Going to the Dentist, Author: Mercer Mayer**
Little Critter goes to the dentist for a checkup, and finds that going to the dentist isn't so bad.
4. **Kitanai and Cavity Croc Brush Their Teeth, Author: Thomas Kingley Troupe**
"Kitanai the dog teaches Cavity Croc how to keep teeth clean"—
5. **I Know Why I Brush my Teeth, Author: Kate Rowan**
Sam learns about his teeth and why it is important to keep them clean with regular brushing.
6. **Caillou: I Can Brush My Teeth, Author: Sarah Margaret Johanson**
Caillou brushes his teeth.
7. **Clarabella's Teeth, Author: An Vrombaut**
Clarabella the crocodile cannot play with her friends because she is busy brushing her teeth—and crocodiles have lots of teeth!
8. **Danny Goes to the Dentist, Author: Robert Robinson**
Danny and his sister go to the dentist and have their teeth checked.
9. **Dear Dragon goes to the Dentist, Author: Margaret Hillert**
"A boy and his pet dragon visit the dentist's office and learn about taking care of their teeth and being brave.
10. **Buddy Loses a Tooth, Author: Grosset & Dunlap**
Buddy loses his first tooth and travels to Rexville Station, where, with the help of Delores Tyrannosaurus, he learns all about dinosaur teeth.
11. **The Tooth Book, Author: Theo LeSieg**
Rhyming text and illustrations briefly point out what animals have teeth, their uses, and how to care for them.
12. **How Many Teeth?, Author: Paul Showers**
Introduces teeth, describing how many we have at various stages of life, why they fall out, and what they do.
13. **Brush, Brush, Brush!, Author: Alicia Padron/Children's Press**
14. **Does A Lion Brush?, Author: Fred Ehrlich**
Although animals may not brush their teeth, children are told how and why they should
15. **Anna Brush's Her Teeth, Author: Kathleen Amant**
After getting ready for bed, Anna picks out the right toothbrush, has her mom add some toddler toothpaste, and brushes her teeth with mom's help, in this book that includes information for parents on helping children brush their teeth

EAT HEALTHFUL FOODS TO KEEP HEALTHY TEETH



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A HEALTHY SMILE IS SUPER COOL

Draw your smile in the square below!



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ACTIVITY SHEET 1

Tooth Fairy Wand

Materials:

- Festive paper drinking straws
- Thin ribbon – sparkly
- Tooth template, cut out (found below)
- Glue dots
- Clear packing tape
- Crayons / colored pencils, etc.

Instructions:

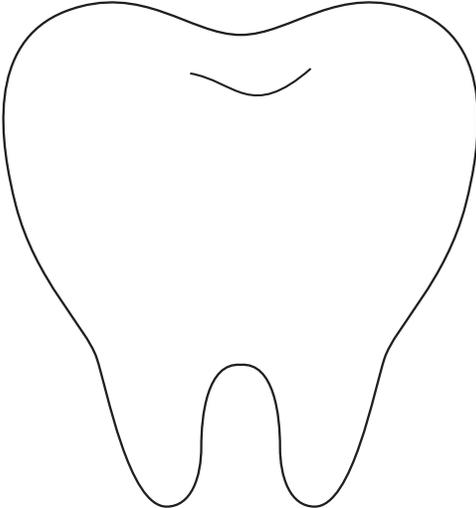
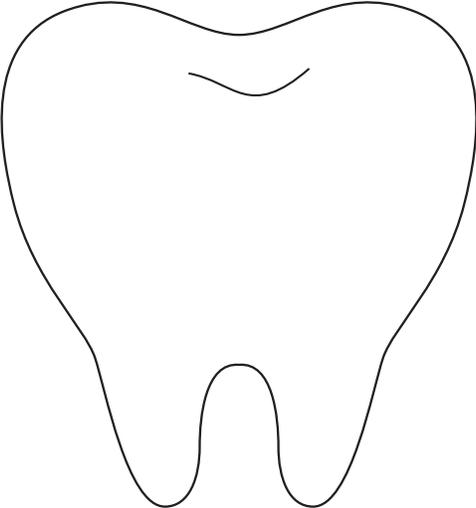
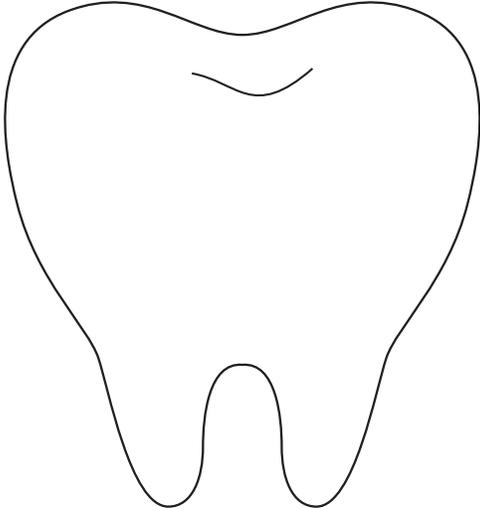
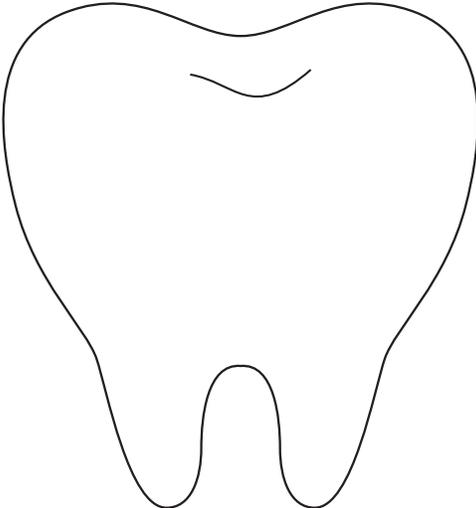
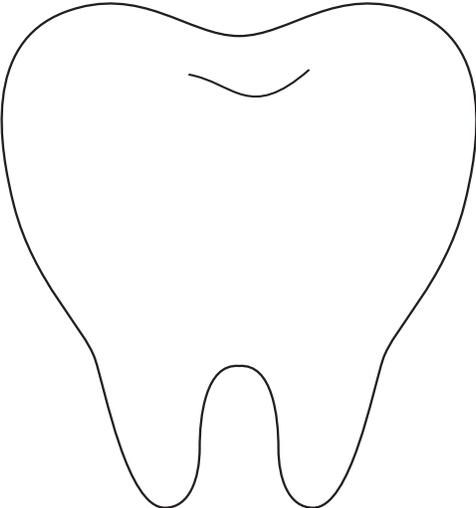
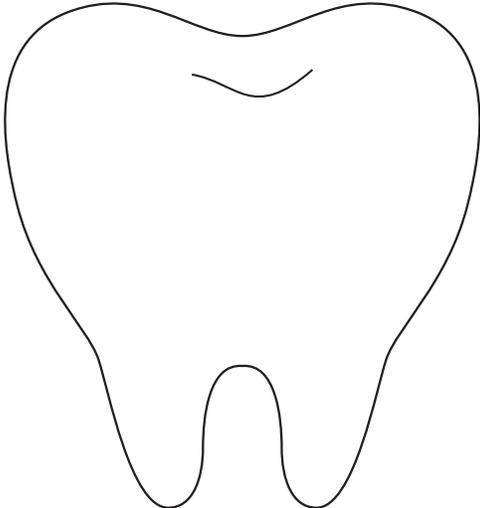
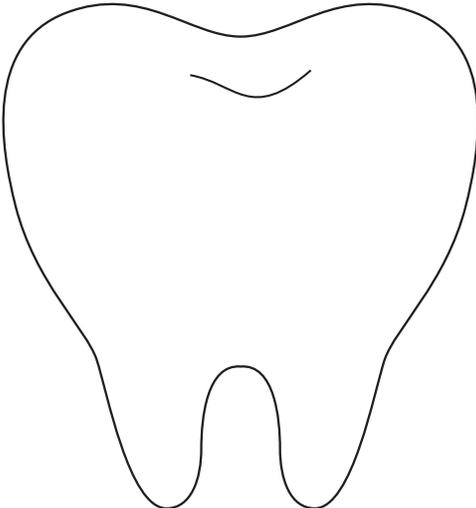
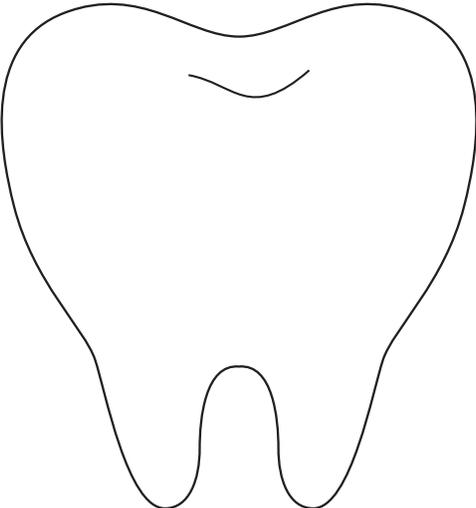
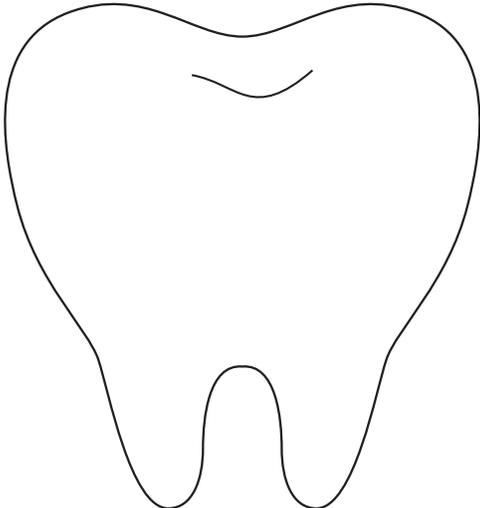
- Have children write their name or pick their favorite healthy food and draw it on the tooth (you can choose). Discuss why choosing healthy foods for our teeth are the best choice.
- “Laminate” the tooth with clear packing tape after the child is done drawing. Apply the glue dot to the back of the tooth and attach to the straw. Help child tie ribbon around straw.
- **You’re done! A fun festive tooth fairy wand!!**



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ACTIVITY SHEET 1

Tooth Fairy Wand Tooth Template



ACTIVITY SHEET 2

Smiley Mouth Mask

Materials:

- Red Construction Paper
- Tongue Depressor
- Multipurpose Labels (could substitute cotton balls and adjust for size and add step of gluing)
- Glue

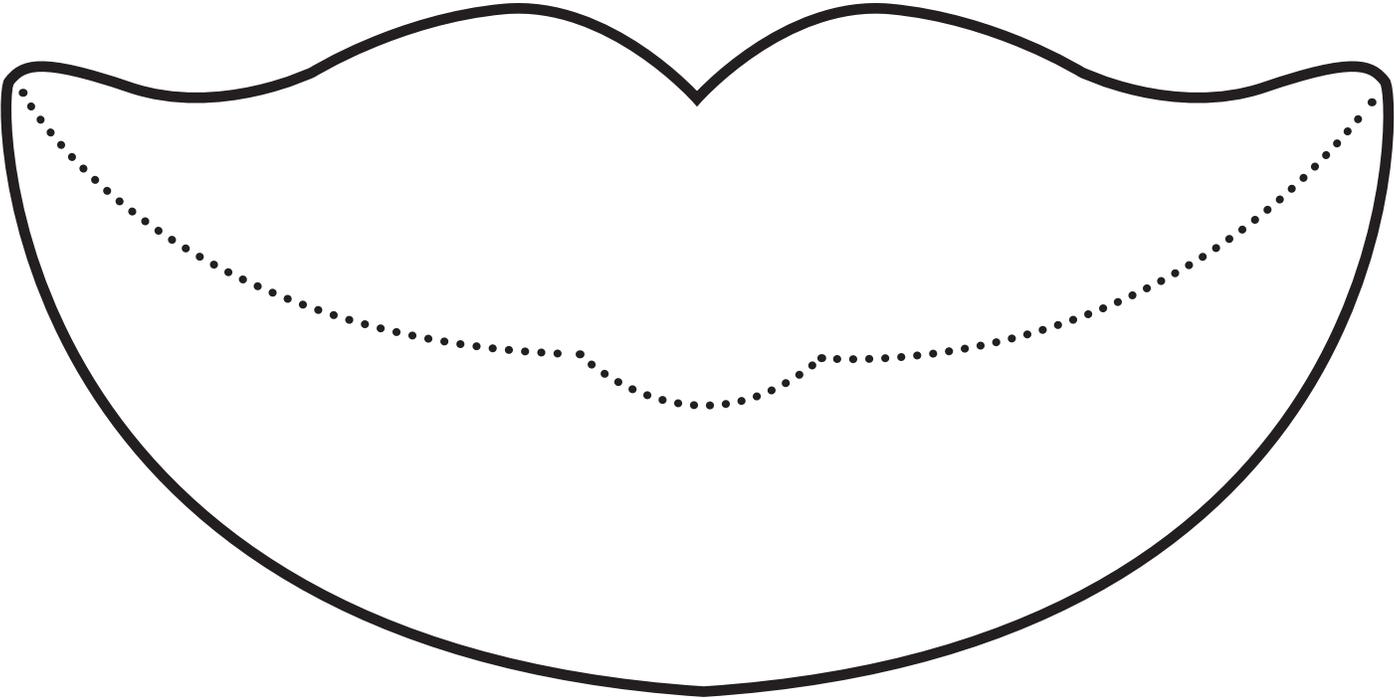
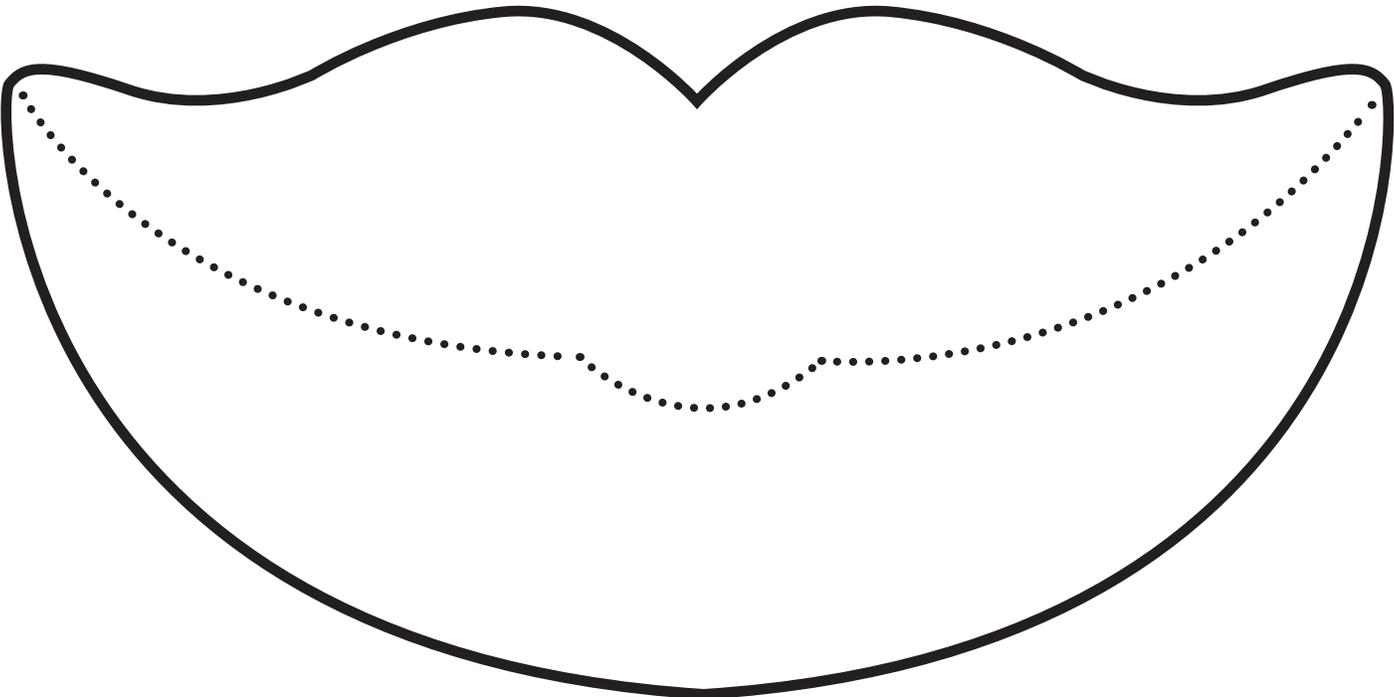
Instructions:

- Use the mouth template on the next page to trace and cut out the mouth onto red construction paper.
- Have children place 10 labels on top and 10 labels on bottom of the mouth (for teeth).
- Glue the tongue depressor to the middle of the mouth to use as a handle.



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ACTIVITY SHEET 2
Mouth Template



ACTIVITY SHEET 3

Soft, Smiling Tooth

Materials:

- Tooth template (on next page)
- Cotton balls
- Glue

Instructions:

- Use template below to print tooth. Tooth can be cut out or used on full sheet of paper.
- Have children draw a happy face on tooth and glue cotton balls on the tooth.



ACTIVITY SHEET 3
Soft, Smiling Tooth Template

