



(Introduce yourself)

Today we are going to talk about Brushing Your Teeth!!

What causes cavities?

What causes cavities? (Accept all answers – sugar, candy, not brushing your teeth, pop, not going to the dentist, etc.) (If younger children have trouble with the term cavities, ask what is bad for your teeth)

Very good. All of those answers are right! But we will also talk about what happens in your mouth.

Sugar ♦ Germs ♦ Acid

Cavities are caused by acid on your teeth.

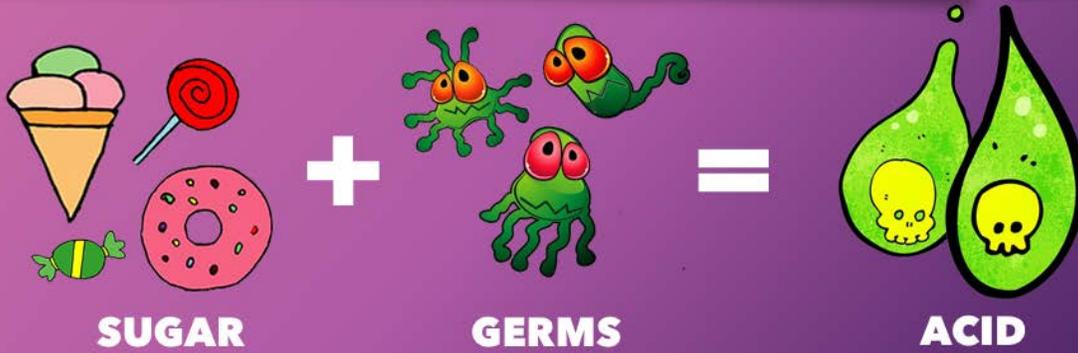
Sugar mixes with germs to make the acid.



The good news is that you can prevent cavities. It's easy!

Sugar from foods you eat or liquids you drink mix with germs that are in your mouth and form an acid. The acid gets on your teeth and causes cavities. But you can prevent cavities.

Sugar mixes with germs on the teeth to make acid



Here is a picture - see, (point to the pictures) here is candy that has Sugar in it and here are Germs that are in your mouth, add them together and it equals Acid

Acid burns a hole in your teeth



ACID

+



HEALTHY TOOTH

=



DECAY

(Continue to point to pictures) Acid gets on your healthy tooth and that equals a hole in your tooth. A hole is a cavity. Cavities can cause your tooth to hurt or to have an infection. When you have a cavity, you have to go to the dentist who will fix it.

GERMS!

Germs on
my teeth?
Eww!



(Read) Germs on my teeth? Eww! (have the children all repeat it after you or just say EWW)

How are cavities prevented?

How are cavities prevented? How do you stop cavities? (Take all answers... brush your teeth, go to the dentist, don't eat candy, don't drink pop. Help them come up with answers, if necessary)

Limit sugary foods



Limit the amounts of
sugary foods and
drinks you eat

So first you need to limit the sugar that you eat. What has sugar in it? (Take all answers) How about milk? (Most will shout NO) Yes, milk does have sugar in it, but milk is good for you, isn't it? (All will shout YES) You need to drink milk. Does this mean you can never eat a cookie again? (all shout out NO!) How about candy? (again, NO!) That's right, only once in awhile, or a special treat.

Brush your teeth



Brush your teeth two times a day for two minutes with fluoridated toothpaste

Next, you need to brush your teeth two times a day for two minutes each time. Do you all brush your teeth? (all shout YES!) Does your mom or your dad help you? (Most will shout NO!) Guess what, your parents should help you, so you get every part of every tooth brushed, even the ones that are hard to reach.

How do you brush your teeth?



COURTESY OF THE AMERICAN DENTAL ASSOCIATION

1. Use a pea size amount of fluorinated toothpaste
2. Brush in a small circular motion
3. Make sure to get the teeth in the back, and the inside surfaces
4. Brush for two whole minutes
5. Spit the toothpaste into the sink

SMILE! You brushed your teeth!

When you brush your teeth, just use a small amount of toothpaste, the size of a pea. If you have baby brothers or sisters, they only use toothpaste the size of a grain of rice. Then brush your teeth in circles. (Pretend to hold a brush and brush in circles) Everyone do this. Get all your teeth, in the front and in the back and in the inside of your teeth and the outside of your teeth. Brush for two whole minutes – that’s a long time, isn’t it? Then spit the extra toothpaste in the sink and SMILE.

How to brush for two minutes

- Use a 2-minute sand timer
- Ask your parents to set a 2-minute timer on their smartphones
- Sing or play a song that is two minutes long



Since two minutes is a long time, you can use a timer like this one. Or your parents can put a timer or a game or a song on their phones to make brushing for two minutes go faster and more fun. (Pretend to sing twinkle, twinkle, little star while pretending to brush, make it sound funny because you would have a brush in your mouth) You will have to sing that song twice to last for 2 whole minutes.

Go to the dentist



Visit your dentist every
six months

Then you need to go to the dentist two times per year. (Since some children have trouble finding a dentist, don't ask about this, but do take comments from children) Dentists are nice, they take good care of your teeth.

Get fluoride



- Drink fluoridated water
- Get fluoride varnish painted on your teeth

You need to have fluoride. Do you know what fluoride is? It is like a magic shield for your teeth. It protects your teeth from the acid and makes your teeth very strong. Do you drink water out of the faucet of the sink? (Take answers) That's the best water to drink, it has fluoride in it. Most bottled water does not have fluoride in it, so that is not the best water to drink.

You also get fluoride painted on your teeth with a tiny brush when you go to the dentist or the doctor. Do you remember having your teeth brushed just like fingernail polish?

What are some healthy foods?

- Some healthy foods to eat are fruits, vegetables, meats, and grains!
- Apples, oranges, bananas, carrots, celery, broccoli, string cheese, peanuts, and almonds are all healthy foods to have for a snack!
- Cookies, cupcakes, candy bars, ice cream, soda, and juice are good once in awhile, but should not be eaten at every meal.
- If you are going to eat or drink sweets, do it during meal times and stick to healthy foods for snack time.



What are some healthy foods? Name some fruits. (Take all answers) How about vegetables? (Take answers) How about meats? (Take answers but suggest cheese, peanuts, too) How about cookies, cakes, candy? (All will shout NO) But you can have them once in awhile, can't you (All will shout YES) Sometimes, it is best to have something sugary only at mealtimes or snack times, then rinse your mouth with water or brush your teeth and no more sweets until another time.

Remember!

- Brush twice a day, morning and night
- Brush for two minutes
- Brush with a pea size amount of fluorinated toothpaste
- Limit the amount of sugary foods and drinks
- Visit your dentist regularly



SMILE! YOU HAVE A BEAUTIFUL SMILE!

So remember...how many times do you brush your teeth every day (All will shout out 2). How long do you brush your teeth? (All will shout 2 minutes). How much toothpaste do you use? (They will shout pea-size or help them). How much sugary food and drinks do you have? (Help them with "limited", "special treats", "at mealtime"). And go to visit your dentist two times per year. Then you smile all the time because you will have nice teeth. Everybody, let me see you smile!

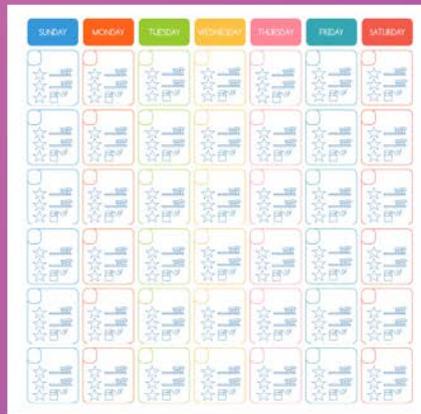
So, get brushing!

Grab a toothbrush, toothpaste,
and a timer and
GET BRUSHING!



So when you get home you can grab a toothbrush, some toothpaste, a timer and **GET BRUSHING!**

Brushing and Flossing Chart



I am going to pass out the Brushing and Flossing chart. Bring this home and give it to your mom, dad, or caregiver. Ask your parent for permission to hang it up in your house. Where could you hang it? (Answers could be put on refrigerator with a magnet, tape on wall, tape on bathroom mirror).

Write the date of the month in the top left box.

In the morning, brush your teeth and color the star.

In the evening, brush and floss your teeth, and color the two stars.

This is how you can remember to brush your teeth!

Crush Cavities!

We want all children in Minnesota to have zero cavities.

You can HELP by having no cavities in your mouth!



We want all children in (name your town or school) to have no cavities. We want all children in Minnesota (or name your state) to have no cavities. You can help us by having no cavities in your mouth.

What questions do you have?

(Plan an activity to finish the discussion, a game or puzzle or picture to color)

Note: There are a number of activities you could do to reinforce the messages. You can find them at www.crushcavities.com/educators

Age 3-4 Use the coloring page, or the matching game

Ages 4-7 Use the Fluoride Maze with the Brushing Dot to Dot to reinforce the key messages.

Ages 5-7 Distribute the puzzles and allow the children to cut out the pieces and assemble it. Then ask them to explain back the message of the puzzle. While they are working, show Slides 4 and 5, so they can see the answers.