



# **A Guide for Teachers**

Welcome to *Teeth on the Go*, the newly revised dental health program from Delta Dental. *Teeth on the Go* is designed to educate pre-kindergarten to second-grade students about the importance of good oral health. This Teacher’s Guide contains all the information you will need to teach your students how to take care of their teeth for a lifetime of healthy smiles!



This program will teach your students the following three points about teeth: 1) the importance of teeth to a child’s overall health, 2) the impact of nutrition on teeth, and 3) proper oral hygiene, tooth brushing, and flossing techniques.

*Teeth on the Go* incorporates a variety of visual and audio learning aides, including a 30-minute video (DVD format), an audio CD, four age-appropriate books, a container of floss, and a bigger (3 times) than life-size tooth model and toothbrush to demonstrate proper brushing techniques. If you have not done so already, please make sure all materials mentioned in this Teacher’s Guide are contained in your kit.

## PRE-LESSON PLAN

### MATERIALS: Teacher’s Guide, Parent’s Letter, and Tooth Brushing Chart

The *Teeth on the Go* kit should ideally be received one week before you introduce the program to your class. This will give you time to familiarize yourself with the program and make sure that all the materials are in the kit.

You will also find three items that we suggest you distribute to parents before beginning the program: a letter, a quick guide to oral health care and a tooth brushing chart.

*Parent’s Letter:* To help you reinforce the educational messages of this program, we have included a letter to parents that you can distribute before beginning the first lesson. This letter explains the program to parents and asks them to take an active role in their child’s oral health. In the letter, we ask parents to help their child fill out a chart that tracks their tooth brushing habits over the upcoming week.

*Tooth Brushing Chart:* Please distribute this chart, along with the letter to parents, before beginning the first lesson. Explain to your students that they need to take the chart home and fill it out. The purpose of this chart is to track the children's daily brushing habits and help them understand the importance of regular brushing to keep their teeth clean and strong. Parents will also be encouraged to help oversee their child's brushing activities during the week. We suggest that you ask the students to bring in the completed chart on the following Friday as a homework assignment.

Name \_\_\_\_\_

Tooth Brushing Chart						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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# DAY 1: Introduction to Teeth

**MATERIALS:** *A Trip to the Dentist Through Pinatta's View* video, DVD player, *Andrew's Loose Tooth* by Robert Munsch, book and **Diagram of Mouth and Teeth Handout**

To introduce the concept of teeth, we suggest that you kick off your first lesson with the video, *A Trip to the Dentist Through Pinatta's View*, as an introduction to the week's lessons. In this award winning video, meet Pinatta, the band and a few special guests as they help students feel great about going to the dentist. This video is a great learning tool because it not only teaches children about going to the dentist, it is also entertaining!

## CLASS DISCUSSION/VIDEO REVIEW

1. What should we do to our teeth after every meal? *Brush & Floss*
2. How should we hold our mouth when we get our teeth cleaned? *Open Wide*
3. How many teeth do you have? *20*
4. What did Emily do to prepare for her dentist appointment? *Practice*

### Recommended Reading:

*Andrew's Loose Tooth* by Robert Munsch. This is a funny book that tracks the trials and tribulations of Andrew, who has a loose tooth. All he wants to do is eat his breakfast, but the loose tooth makes this impossible! Everyone – from his mother to the tooth fairy – tries to get this tooth out. His best friend finally does the trick, by having Andrew *sneeze* the tooth out of his mouth!

### Diagram of Mouth and Teeth:

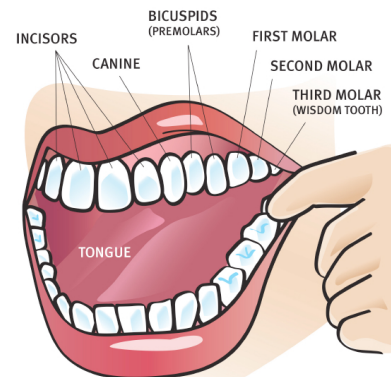
**Incisors:** Help you bite and tear off pieces of food.

**Canine:** Your four canine teeth are the longest you have and are called the eyeteeth or cuspids.

**Bicuspid:** The bicuspids are also called the first and second premolars.

**First and Second Molars:** Located behind the bicuspids, these teeth are important for grinding food.

**Third Molar (wisdom teeth):** Third molars are also called wisdom teeth and sometimes need to be removed because there may not be enough room in the mouth for them to erupt.



# DAY 2: The Importance of Teeth to Overall Health

**MATERIALS:** Connect the Dots Handout (requiring the children to use pencils), tooth model, floss, and *The Tooth Book* by Theo. LeSieg.

This lesson will help the children understand why their teeth need to last a lifetime! They will learn that teeth are not only for chewing food, but that they also affect their overall appearance. The effects of plaque and tooth decay are introduced in an easy to understand way, reinforcing why it is important to take good care of your teeth.

You can preface the class discussion with the Connect the Dots Handout, which reveals a giant tooth. Ask the children what they know about teeth. How do humans use their teeth? How about animals?



## CLASS DISCUSSION/TEACHING POINTS

### Importance of Teeth to Appearance

Teeth – though you may not realize it – affect how you see yourself in the mirror every day! Teeth give you a beautiful smile, chew your food, and to help you to speak clearly to your friends and family. Teeth also give your face form and shape. They keep you healthy by allowing you to eat a variety of nutritious foods.

### Plaque

After you eat, plaque begins to surround your teeth and makes them feel yucky. If you do not brush your teeth, the plaque will build up creating an acidic environment around the teeth and cavities may form. These cavities are created from a type of acid that eats into the enamel (the protective coating) of your teeth. **Bring out tooth model and show kids what the enamel of teeth looks like.** Dentists call this “tooth decay.” If there are little holes in your teeth, then the dentist will have to fill them in! This is why it is important to brush right away after you eat so that plaque cannot grow on your teeth and cause cavities!

### Importance of Flossing

Certain types of bacteria, found in some of the foods that you eat, can stick to the enamel that covers your teeth. These bacteria grow into the white film called plaque. If plaque is not removed from your teeth, cavities could start. And who wants cavities?

Brushing your teeth at least twice a day helps get rid of some of this plaque because your toothbrush is great at cleaning the tops, sides, front and back of your teeth. But did you know that brushing alone is still not enough to keep your teeth healthy? You see, not only is plaque found around your teeth, but it also gets in between your teeth (yuck!)—in places where your toothbrush can’t reach.

So how do you get rid of that hard to reach plaque? *By flossing.*

In addition to removing plaque, flossing also helps to:

- **remove debris that adheres to teeth and gums in between teeth**
- **polish tooth surfaces**
- **controls bad breath**

Flossing should take place at least once a day for two to three minutes to be most effective and is best when done before going to bed.

**Recommended Reading:** *The Tooth Book* by Theo. LeSieg. This is an amusing look at the various types of teeth, and their importance to all types of animals, including human beings!

## **DAY 3: Proper Nutrition**

**MATERIALS:** Happy/Sad Teeth Foods Handout (requires the children to use a pencil), MyPyramid Handout, and *Showdown at the Food Pyramid* by Rex Barron

This activity conveys the message that proper nutrition is an important function of good oral health. Children should know some basic facts about the foods they eat to understand the way nutrition affects their teeth. *Showdown at the Food Pyramid* by Rex Barron, is an excellent teaching tool to reinforce the importance of a well-balanced diet. The book also explains the food pyramid by using food items familiar to children.

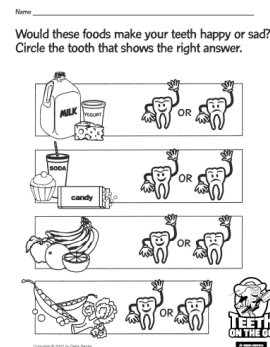
### **CLASS DISCUSSION/TEACHING POINTS**

Explain to the children that the foods that they eat not only have an impact on their growth and physical well-being, but also on their teeth. Healthy foods cause happy teeth, because they help them stay strong, while junk food causes sad teeth that will eventually form cavities. Ask the children what they think are good foods and bad foods.

<b>Happy Teeth Foods</b> fruits milk and yogurt sugar-free peanut butter vegetables	<b>Sad Teeth Foods</b> candy raisins and fruit roll-ups soda/pop potato chips sugar cereal
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Explain to the children that sucking on things like lollipops or hard candies and drinking soda increases the time that sugar is inside their mouths. This gives bacteria in the plaque more time in their mouth that can cause cavities to form! Sticky foods like raisins and fruit roll-ups are able to cling to their teeth for a long time, also allowing cavities to form!

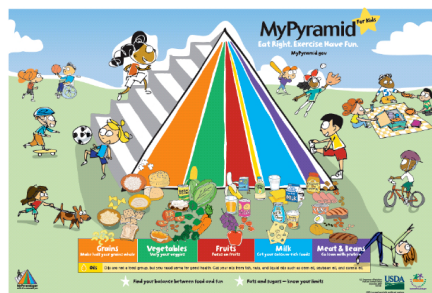
At this time, we recommend you distribute the **Happy/Sad Teeth Foods** Handout in which the children will identify which foods cause happy or sad teeth by circling the happy or sad tooth next to a group of food.



**Recommended Reading:** *Showdown at the Food Pyramid*, by Rex Barron

**Possible Homework Assignment:** Have children bring in pictures of foods that would result in happy teeth and make a collage for the class.

**Take Home:** *MyPyramid* Diagram



## DAY 4: Proper Brushing Techniques Using the Tooth Model

**MATERIALS:** Giant tooth model, giant toothbrush, floss, *The Brush-Along Song* by Learn Along, CD player, Happy Tooth Finds the Toothbrush Handout, How to Floss and How to Brush Handouts, (which requires children to use crayons)

This activity teaches the children good oral health habits. You can demonstrate proper brushing and flossing techniques on a 3x-life size tooth model. Children will have the opportunity to not only see correct brushing and flossing methods, but also to participate in the activities while an adult watches, correcting them on their technique.

Explain to the children that brushing and flossing removes plaque and germs from tooth surfaces. It is very important to brush your teeth two times a day: once after you eat breakfast and once before you go to bed at night and to floss once a day for two to three minutes to be most effective and is best when done before going to bed.

### BRUSHING TIPS (DEMONSTRATE ON GIANT TOOTH MODEL AND BRUSH)

1. Place the brush at an angle along the outer gum line. Wiggle gently back and forth. Repeat for each tooth.
2. Brush the inside surfaces of each tooth, using the wiggling technique discussed in Step 1.
3. Brush the chewing surfaces of each tooth.
4. Use the tip of the brush to reach behind the front teeth, top and bottom.
5. Do not forget to brush the tongue!

A fun way to get the children involved is to play the audio CD, *The Brush-Along Song*, which allows children to get involved with the activity of brushing their teeth without each having a toothbrush. Have the students use their fingers to mimic the motion of an actual toothbrush.

## FLOSSING TIPS (DEMONSTRATE ON GIANT TOOTH MODEL AND FLOSS)

### Spool Method (also called the finger-wrap method)

1. Cut off a piece of floss that is approximately 18 to 20 inches in length.
2. Lightly wrap each side of the piece of floss several times around each middle finger.
3. Carefully maneuver the floss in-between the teeth with your index fingers and thumbs in an up and down, not side-to-side motion. It is best to bring the floss up and down making sure to go below the gum line, forming a C on the side of each tooth.

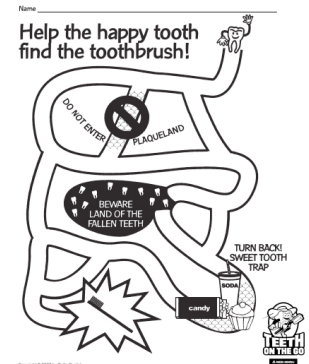
### Loop Method (also called the circle method)

1. Cut off a piece of floss that is approximately 18 inches long, and tie it securely in a circle.
2. Place all of the fingers, except the thumb, within the loop.
3. Use your index fingers to guide the floss through the lower teeth, and use your thumbs to guide the floss through the upper teeth, making sure to go below the gum line, forming a C on the side of each tooth.

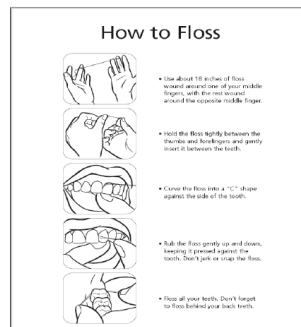
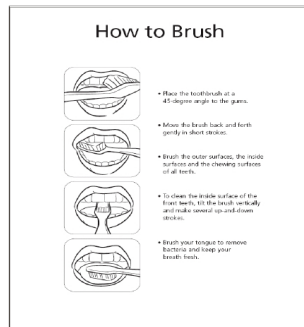
You may want to invite various children to the front of the room where they will demonstrate for the class, and for you, proper brushing and flossing techniques. This is a way for them to feel proud of their knowledge and a way for you to discern whether they are properly brushing and flossing.

**Distribute the Happy Tooth Finds the Toothbrush Handout,** that has a maze where the children have to draw a line from the happy tooth to the toothbrush.

*\*Remind children to bring in their completed brushing chart for tomorrow so that you can go over them in class.*



**Take Home:** How to Floss and How to Brush Handouts



# DAY 5: Wrap Up of Week's Events

**MATERIALS:** *The Brush-Along Song*, CD player, Tooth Brushing Chart, Fill In The Blanks Handout, certificate from the Tooth Fairy, DVD player, *The Dentist & You* by Diane Swanson

This lesson will go over all the things your students have learned throughout the week and familiarize them with going to the dentist. You should also point out that everyone is different, which is why some students lose their teeth sooner than others do.

The *Brush-Along Song* can once again reiterate the importance of brushing and the proper way to get children's teeth clean. The final worksheet the Fill In The Blanks Handout, encompasses all the ideas learned this week.

Name \_\_\_\_\_

Use a word from the box to complete each sentence.  
Print the word on the line.

smile	brush	teeth
fall	bad	



1. I \_\_\_\_\_ my teeth 2 times a day.  
2. \_\_\_\_\_ help you to chew.  
3. My teeth make me \_\_\_\_\_.  
4. Baby teeth \_\_\_\_\_ out.  
5. Too much candy is \_\_\_\_\_ for teeth.



Ask the children to turn in their completed Tooth Brushing Chart and then distribute their personalized Certificate of Completion. Commend them on an excellent job in showing how they are able to take care of their own teeth!



**Recommended Reading:** *The Dentist and You* by Diane Swanson. A non-fiction book about what to expect when going to the dentist.





# Optional Activities

After completing the *Teeth on the Go* program, you may have developed some of your own classroom activities. The following are just a few ideas to we have received from other teachers:



## The Healthy Teeth Flip Chart

The Captain Isaac Paine Elementary School in Foster, RI created a teeth flip chart! Each student was given a paper cut into the shape of a big tooth. The students were asked to write what they learned from the program. Students gave their own personalized accounts of going to the dentist and learning how to take good care of their teeth. The kids at Captain Isaac Paine included illustrations with their stories to show what they learned about good foods, bad foods, plaque, losing teeth, etc. All of the students' ideas were incorporated into a giant tooth flip chart.



## The Good Food/Bad Food Collage

After learning what foods are healthy and what foods are not, students can make personalized collages or one big class collage of good foods and bad foods. Students can cut pictures from a magazine or bring in food labels from home. Students could be encouraged to bring in pictures of their favorite foods and decide if they belong on the good food collage or the bad food collage.



## Tooth Fairy Pouches

Materials: white felt, glue, scissors, tooth-shaped cutout, beads, glitter, sequins. Trace an outline of a tooth on white felt material. Cut out two tooth shapes and glue edges together. (Leave a small opening at the top for a baby tooth to be inserted.) Decorate with beads, glitter or sequins to create a magical Tooth Fairy pouch!



## Totaling Teeth

To incorporate mathematics into the program, you can have each student make a record of how many teeth he/she has lost and how many he/she has left. Students can count their top teeth and bottom teeth and find the sum. Classes could have competitions as to which class has the most total number of teeth.

**Email your creative ideas for *Teeth on the Go* activities to reinforce these lessons to [teethonthego@deltadentalky.com](mailto:teethonthego@deltadentalky.com).**