



Grade 3 - Grade 6 Handouts

(To Be Photocopied)



Dear Parent,

Starting next week, your child will participate in our exciting dental health program, ***Teeth on the Go***. This interactive program is designed to teach your child the importance of taking good care of their teeth.

Based on statewide teaching requirements, the program focuses on three main points about oral health:

1. The role of healthy teeth and gums for your overall health
2. The impact of good nutrition on teeth
3. Proper oral hygiene and tooth brushing techniques

The week-long classroom lessons incorporate a variety of visual and audio learning aides, including a video, audio CD, children's books and a larger than life sized toothbrush and model of teeth.

As a parent, you play an important role in helping your child develop healthy habits. To help children understand the importance of daily brushing, we are sending home a "tooth brushing chart" so your child can keep track of their brushing activity. Please help your child complete the enclosed chart during that week. For other activities, worksheets and games to complete with your child please visit us online at www.teethonthegoky.com and explore the parent tab.

At the end of this unit, your child will receive a certificate from the Tooth Fairy for taking part in the ***Teeth on the Go*** program. Delta Dental is the leading provider of dental benefits in Kentucky, so please call us at 1-800-423-2184 or visit www.deltadentalky.com if you would like information about coverage. We appreciate your support of this unique program and wish you and your family a lifetime of healthy smiles.

Sincerely,

A handwritten signature in black ink that reads "Clifford T. Maesaka, Jr." The signature is written in a cursive style.

Clifford T. Maesaka, Jr., D.D.S.
President and Chief Executive Officer



A Quick Guide to Oral Health Care for Your Child

How often should my children go to the dentist?

Like adults, children should go to the dentist regularly for checkups, cleanings, etc. You should start taking your child to the dentist between 6-12 months of age, and continue to see them every six months.

How often should children brush their teeth?

Children should brush their teeth at least twice daily. Dentists especially recommend brushing after meals. Children should also learn to brush their teeth for at least 2 minutes each time to ensure thorough cleaning.

How soon can my child floss?

The earlier the child begins flossing, the better. Teaching your children to floss after their primary set of teeth has come in is the most opportune time. Encourage your children to floss at least once per day.

What technique should my children follow when flossing?

Gently insert floss between teeth using a back-and-forth motion. Try not to force the floss or snap it into place. Curve the floss into a C-Shape against one tooth and then the other.

What are sealants and do my children need them?

Sealants are plastic coatings that are painted on the chewing surface of the back teeth that protect hard-to-reach areas from food and plaque. Children need sealants to protect their teeth from decay causing bacteria and shield teeth from plaque and food build-up.

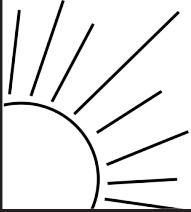
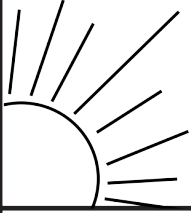
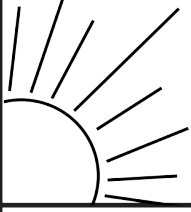
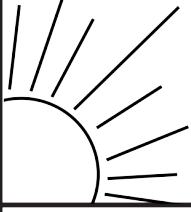
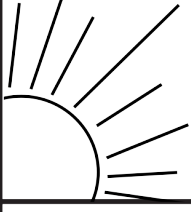
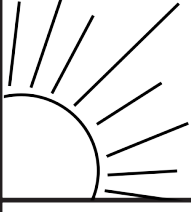
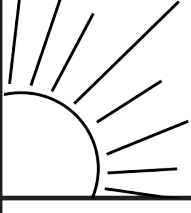
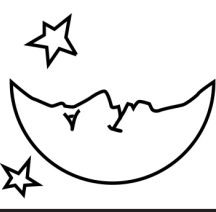

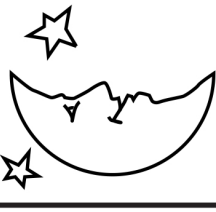
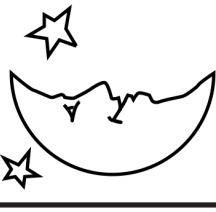



How important is good oral hygiene for my child?

Oral hygiene is incredibly important for someone at any age. Poor oral hygiene habits developed early on can lead to serious problems later in life – serious infections, oral cancer, and affects on the digestive process. Ensuring a well balanced diet and limiting snacks will also help prevent tooth decay and lead your children to healthy smiles that will last a lifetime!

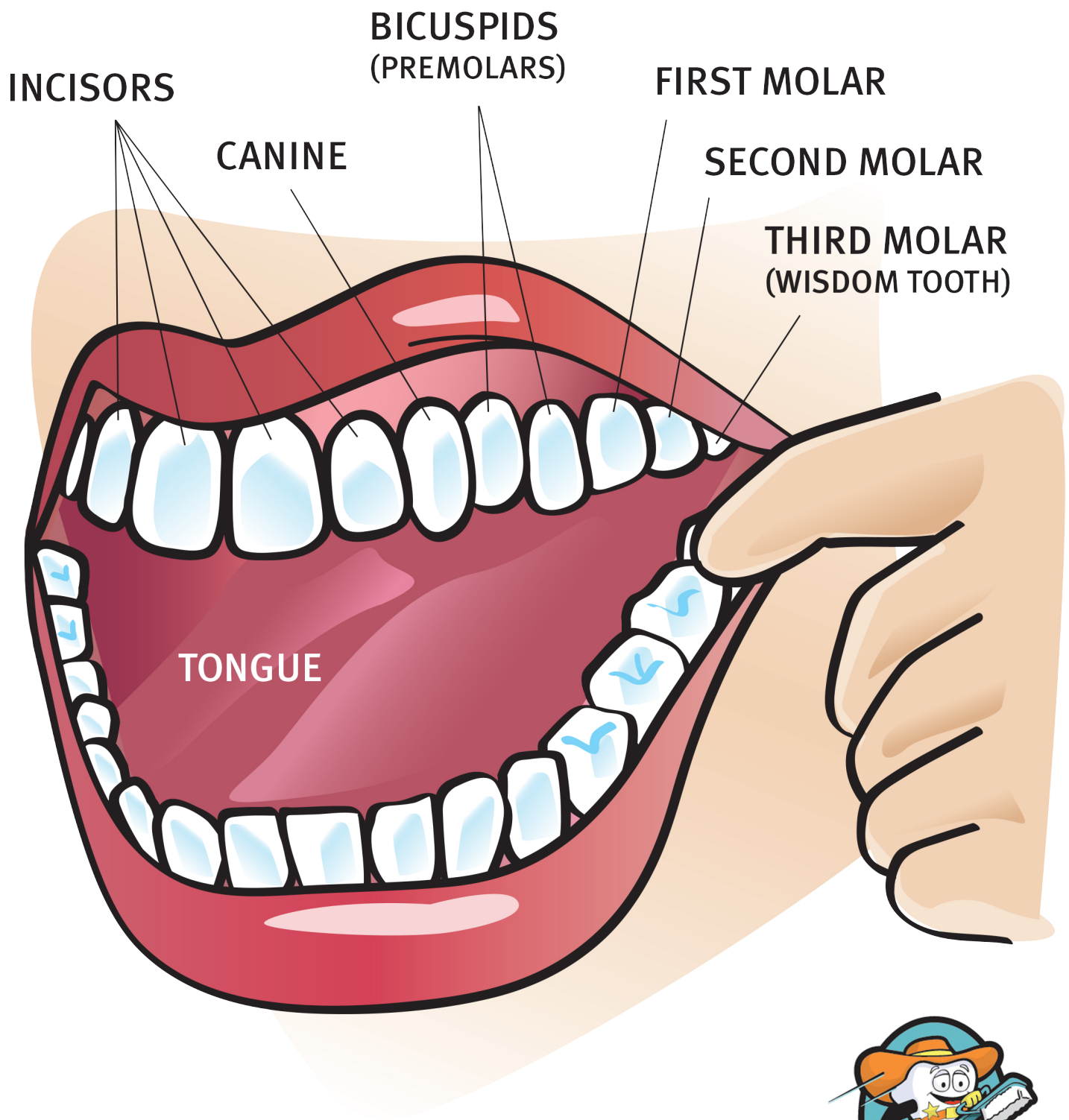


Tooth Brushing Chart

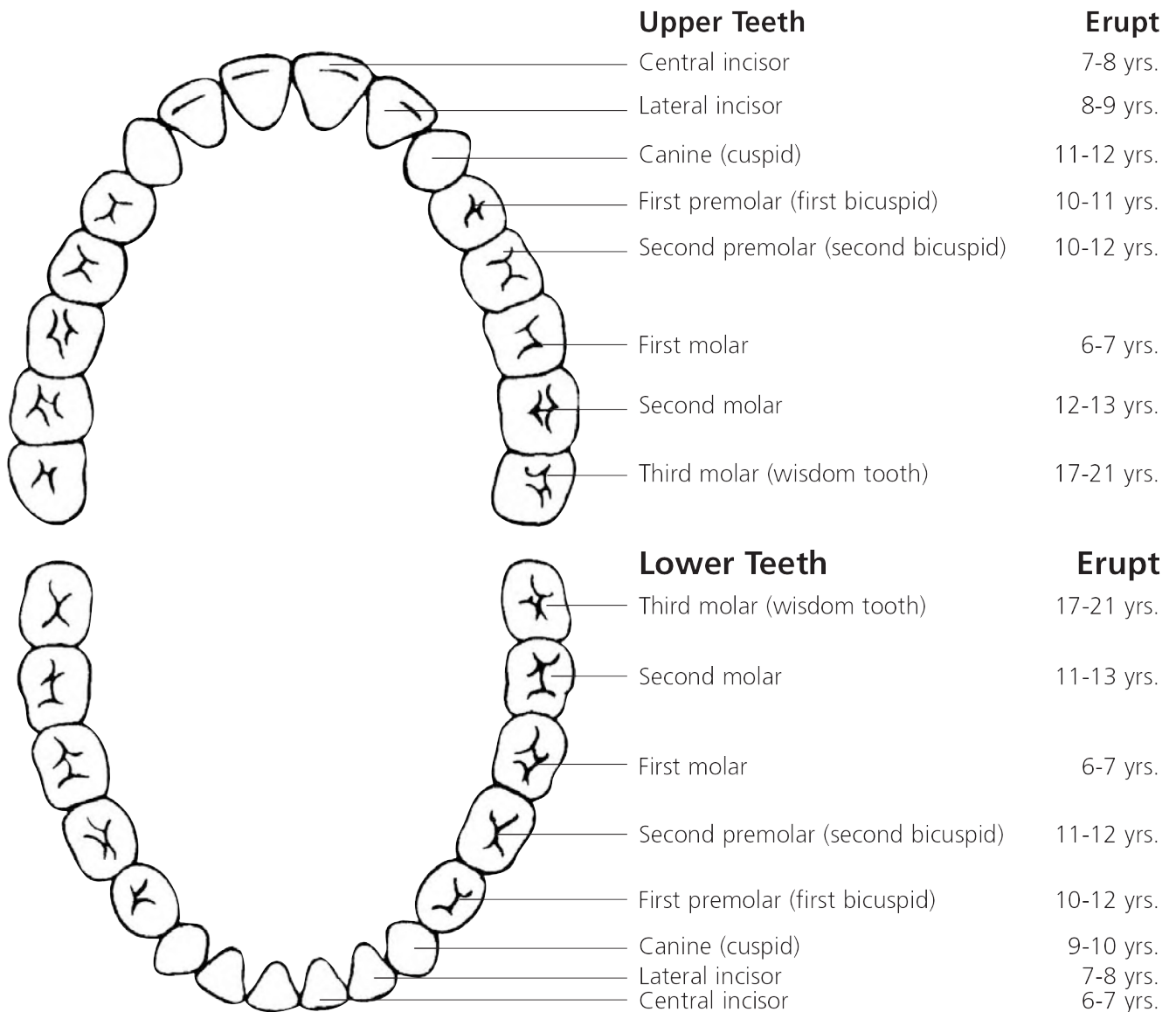
Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						



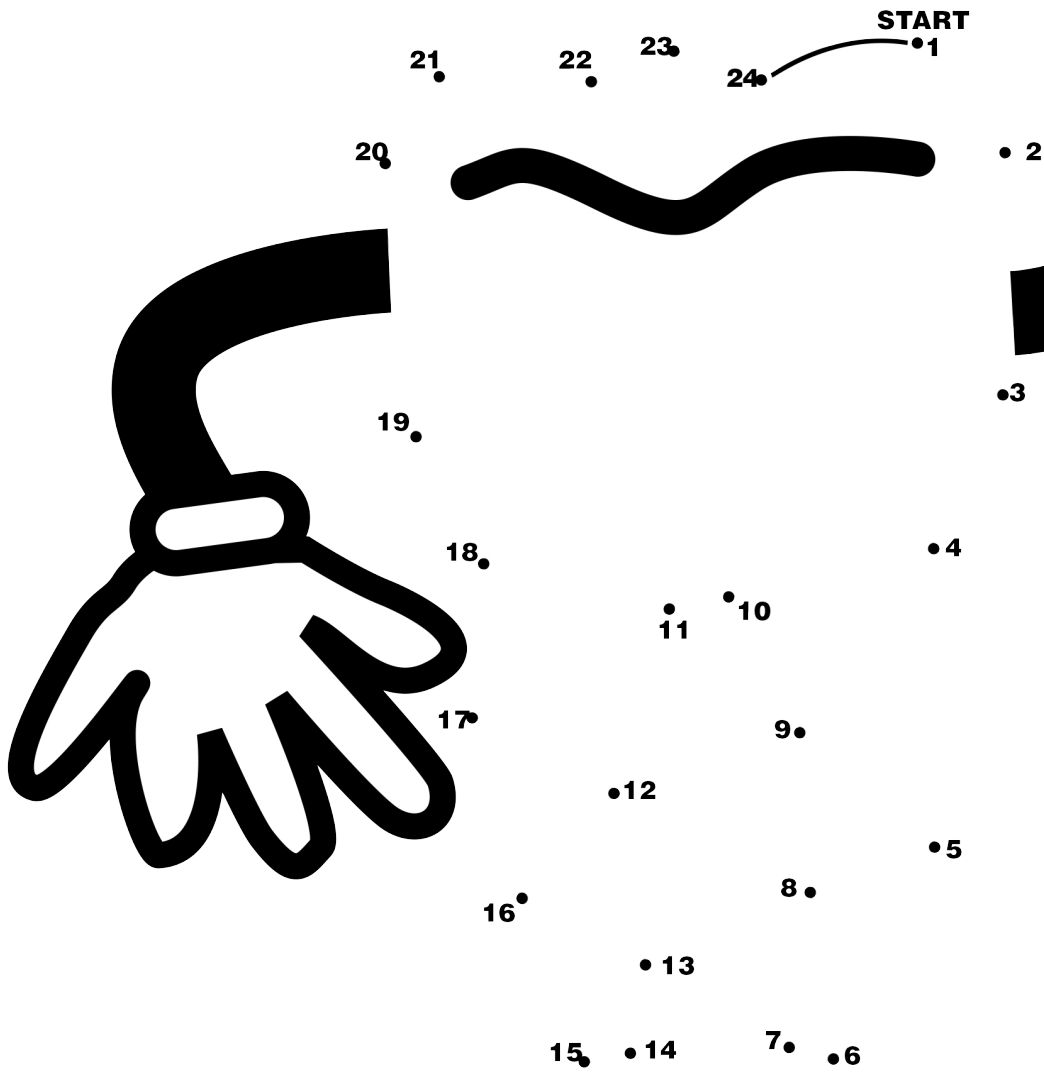
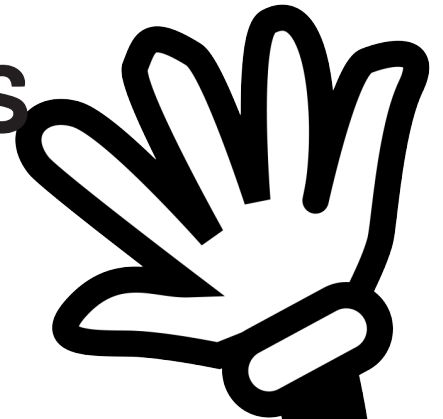


Permanent Tooth Development



Name _____

Connect the dots and find the giant tooth.



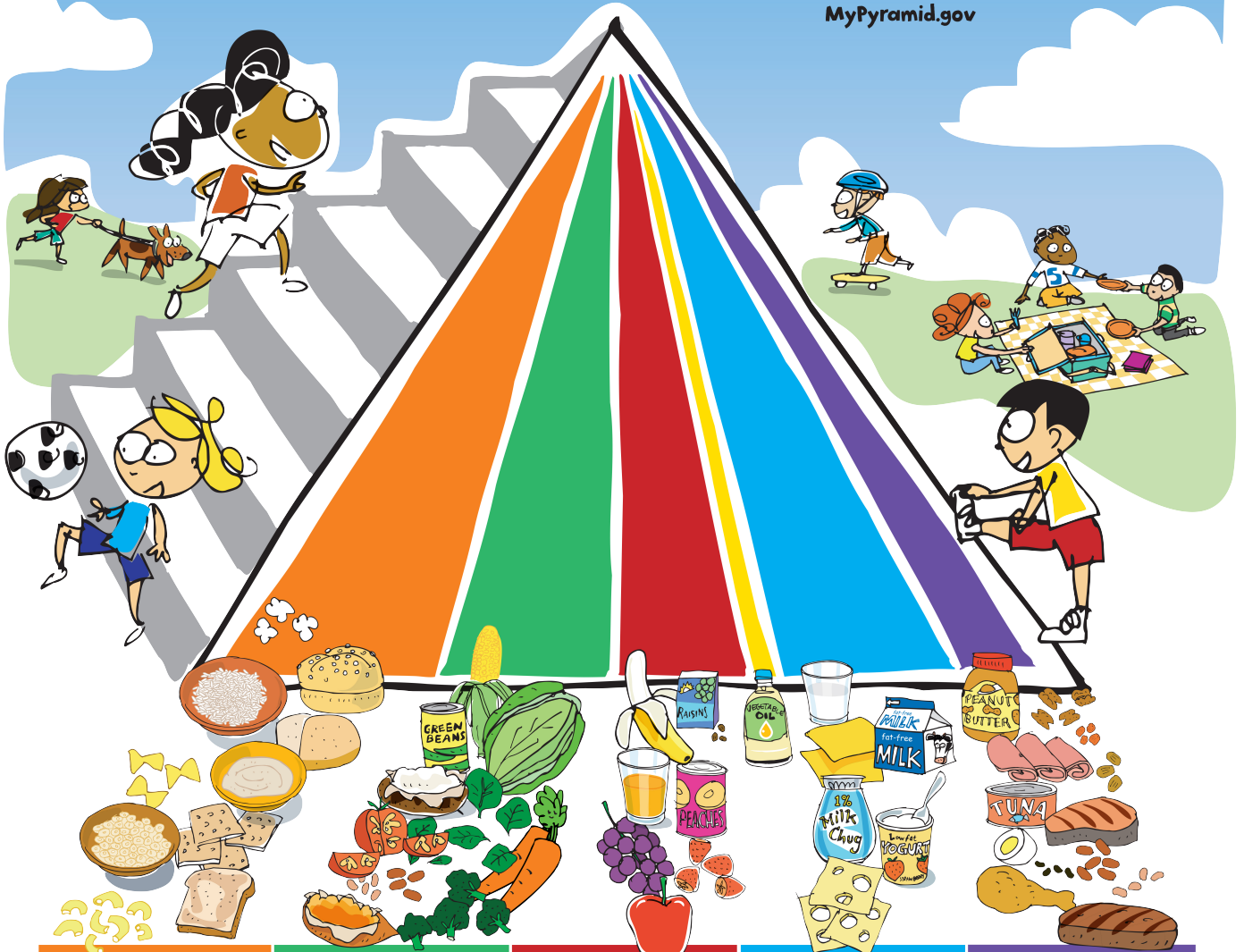
DELTA DENTAL

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!



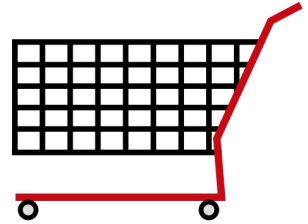
Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Shopping List

_____ (your name)

It is time to go grocery shopping, complete this shopping list of your favorite foods to eat. List your favorite foods from each of the food groups in the Food Guide Pyramid. Make sure to share this list with your parents, post on your fridge and happy shopping!



Date: _____

My Favorite Milk Group Foods:

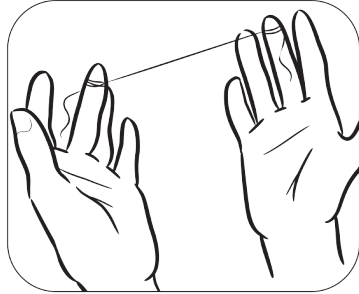
My Favorite Meat Group Foods:

My Favorite Vegetable Group Foods:

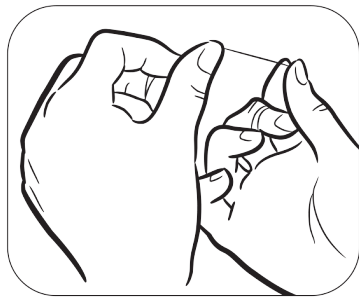
My Favorite Fruit Group Foods:

My Favorite Grain Group Foods:

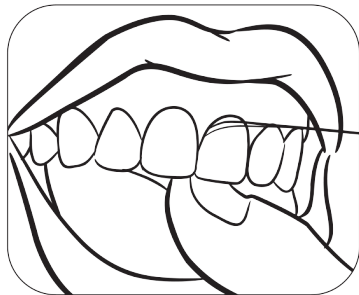
How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



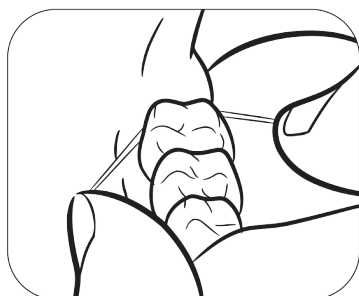
- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.

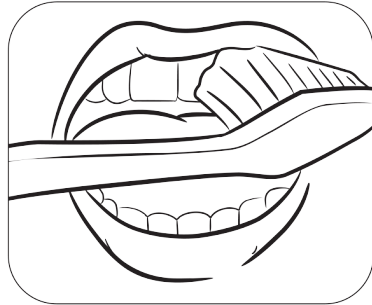


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.

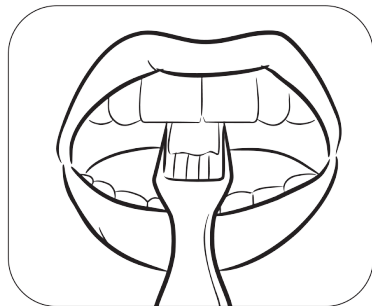
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.

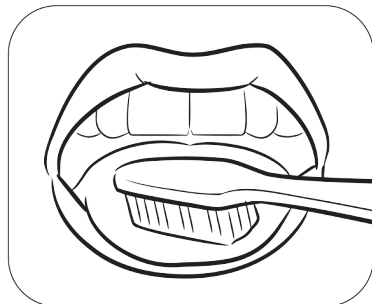


- Move the brush back and forth gently in short strokes.



- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

Teeth to Treasure!

Word Search

See how many words you can find in 20 minutes!
Words go across, up, down, and diagonal.

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

CAVITY

FLOSS

GUMS

PLAQUE

TOOTH

DAILY

FLUORIDE

MEAT

SEALANT

TOOTHBRUSH

DENTIST

FRUIT

MILK

TOBACCO

TOOTHPASTE

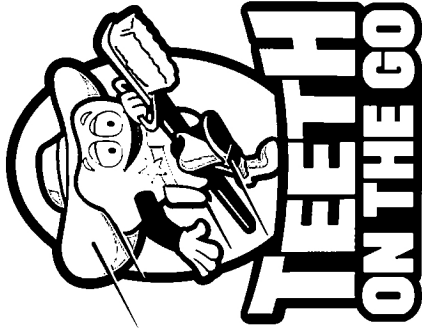
ENAMEL

GRAINS

MOUTHGUARD

TONGUE

VEGETABLES



This is to certify that

_____ has successfully completed the Teeth-on-the-Go program.

Signed _____