



National Children's Oral Health Foundation®

ToothFairy 101®

Community Education Kit

5 Core Lessons

Includes lessons on:

- 1. Brushing Your Teeth**
- 2. Flossing Your Teeth**
- 3. Washing Your Hands**
- 4. Preventing Germ Transmission and Cavities**
- 5. Nutrition for Healthy Teeth**

INTRODUCTION

America's ToothFairy: National Children's Oral Health Foundation is happy to provide you with these 5 Core Lessons to help children and youth learn more about how to take care of their teeth and gums. These lessons focus on brushing, flossing, handwashing, preventing germ transmission, and nutrition. These lessons are easy for anyone to use and can be modified to meet the needs of the audience.

In addition to the 5 Core Lessons, you should administer a pre-test prior to providing any of the lessons and post-test after conducting all 5 lessons. Instructions on how to conduct the tests and where to send them are in your online portal in the testing information. You can access the online portal at this link:

<http://bit.ly/2h2AhHF>

The username is **ToothFairy101**

The password is **oralhealth**

You must type the username and password into the data fields and it is case sensitive.



KEY OBJECTIVES

Each lesson starts with the key objectives for each specified age group followed by the scripted lessons for brushing, flossing, handwashing, germ transmission, and nutrition. The bolded words are the script. The words in italics are what you should attempt to do by asking the questions or stating the information found in bold.

For all age groups:

- Brush your teeth 2 times a day: once in the morning and once at night.
- Brush your teeth for 2 minutes.
- Use a pea-sized amount of toothpaste when brushing your teeth.
- Fruits and vegetables are tooth-friendly foods and do not stick to teeth.
- Cookies, ice cream, candy, and other sweet foods are not tooth-friendly and do stick to teeth.
- Always remember to wash your hands before eating. This stops the spread of germs, which can cause dental infections and other illnesses.

ADDITIONAL KEY OBJECTIVES:

Upper Elementary, Middle, and High School Students:

- Floss your teeth once a day.
- Visit the dentist twice a year or once every 6 months.
- You can still eat sweet and sticky foods, but it is important to brush your teeth soon after eating them.
- If you eat a sweet or sticky food and cannot brush your teeth immediately, rinse your mouth with water.
- If you do not clean your teeth to remove sweet and sticky foods, bacteria will grow and form plaque. Bacteria and plaque lead to cavities.

High School Students:

- A healthy mouth is related to a healthy body.
- A healthy smile can directly impact your ability to achieve personal and professional goals.

Parents/Caregivers:

- The oral health of parents is directly linked to their baby's/child's oral health.
- Neglecting your and your child's oral health can lead to cavities (tooth decay). Decayed teeth cause infections, malnourishment, sleepless nights, low self-esteem, low self-confidence, and even death.
- Brush your teeth for 2 minutes twice a day: once in the morning and once at night.
- Parents should supervise younger children when they brush their teeth and provide instruction as needed.
- Parents are advised to clean their baby's teeth as soon as the first tooth erupts.
- Floss your teeth once a day.
- Parents should provide assistance with flossing to children under 10 years and supervision for those age 10+.
- Children and adults should visit the dentist twice a year or once every 6 months.
- Visiting the dentist is just as important as visiting the doctor.
- Each member of a household should have their own toothbrush. Family members should not share a toothbrush because mouth germs can be passed from one family member to another.

BRUSHING YOUR TEETH

Audience:

Ages 4+

Materials:

- Toothbrush
- Picture of a tooth showing enamel, pulp, and dentin
- Picture of a full mouth

Optional Materials:

- 3-D Tooth Model
- Illustrated Brushing Guide
- A pea-sized object

KEY POINTS:

- Brush your teeth for 2 minutes twice a day: once in the morning and once at night.
- Use a pea-sized amount of toothpaste.
- Brushing your teeth helps prevent cavities. Cavities make teeth unhealthy and weak.
- Visit the dentist 2 times a year or once every 6 months.

LESSON SCRIPT:

Do you know what this is?

Hold up a toothbrush and allow children to guess.

Correct. It is a toothbrush. What do we use a toothbrush for?

Use this opportunity to gauge what children already know about brushing teeth.

I'm glad to hear you already know what we use a toothbrush for. Today, we are going to learn why we brush our teeth and how we should brush our teeth. We will start by learning what teeth are made of.

PART 1: WHY DO WE BRUSH OUR TEETH?

Teeth have three layers, but we cannot see all of them. The part of a tooth you can see is called the crown. Most of the crown is made of a hard, white material called enamel.

Point to the crown and enamel on the tooth diagram.

Underneath the enamel are 2 layers: dentin and pulp.

Point to the dentin and pulp on the tooth diagram.

The pulp is important because it contains blood vessels, nerves, and roots. Everything inside of the dentin and the pulp helps keep your teeth healthy and strong. This is one reason why we cannot see the dentin and the pulp. They are protected by the outside of the tooth.

Can someone tell me what we use our teeth for? *Allow children to respond.*

We use our teeth to smile. We also use our teeth to chew our food. Sometimes when we eat, food can get stuck on and in between our teeth. Has anyone ever had something stick to their teeth after eating?

Take a few answers.

We need to brush our teeth to remove any food or drink sticking to our teeth. If we do not do this, we could get a cavity. Has anyone heard of a cavity? *Take a few answers.*

A cavity is a hole in a tooth. Do you remember we said how important the inside of a tooth is?

If a tooth has a cavity, or a hole, then the inside of the tooth is not protected. It is hard for a tooth to be healthy and strong when the inside is not protected.

To prevent cavities, we need to brush our teeth 2 times each day: once in the morning and once before bed. We should also visit the dentist 2 times a year or every 6 months.

PART 2: HOW DO WE BRUSH OUR TEETH?

We are going to learn how to brush our teeth.

Can everyone see the picture of the mouth I am holding up?

Hold up diagram of full mouth or 3-D model.

We have teeth on the top and the bottom of our mouth.

Point to teeth as you call out the top and bottom sections.

We also see our teeth have a front, back, and top.

Point to a front, bottom, and side section for a tooth.

When we brush our teeth, we should remember 4 things to prevent cavities.

1.) We should use a pea-sized amount of toothpaste on our toothbrush. Can you show me with your hand or fingers how small a pea is?

Allow children to show the size of a pea.

Good. Remember a pea is not very big. We do not need to use a lot of toothpaste to keep our teeth clean.

2.) We need to brush the top, front, and back part of each tooth. Food can stick anywhere on the tooth, so it is important to make sure all parts are clean.

Show children the top, back, and front of teeth using a 3-D tooth model.

3.) To brush our teeth correctly, we should make small circles with our toothbrush on each tooth.

Stick both of your hands together, with the palms facing each other. Keep 1 hand still. We will pretend this is a tooth. Move the other hand in a circular motion against your still hand. This hand will be a toothbrush. When you brush your teeth and hold your toothbrush, remember to make a circle on each of your teeth.

Demonstrate for children and give them time to practice.

4.) We need to brush our teeth twice a day: once in the morning and once at night before bed. Each time, we should brush our teeth for 2 minutes.

Does 2 minutes seem like a lot of time or a little amount of time?

Allow children to express thoughts and respond accordingly.

We are going to play a song that is 2 minutes long. When the song starts to play, let's practice making small circles on our tooth like we did before. When the song ends, stop.

Play a song for 2 minutes or show a video clip. This will illustrate 2 minutes can seem like a long time.

Two minutes might seem like a long time when you are brushing your teeth, but taking the time to make sure all of your teeth are clean is very important

Good. We have now learned 4 important things about brushing teeth. Let's review them.

1.) Use a pea-sized amount of toothpaste.

2.) Brush the top, back, and front of each tooth.

3.) Use a circular motion to properly clean each tooth.

4.) Brush your teeth twice a day: once in the morning and once at night. Brush your teeth for 2 minutes each time.

FLOSSING YOUR TEETH

Audience:

Ages 4+

Materials:

- Dental Floss
- White yarn
- Large illustration of a tooth
- Toothbrush

Optional Materials:

- Illustrated Brushing and Flossing Guide
- Handwashing and Brushing Chart

KEY POINTS:

Flossing removes plaque and food in between your teeth where your toothbrush can't reach.

- Flossing should be done at least once a day.

LESSON SCRIPT:

Do you know what this is?

Hold up the floss and allow children to answer.

That's right. It is a string. We use string for lots of things. Can you think of a time we need or use string?

Accept some answers- kite, tying packages, balloons, hanging pictures, tying shoes, etc.

This is a different kind of string and it is called dental floss. Floss is a special string and it is different than regular string because dental floss is only for our mouth.

Do you know what it is used for?

Take a few answers.

This special string is used to help clean our teeth. When we eat, little tiny bits of food stick to all sides of our teeth. We can't see this food because it is so tiny. Sometimes we can feel it with our tongue because the tiny bits of food make our teeth feel fuzzy. Do your teeth feel fuzzy? Use your tongue to move around your teeth and see if they feel fuzzy.

Touch your nose if your teeth feel fuzzy in some places.

Exaggerate moving your tongue around in your mouth and then touch your nose.

Oh, I see some people are touching their nose like me. We have some places on our teeth which feel fuzzy right now.

How do we get the fuzzies off our teeth and make them feel clean?

Take 2 or 3 answers.

When we brush our teeth, we go back and forth and up and down along the sides of our teeth and then we brush the tops of our teeth.

Hold up a large illustration of a tooth and use a large toothbrush to make the brushing motions as you talk about how we brush our teeth. Take your time to show children how they should brush their teeth.

I am going to put my 2 fists together to represent 2 teeth in our mouth.

Put hands in fist position.

Now, let's count the sides of our teeth.

Keep 1 hand in fist position and point to the front knuckles, then top knuckles and finally the back of the hand.

The outside is 1 side of our tooth. The top is side 2 and the inside is side 3. We have 1, 2, 3 sides to our teeth. These 3 sides are easy to reach with our toothbrush.

Demonstrate brushing the 3 sides with a toothbrush.

The problem is we have 2 more sides. Look at my fists again.

Put 2 fists together again.

Our teeth are like my fists. You can see I have 1 side on each fist touching the next fist.

Point to where each fist touches the other.

All together we have 1, 2, 3, 4, 5 sides to teeth but our toothbrush can only do a good job on 3 sides of our teeth.

Point to each side of your fist as you count. Put 2 fists together again.

See how close together my fists are? There is no room for putting a toothbrush between my fists. Lots of tiny bits of food get stuck between our teeth.

Look at your friend's teeth next to you. Do they look close together?

Allow children to look at their friend's teeth.

Do you think you could get the food out between your own teeth with your own fingers? I can't because my fingers are too big.

So how can we clean the 2 sides we cannot touch with our fingers or toothbrush?

Take a couple of answers.

We can clean between our teeth with our special string.

Hold up the dental floss.

Pull on your ear like this if you remember what we call this special string. Very good, I see some of you remember we call it dental floss.

We know how to use a toothbrush to clean our teeth, but how do we use floss to clean our teeth? I have a helper who is going to help me show you how to floss your teeth.

Invite a helper up to the front.

My helper is showing us 2 teeth with his/her fists. I am going to use this yarn for my floss so everyone can see what I am doing. I am going to wrap the yarn around my 2 fingers (index fingers) and hold it with my thumbs so it is nice and tight. Then, I am going to slip it gently between the 2 teeth. I will first wrap it gently around the side of one of the teeth making sure I keep the string nice and tight. Next, I will gently raise my floss up and down to remove any food or bacteria from between my teeth. I will then wrap around the side of the other tooth and raise the floss up and down on the second tooth removing the bacteria and food. I need to do this to all of my teeth. It is very important to floss once a day.

If you are 10 years old or younger, it is always a good idea to ask an adult for help when flossing. When you are 10 years old, you should be able to do this for yourself. If you have trouble, always ask for help.

The most important thing is to get your teeth clean. Brush twice a day and floss at least once a day.

For children ages 3-6 years old: Have children practice on the adult's fists. For children over 6 years old: Have children form groups of 2 or 3. Let 1 child be the teeth and the other(s) be the floss. Move through each group and correct any improper holding or use of the floss.

WASHING YOUR HANDS

Audience:

Ages 4+

Materials:

- Poster with the steps of hand washing
- Hand Washing Chart

KEY POINTS:

- You cannot see them, but germs are everywhere.
- Germs can make us sick.

We should wash our hands to prevent germs from spreading and to protect ourselves against germs.

LESSON SCRIPT:

Has anyone heard about germs before?

Allow children to answer and respond accordingly.

It seems like a few of you have heard about germs. Has anyone ever seen a germ? Can you tell me what a germ looks like?

Allow children to answer and respond accordingly.

It's hard for us to describe what a germ looks like because they are so small. Actually, we need to use a microscope in order to see germs.

Germs are small bacteria which cause diseases. They are everywhere and they can make us sick. Today, we are going to learn what to do to protect ourselves against germs so we can stay healthy.

PART 1: HOW CAN WE PROTECT OURSELVES AGAINST GERMS?

We have already learned—although we can't see them—germs are everywhere. Germs are at school, at home, and in play spaces. Since we spend time at all of these places, we need to make sure we protect ourselves against germs to stay healthy.

The best way to protect yourself against germs is by washing your hands. Let's review some important times to wash our hands.

- After playing outside
- Before eating or touching food
- After using the bathroom
- After blowing your nose
- Whenever your hands feel dirty

Can you think of any other times when it might be a good idea to wash your hands?

Allow children to respond.

PART 2: HOW SHOULD WE WASH OUR HANDS?

We have already learned the best way to protect ourselves against germs is by washing our hands. We have also learned about good times to wash our hands. Now we are going to learn how to wash our hands.

Let's review a few important steps:

(Optional): Prepare a poster with each step.

- 1.) Use warm water to wet your hands.
- 2.) After your hands are wet, it is time to soap them up. Any type of soap is good. Some soap is a liquid and some soap is a bar.
- 3.) Rub both of your hands together. You might notice the soap on your hands appears bubbly or foamy. This is a good thing and means you are working up a lather.
- 4.) Be sure to lather soap on both sides of your hands and in between your fingers. Germs can be anywhere on your hand.
- 5.) Don't rush. It is a smart idea to sing the ABCs (or Happy Birthday) 2 times.
- 6.) Rinse your hands with water to remove the soap.
- 7.) Dry your hands with an air dryer or a clean towel.

Good job everyone. Now we are going to practice washing our hands.

As a group, pretend to wash your hands. Prompt the children to turn on warm water, wet hands, apply soap, lather soap, get soap on both sides of hands and in between fingers, rinse hands, and dry hands. Consider singing the ABCs or Happy Birthday in the period between when they have applied soap and when they rinse the soap off.

PREVENTING GERM TRANSMISSION AND CAVITIES

Audience:

Ages 4+

Materials:

- Materials from Hand Washing Lesson
- Materials from Brushing Lesson

KEY POINTS:

- Avoid eating too many sugary, sweet foods. These foods can cause cavities.

If you do not remove the sugary, sweet foods which stick to your teeth, mouth germs will grow and plaque will form. Sugary foods, mouth germs and plaque cause cavities.

Mouth germs can spread from one person to another by sharing drinking glasses or toothbrushes. Do not share drinking glasses or toothbrushes.

LESSON SCRIPT:

We have already talked about germs. We learned the best way to prevent germs from spreading is by washing our hands.

Consider reviewing any other main points from the Hand Washing Lesson.

Did you know we have germs in our mouth? It seems kind of funny, but it is true. There are germs—or bacteria—in our mouth causing cavities.

PART 1: HOW DO GERMS CAUSE CAVITIES?

The germs in our mouth are fueled by sugary and sweet foods. If we eat a lot of sugary foods, the germs and bacteria in our mouth will grow. These germs will form plaque and acids, and cause cavities.

PART 2: HOW CAN WE PREVENT MOUTH GERMS FROM SPREADING OR CAUSING CAVITIES?

We are going to learn about 2 things we can do to prevent the mouth germs from causing cavities.

- 1.) **Brushing your teeth.**
- 2.) **Brushing teeth twice a day will remove germs.**

Consider reviewing any main points from the Brushing Lesson.

Do not share drinking glasses, water bottles, or toothbrushes with friends or family. Anytime we drink from a glass or a water bottle, we leave some of our mouth germs behind. If we share drinking glasses or water bottles, we are sharing germs. We should wash drinking glasses or water bottles after using them.

Now we have learned a few ways we can prevent germs from spreading and growing. Can you remember what they are?

See if children can recall.

- 1.) **Wash your hands.**
- 2.) **Brush your teeth.**
- 3.) **Avoid sharing drinking glasses and water bottles.**

NUTRITION FOR HEALTHY TEETH

Audience:

Ages 5+

Materials:

- Small sandwich bag containing white, granulated sugar
- Pictures of healthy or tooth-friendly foods
- Pictures of unhealthy foods which are not tooth-friendly

KEY POINTS:

- Sugary foods and snacks are not tooth-friendly because they stick to teeth and help cavities form.
- Tooth-friendly snacks, such as fruits and vegetables, will not stick to teeth. They do not cause cavities.

LESSON SCRIPT:

PART 1: WHAT FOODS MAKE MY TEETH UNHEALTHY AND WEAK?

Foods and drinks which are sugary and sweet can make your teeth unhealthy and weak. Can you think of a few foods that are sugary and sweet?

Allow children to respond with a few ideas of sugary/sweet foods.

Very good. Foods like ice cream, cookies, cake, soda, and juice are all sugary and sweet. These foods can make our teeth unhealthy and weak.

Optional: show children pictures of a few sugary/sweet foods.

We have named a few foods and drinks which make our teeth unhealthy. Let's learn why these foods make our teeth unhealthy.

All of these foods (optional: hold up pictures of the sugary/sweet foods) are not tooth-friendly because they contain a lot of processed sugar.

Optional: Bring a small sandwich bag with white granulated sugar to show children what you are referring to.

Processed sugar sticks to our teeth. Bacteria and germs like sugar. They will grow on our teeth wherever there is sugar.

After a while, all of the bacteria and germs group together to form plaque. Plaque will harden on teeth and form acid. Acid is very good at making teeth very weak. In fact, acid can make holes in teeth. These holes are called cavities.

Now we've learned sweet foods and drinks are not good for our teeth because they stick to our teeth and cause cavities. Do you think this means we should never eat anything sweet and sugary?

Allow children to respond.

We certainly can still enjoy sweet treats. However, there are several things we can do to prevent sugar in these sweet treats from sticking to our teeth and forming cavities.

- 1.) Brush your teeth right after eating something sweet. Brushing your teeth helps remove sugar from your teeth.

Optional: Review a few key points from the Brushing Lesson.

Now, what if you eat a sweet treat when you are at school or playing with a friend? You might not have a toothbrush with you.

- 2.) If you can't brush your teeth, use your tongue to help prevent the sugar from sticking to your teeth.

Exaggerate moving your tongue against your teeth to show children. Give children time to practice.

- 3.) Drinking water can help remove some of the sugar stuck to your teeth.

PART 2: WHAT FOODS AND DRINKS MAKE MY TEETH HEALTHY AND STRONG?

We have already learned that sweet and sugary foods make our teeth unhealthy and weak. Do you think all foods make our teeth unhealthy?

Allow children to respond.

There are many foods which help teeth be healthy. Let's talk about a few.

Optional: Hold up pictures of each type of food as you discuss them.

1.) Fruits and Vegetables

- Fruits and vegetables are tooth-friendly because they do not have processed sugar which sticks to teeth.

2.) Foods with Calcium~ Milk and Cheese

- Calcium helps make our bones strong. It also helps make our teeth strong. Milk and cheese both have calcium.

3.) Foods with Vitamin D~ Eggs and Fish

- In order for calcium to help make our teeth strong, it needs help from vitamin D! Eggs and fish both have the vitamin D which our teeth need.

4.) Water

- The best drink for our teeth is not juice or soda, but water! It's a good idea to drink water during the day.

Now we have learned about 2 types of foods: foods which are tooth-friendly and foods which are not tooth-friendly.

Hold up pictures of different foods and have the children respond "yes" or "no" as you ask whether the food is tooth-friendly or not.