WEEK TWO

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FEBRUARY IS

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

HOW CAN WE PROTECT OUR TEETH?

One of the most important ways we can protect our teeth is by brushing and flossing our teeth on a daily basis. It is recommended to brush at least twice a day and floss once a day in order to keep healthy and shiny smiles. Adults should assist you with brushing your teeth until you are 8 years old, as you may not be able to reach all the areas needed quite yet. To brush your teeth properly, you should aim your toothbrush towards your gum line and brush in small, circular motions so you clean both the teeth and the gums. Make sure to brush for at least two minutes.

Did you know there are different flavors of floss? Flossing is a great way to get out sugar and food debris leftover from meals since it helps clean between the teeth. The areas between your teeth can't be cleaned by a toothbrush alone.

ACTIVITY 1

MATERIALS NEEDED:

- Plastic sheet protectors (or laminator)
- Dry erase markers
- Toothbrushes
- Two minute timer (optional)

INSTRUCTIONS:

1. Choose a sheet of silly tooth characters.
2. Place your sheet in a clear plastic page protector (or laminate).
3. Use dry erase markers to make the teeth messy, as if they just finished chewing on all different kinds of food.
4. Set a 2 minute timer.
5. Take a toothbrush* and scrub all that "food" off, creating nice and clean teeth!

Make sure to only use that toothbrush for craft projects – not in your mouth!

ACTIVITY 2

MATERIALS NEEDED:

- Paper egg cartons
- White paint
- Scissors
- Play-Doh
- Yarn or dental floss
- Glue
- Cardboard

INSTRUCTIONS:

1. Cut off and discard the lids of empty egg cartons.
2. Paint the outside of the cups white and allow to dry.
3. Cut the containers lengthwise into two long pieces. Glue each upside down in two curved shapes on a piece of cardboard to look like a mouth.
4. Place Play-Doh in between the upside-down cups, representing food stuck between teeth.
5. Use yarn or dental floss to remove all of the Play-Doh. Discuss how it is similar to flossing their own teeth.

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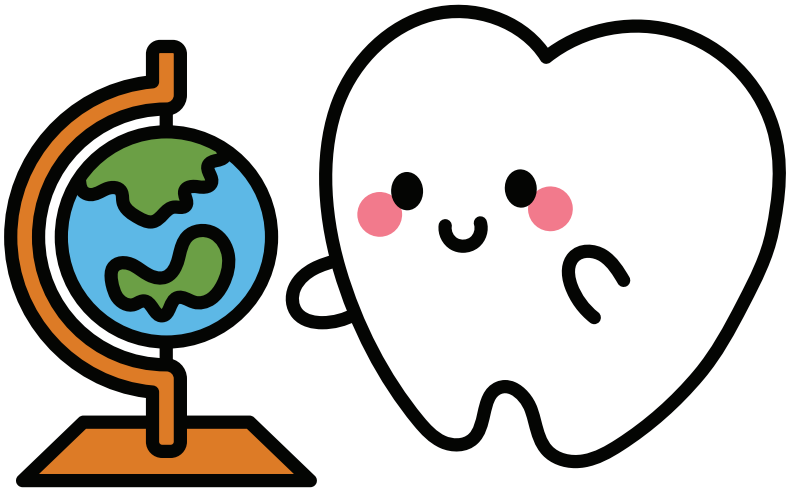

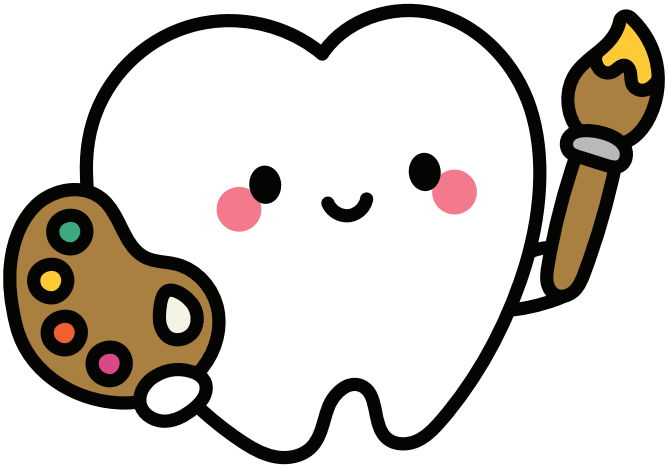

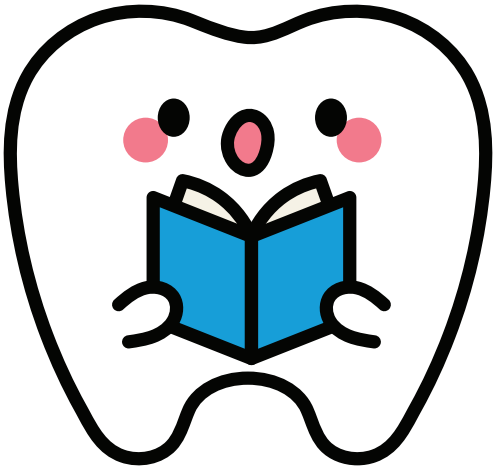

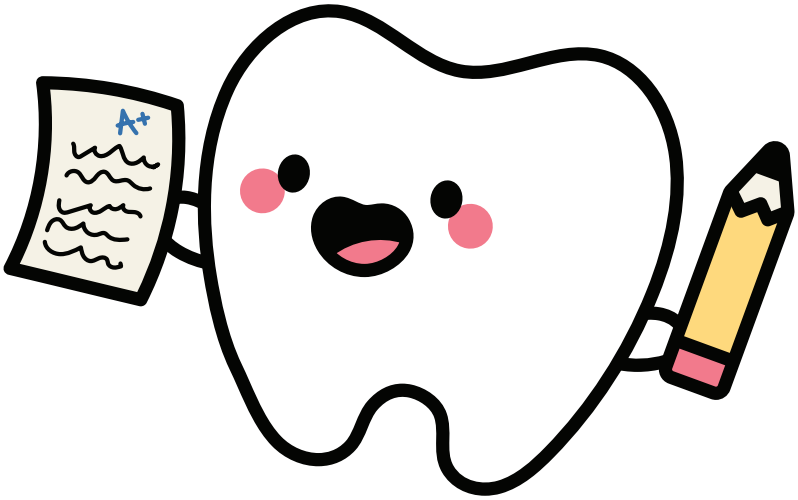

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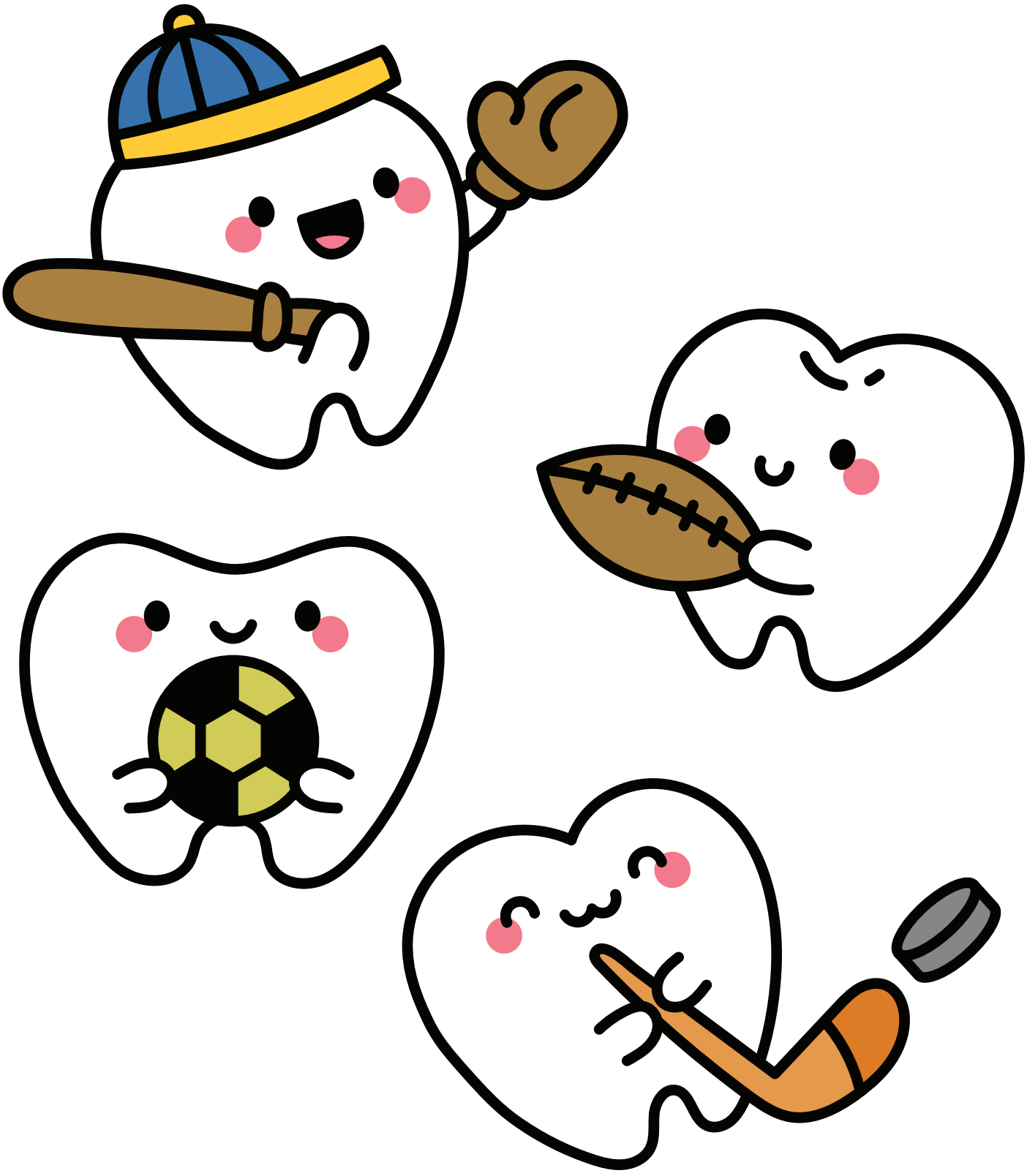

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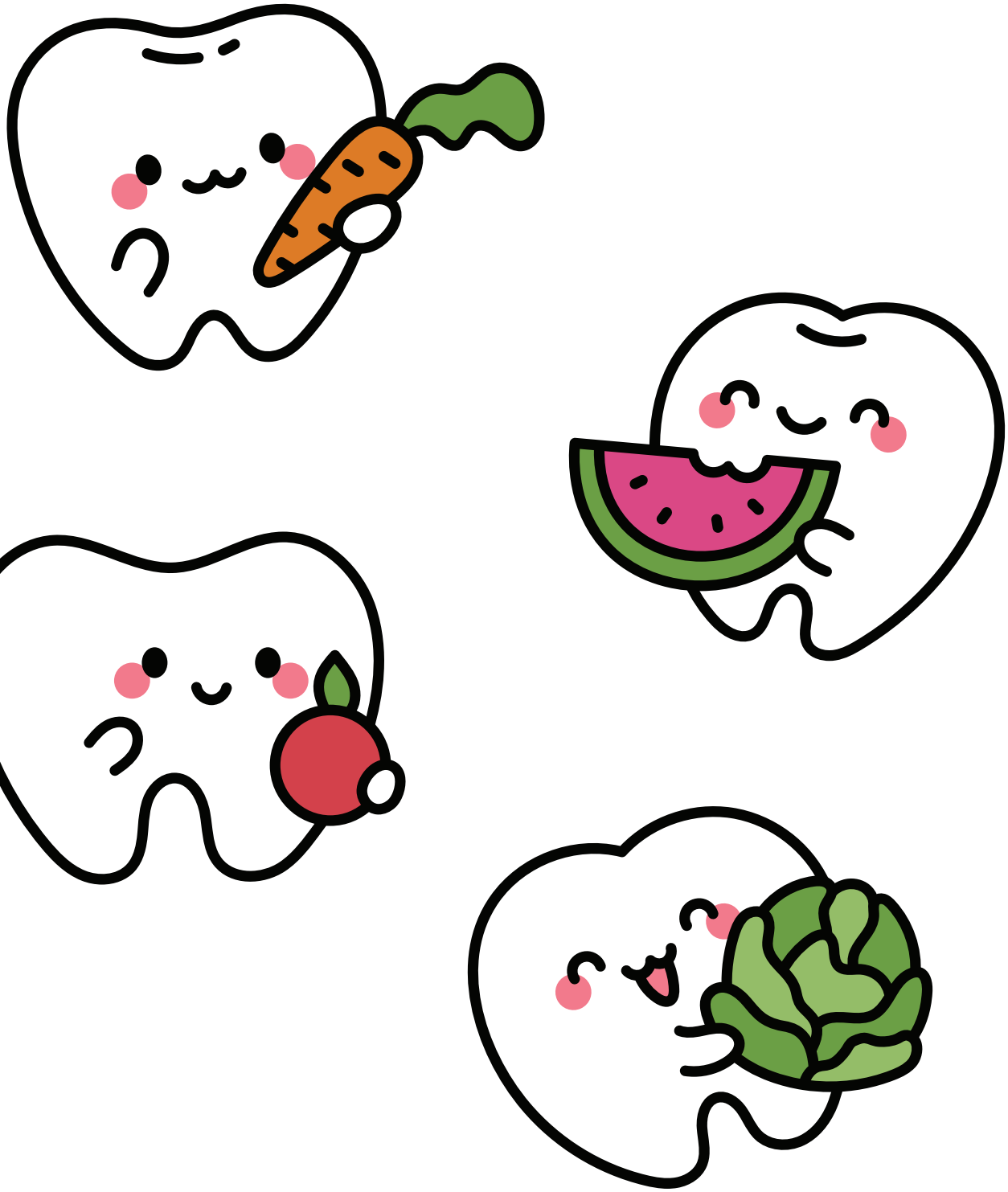

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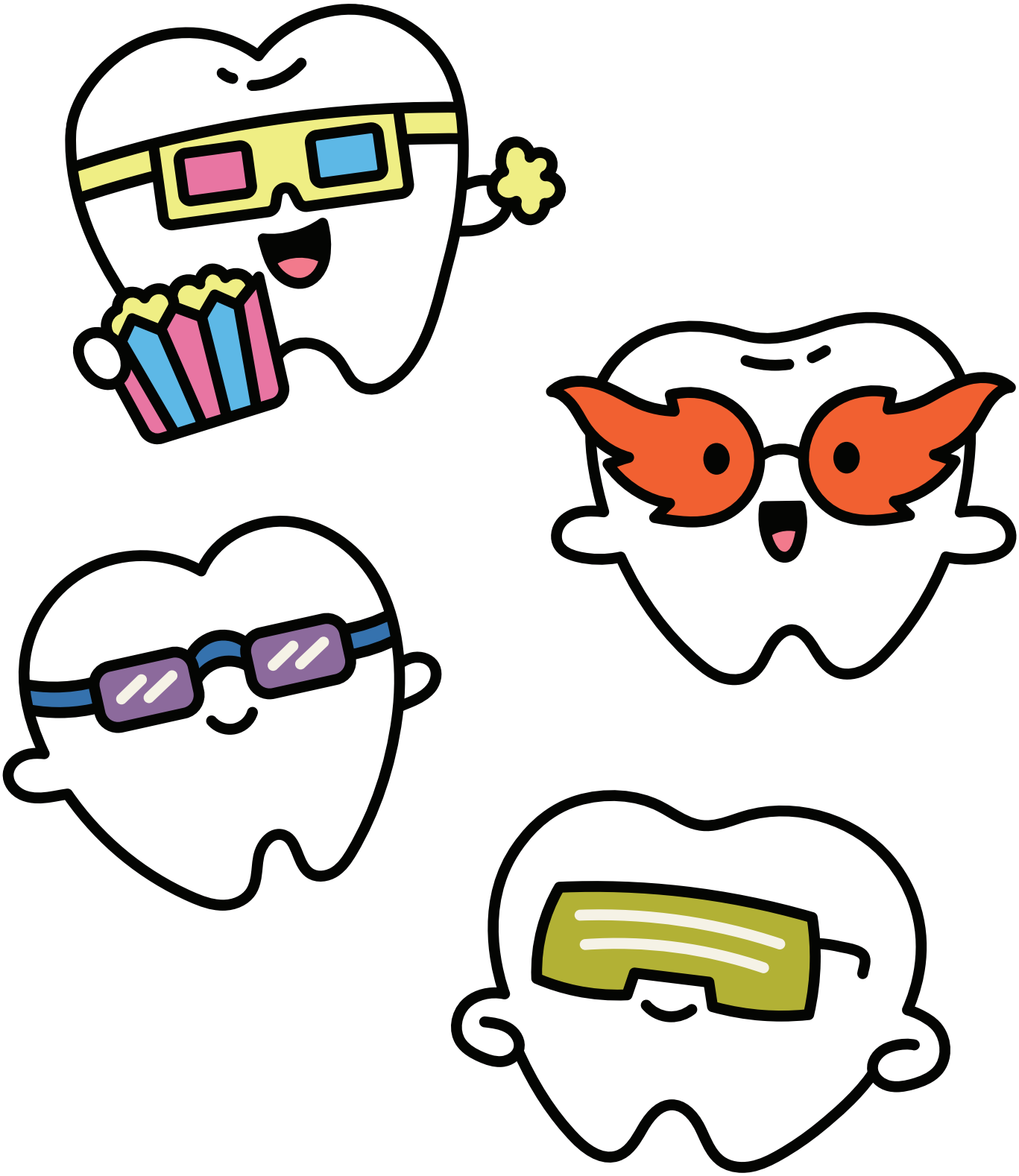
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