



# HEALTH STARS CURRICULUM: ORAL HEALTH

<p><b>Key Messages</b></p>	<p>Key messages to teach during the lesson Messages we will ask about in pre and post evaluations.</p>	<p><b>Every Lesson:</b></p> <ol style="list-style-type: none"> <li>1. Read out loud with your child every day.</li> <li>2. Call 2-1-1 today for help finding food, health care, transportation, and other programs in your neighborhood. 2-1-1 is free!</li> </ol> <p><b>Oral Health</b></p> <ol style="list-style-type: none"> <li>1. Help your child brush their teeth as soon as the first tooth grows.</li> <li>2. Help your child brush their teeth until age 7.</li> <li>3. Use toothpaste that has fluoride in it</li> <li>4. Take your child to the dentist when they turn one.</li> </ol>
<p><b>1. Pretest</b></p>		<p>Distribute and collect pretests</p>
<p><b>2. Book</b></p>	<p><i>The Tooth Book</i> by Dr. Seuss</p>	<ol style="list-style-type: none"> <li>1. Review the Reading Parent Education Sheet</li> <li>2. Read the book twice through. (If the dentist is with you, ask them to read it the first time)             <ol style="list-style-type: none"> <li>a. Read it straight through the first time</li> <li>b. Read through the second time, asking questions, such as: “Who has teeth?” “Where are your teeth?” “How do you take care of teeth?” “What is this animal doing?”</li> </ol> </li> </ol>
<p><b>3. Parent &amp; Child Activity</b></p>	<p>Oreo Activity</p>	<ol style="list-style-type: none"> <li>1. Explain that some foods help keep our teeth clean and healthy while other foods make our teeth dirty and cause cavities</li> <li>2. Ask for one child to volunteer. Invite that child to eat an Oreo. Have the child show their teeth to the rest of the group. Ask, “Do his/her teeth look clean or dirty?”</li> <li>3. Next, have the child eat a couple slices of apple and show their teeth to the group. Ask, “What did the apple do to their teeth?” (It cleaned them!)</li> <li>4. Lead a brief discussion about what other foods make our teeth clean/dirty.</li> <li>5. Demonstrate how to properly brush teeth using fish puppet</li> </ol>
<p><b>4. Snack</b></p>	<p>String cheese, apple slices</p>	<p>*Physician Note: Hard cheese increases the flow of saliva. Cheese also contains calcium, phosphate and casein, a milk protein, which protects against demineralization. Finishing a meal with a piece of cheese helps counteract acids produced from carbohydrate foods eaten at the same meal.<sup>1</sup></p>
<p><b>5. Discussion</b></p>	<p>Review of Parent Education sheet</p>	<ol style="list-style-type: none"> <li>1. Engage parents in a conversation about oral health.</li> <li>2. Be sure to review each of the key points and expand where necessary. Show samples of training toothpaste versus fluoride toothpaste so parents know which to buy.</li> <li>3. Give parents the opportunity to ask questions about oral health or any other health issue they have a question about.</li> <li>4. Give each parent the Oral Health Parent Education sheet</li> </ol> <p>***Give children the Happy Tooth/Sad Tooth sheets. Ask them to draw things that make the teeth happy/sad on the appropriate tooth.</p>
<p><b>6. Parent &amp; Child Activity</b></p>	<p>Alphabet Brushing Bingo</p>	<ol style="list-style-type: none"> <li>1. Handout an ice cube tray, dry erase marker, and popsicle stick “toothbrush” to every parent/child(ren) team.</li> <li>2. Have the parents and children write different letters on their ice cube tray. They can choose any letters they want.</li> <li>3. Draw a letter from the bag. If teams have that letter on their tray, they need to brush it clean</li> <li>4. The first team with completely clean “teeth” wins!</li> </ol>
<p><b>7. Goodbye Song</b></p>	<p>I’ve Got All These Teeth in My Mouth</p>	<p>Sing song together (See <i>Resources</i> page for lyrics)</p>
<p><b>8. Posttest</b></p>		<p>Distribute and collect posttests</p>

<sup>1</sup> Caries Susceptibility in Children – A Review. Chaudhari, K. Journal of Advanced Medical and Dental Sciences Research Vol 3, Iss 1. 2015.



## Resources Page

### *"I've Got All These Teeth In My Mouth"*

(to the tune "He's Got the Whole World In His Hands")

I've got all these teeth in my mouth.

I've got all these teeth in my mouth.

I've got all these teeth in my mouth.

I'm going to brush them every day.

I'm going to brush the top teeth in my mouth.

I'm going to brush the bottom teeth in my mouth.

I'm going to remember to brush in front and in back.

I'm going to brush them every day.