

How to Brush and Floss

Objective:

Learn the proper way to brush and floss teeth.

Materials Needed:

 **How to Brush and How to Floss** videos found at DeltaDentalMN.org/SmilesAtSchool

 **Page 6-7 from Smiles@School booklet**
provided in Delta Dental backpacks or downloaded from DeltaDentalMN.org/SmilesAtSchool

Pre-Activity Discussion:

1. Begin the lesson by asking students if they know how many times they should brush their teeth. We should brush twice a day for 2 minutes and floss once a day with the help of an adult.
2. Explain that even though we brush and floss our teeth every day, we can always improve our technique.
3. Play the **How to Brush** and the **How to Floss** video from the Smiles@School website:
www.DeltaDentalMN.org/SmilesAtSchool

Post-Activity Discussion:

1. Reinforce the importance of taking care of our teeth by brushing twice a day, flossing with the help of an adult and visiting the dentist.
2. Encourage the students to refer to pages 6 and 7 in their Smiles@School booklets for detailed instructions on how to brush and floss.
3. Instruct the students to use their toothbrush timers and the toothbrushing chart on the back cover of the Smiles@School booklet at home. They should color in a square for each time they brush their teeth – once in the morning and once at night.

Remind students to use the brushing calendar to track each day of brushing.

Because children under the age of nine may not have developed the necessary finger coordination, adults may need to instruct and help their children brush and floss their teeth until they can do it for themselves.

