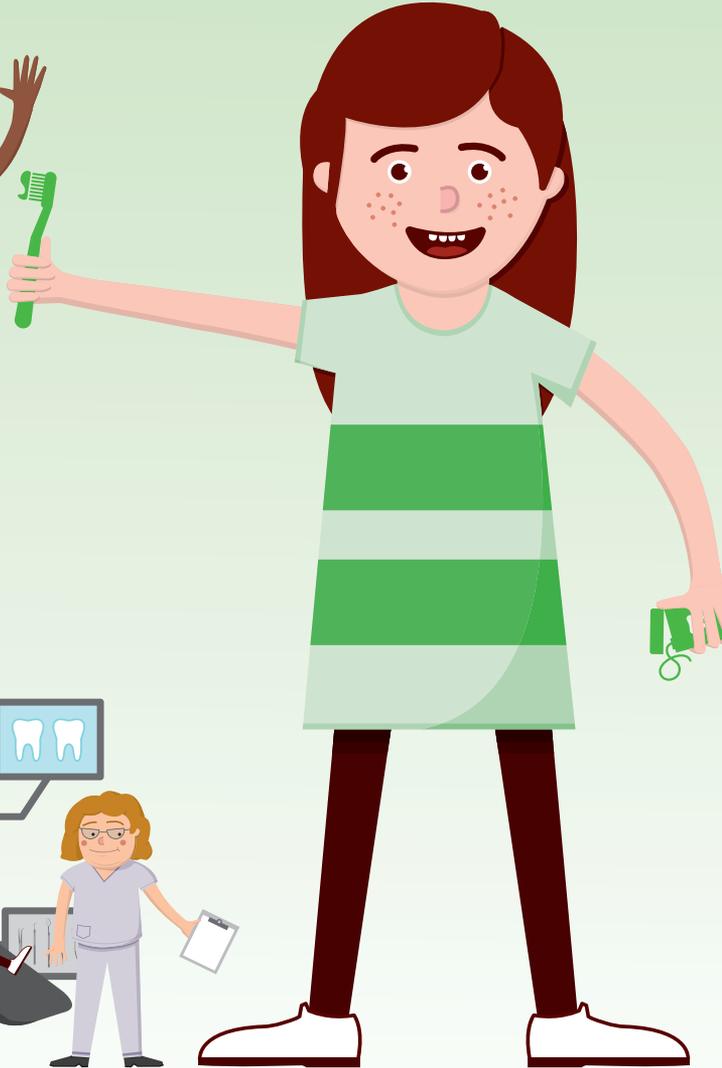


smiles @ school



Delta Dental of Minnesota Foundation



Smiles@School is a statewide initiative of Delta Dental of Minnesota Foundation to support children's oral health through education, prevention and dental sealant programs in schools. Education is the key to prevention.

Although largely preventable, tooth decay is the single-most common chronic childhood disease¹. The Minnesota Department of Health reports that in 2015, half of Minnesota third-graders have or have had tooth decay².

Visit DeltaDentalMN.org/SmilesAtSchool for additional Smiles@School program materials, including educational videos, activities and lesson plans.



Delta Dental of Minnesota Foundation

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1. U.S. Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Health, National Institute of Dental and Craniofacial Research, 2000.

2. Funded by the Health Resources and Services Administration and Delta Dental of Minnesota Foundation, the Minnesota Department of Health's Oral Health Program carried out the Third Grade Basic Screening Survey (BSS) during the 2014-2015 school year among a representative sample of third grade students in Minnesota public schools.

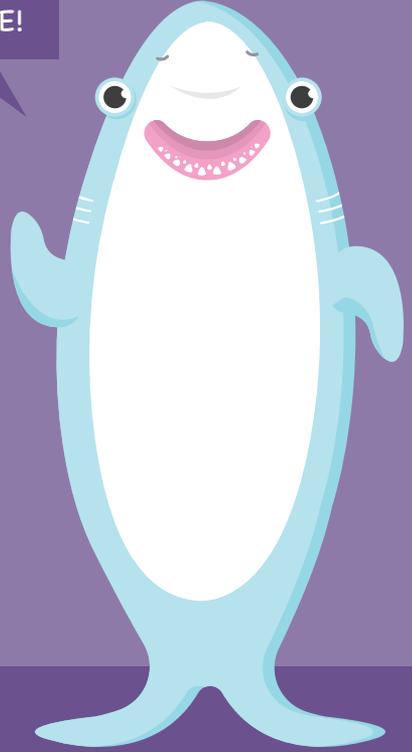
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What is a tooth?

A tooth is a hard structure we have in our mouths. We use our teeth to eat, speak and SMILE!

What is a tooth?

What is a tooth?



Our mouths are also made up of many different parts:

Tongue

Lips

Gums



Baby teeth

(Primary)

This is your first set of teeth. They appear when you are about 6 months old. You will get 20 baby teeth.

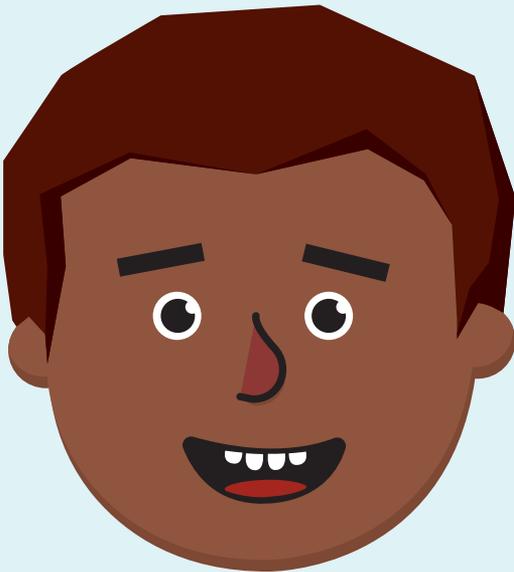
At around 12 years of age, your baby teeth will be gone and you will have new grown-up teeth.



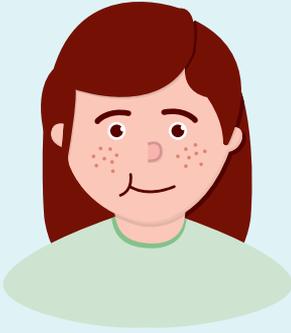
Adult teeth

As baby teeth begin to fall out, adult teeth will start filling those spots.

You keep your second set of teeth for the rest of your life. There are 32 of them!



Teeth are important tools!



They chew food so you can eat.



They help you say words so you can speak.



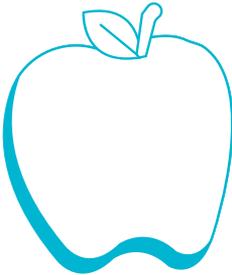
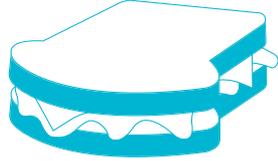
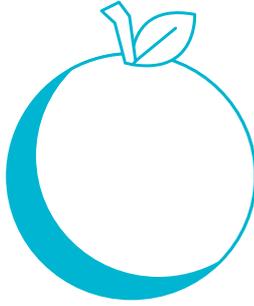
They offer happy smiles to your friends and family.



Download "Losing Your Teeth" lesson, video and activities at DeltaDentalMN.org/SmilesAtSchool

Diet and oral health

Choose foods that are healthy and keep your teeth strong.



Download "Tooth-Friendly Snacks"
lesson, video and activities at
DeltaDentalMN.org/SmilesAtSchool

Rethink your drink

How much sugar is in my drink?

Spoonfuls of sugar



Juice Box



Flavored Water



Sports Drink



Energy Drink



Sweet Tea



Soda Pop



Too much sugar can hurt
your body and your teeth.

What's the best drink
for your teeth and body?

Tap Water!!!



Download "Rethink Your Drink"
lesson, video and activities at
DeltaDentalMN.org/SmilesAtSchool

How to brush

Brush and floss every day! Brushing your teeth helps keep your teeth healthy and clean!



Place your toothbrush at a 45 degree angle against your gum line. Create small, circular brush motions that move back and forth, up and down.



Brush the outside of your teeth using the same angle position of the toothbrush with small back and forth circles and brushing motions.



Brush the inside of your teeth using the same angle position of the toothbrush with small back and forth circles and brushing motions.



Brush the tops of the teeth.



Brush the back sides of the upper, front teeth.



Brush the back sides of the lower, front teeth.



Brush your tongue.

Remember to brush for 2 minutes

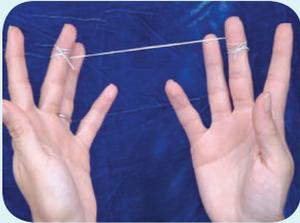
Use your timer to help



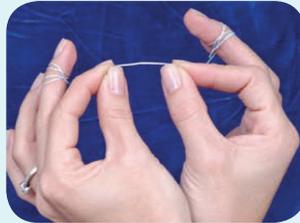
Download "How to Brush" lesson, video and activities at DeltaDentalMN.org/SmilesAtSchool

How to floss

Until you can do it yourself, get help from an adult to clean between your teeth.



Take 18" of floss and wrap most of it around the middle finger of one hand. Wrap a little floss on the middle finger of the other hand. The idea is to have a clean piece of floss for each tooth.



Use your thumbs and/or index fingers to guide the floss between the teeth. Try to have no more than an inch of floss between your fingers.



Gently slide the floss between your teeth. Wrap the floss around the tooth creating a "C" shape.



Holding the floss firmly in this "C" shape, gently slide the floss under the gum line and rub the tooth surface to remove food and germs. Next, wrap the floss around the next tooth and repeat.



Always floss behind the last tooth on both the top and bottom of each side.

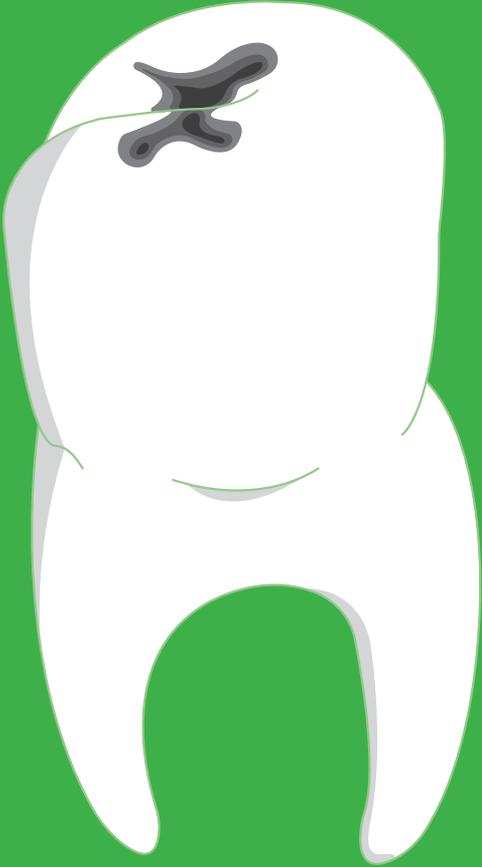
*Because children under the age of nine may not have developed the necessary finger coordination, adults may need to instruct and help their children brush and floss their teeth until they can do it for themselves.



Download "How to Floss"
lesson, video and activities at
DeltaDentalMN.org/SmilesAtSchool

Cavities

When a tooth is not healthy, a hole in the tooth can appear. This is called a cavity.

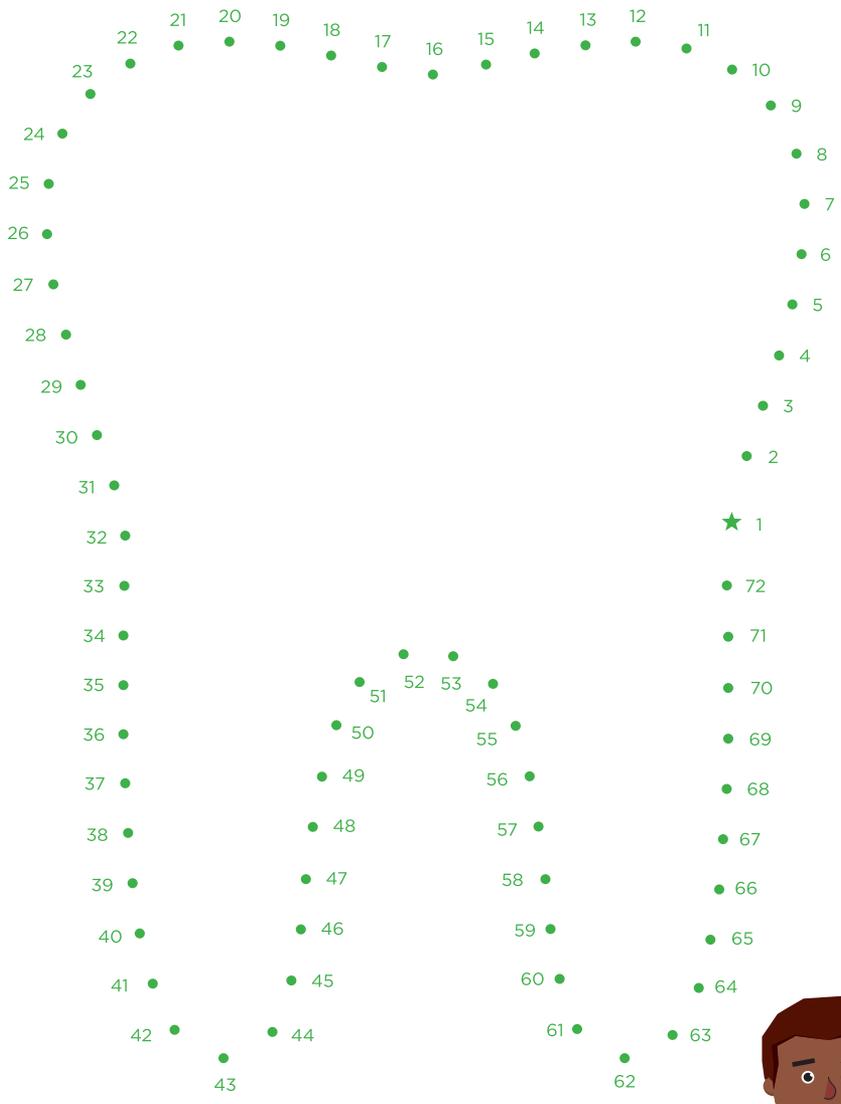


How do I prevent a cavity?

- Brush your teeth, 2 times a day for 2 minutes
- Floss every day
- Limit sugary foods and snacks
- Drink tap water instead of soda pop, juice or sports drinks



Download **"What is a Cavity"** lesson, video and activities at DeltaDentalMN.org/SmilesAtSchool



Can you connect the dots?



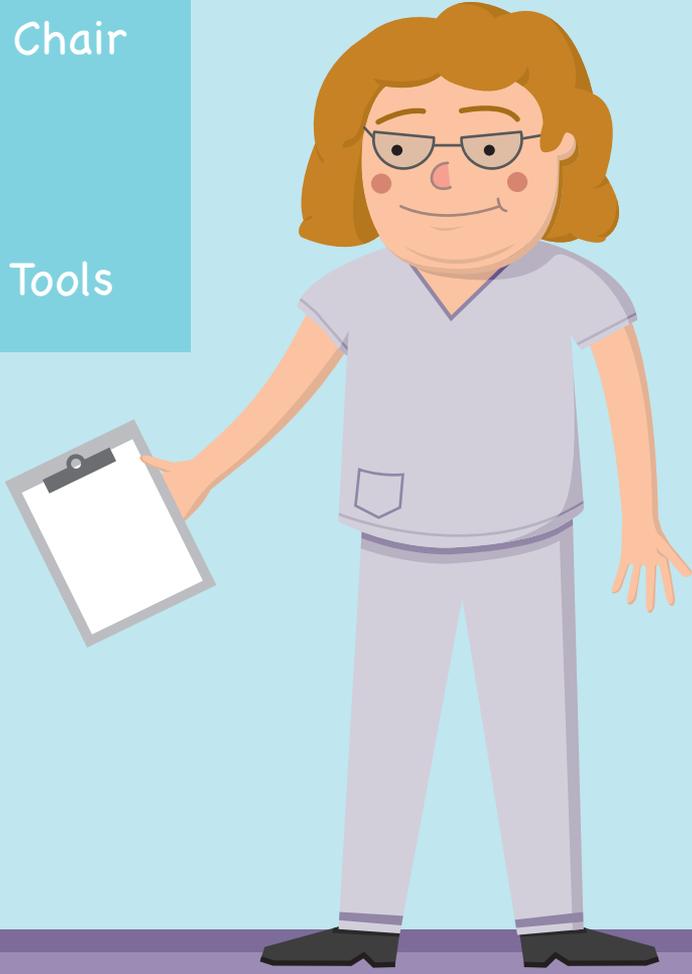
Going to the dentist

A dentist is a doctor who cares for your teeth. Going to the dentist is an important part of keeping you and your teeth healthy.



Can you find these things in the picture?

- Dentist
- Dental Chair
- X-ray
- Light
- Dental Tools



Download "Going to the Dentist" lessons, video and activities at DeltaDentalMN.org/SmilesAtSchool

Tips for adults

Dental disease is the #1 chronic childhood illness. More than 51 million school hours are lost each year due to dental disease, leading to increases in educational differences and decreases in productivity.

The Centers for Disease Control and Prevention estimate that tooth decay affects more than one in four U.S. children ages 5 to 11. Left untreated, tooth decay can have devastating consequences, including pain and infections that can negatively impact a child's quality of life; inhibit their learning and social development; and compromise their growth, function and self-esteem.

The Good News

Tooth decay is preventable! Children who brush their teeth twice daily with fluoride toothpaste have less tooth decay. Children living in communities with fluoridated tap water may reduce risk for decay. Preventive treatments—many of which may be offered in schools—such as fluoride varnish and sealants have been shown to prevent an additional 33% of decay on primary teeth.

Find even more oral health resources, activity sheets and information at [DeltaDentalMN.org/SmilesAtSchool](https://www.DeltaDentalMN.org/SmilesAtSchool).

This booklet is also available for download in:

- Hmong
- Spanish
- Somali

Basic habits are key to better oral and overall health:

- Encourage toothbrushing for two minutes twice a day and flossing once daily; provide assistance if needed.
- Regular visits to the dentist can catch problems before they become costly and painful—and most preventive care is covered by many basic dental insurance plans.
- If recommended by your dentist, utilize preventive oral care for children, including fluoride treatment and the use of dental sealants. These create protective barriers on kids' teeth from tooth decay.
- Nutritious meals are not only good for children's growing bodies, but also for the health of their teeth.
- Rethink your drinks by limiting sugary beverages, and if you have access to fluoridated tap water, that is always the best choice for healthy teeth.
- Encourage your child to wear a mouth guard when participating in contact sports or activities.
- Remember: children tend to follow by example, so be sure you are reinforcing positive behaviors by modeling them yourself!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	 	 	 	 	 	 	 	 
Week 2	 	 	 	 	 	 	 	 
Week 3	 	 	 	 	 	 	 	 
Week 4	 	 	 	 	 	 	 	 

Each time you brush your teeth, color in a square.



DeltaDentalMN.org/SmilesAtSchool

Use your toothbrush timer to brush for 2 minutes.

