

smiles@school

Taking Care of Your Teeth





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. 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

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 are teeth?

Teeth are in our mouths.

We use our teeth to:

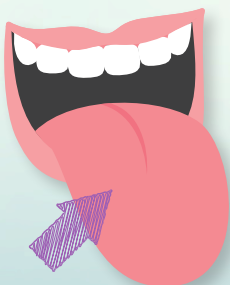
Eat

Speak

Smile



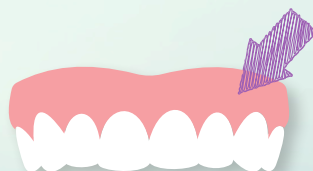
What else is in our mouths?



Tongue



Lips



Gums

Baby teeth



Grown-up teeth

When you get older, your baby teeth will fall out. Grown-up teeth will grow in their place!



Teeth are important!



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.

Tooth-friendly foods

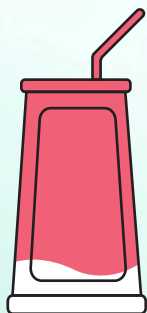
Some foods make teeth healthy and strong! Which ones will you choose?



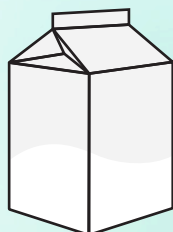
**Help me choose
what to eat!**

Rethink your drink

How much sugar is in your favorite drink?



Juice



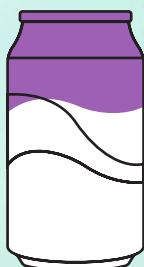
2% Milk



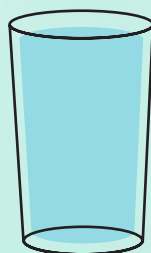
Sports Drink



Chocolate Milk



Soda Pop



Water



Water is the best drink to keep your teeth healthy!

How to brush

Brush your teeth every day to keep them clean!

- 1 Brush your teeth in small circles and up and down.



- 2 Brush the front of your teeth.



- 3 Brush the back of your teeth.



- 4 Brush the sides of your teeth.



- 5 Brush your top and bottom teeth.



- 6 Brush your tongue.



Brush for **2 minutes** in the morning. Brush for **2 minutes** at night. Use your **timer** to help!

How to floss

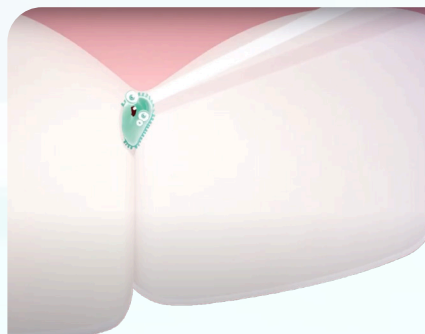
We floss our teeth to get rid of bad germs in our mouth. Ask an adult for help.

1 Hold floss in both hands.



2 Put the floss in the space between your teeth.

3 Move the floss up to touch your gums. Move the floss back down. Be gentle!



4 Floss all of your teeth.

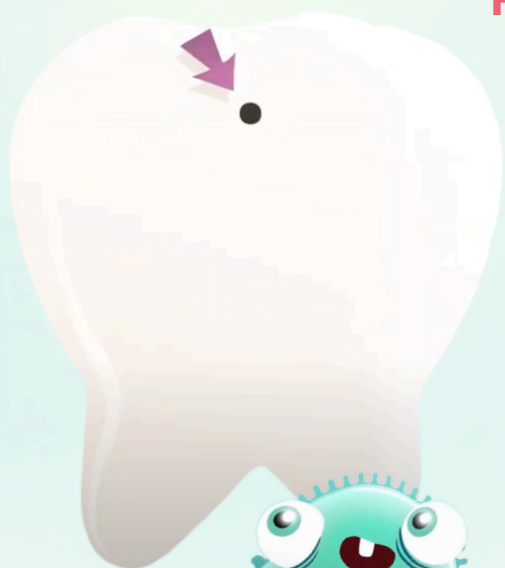
*Note to adults: Children will need help flossing until they are able to tie their shoes by themselves or print their name on their own. They might still ask for help after that. When you help your child floss, take 18 inches of floss out at a time. Hold 1 inch of floss between your thumbs and index fingers and gently slide the floss up and down between each tooth. Make a "C" shape with the floss so that it wraps around each tooth. Don't forget to floss behind the last tooth on the top and bottom of each side.

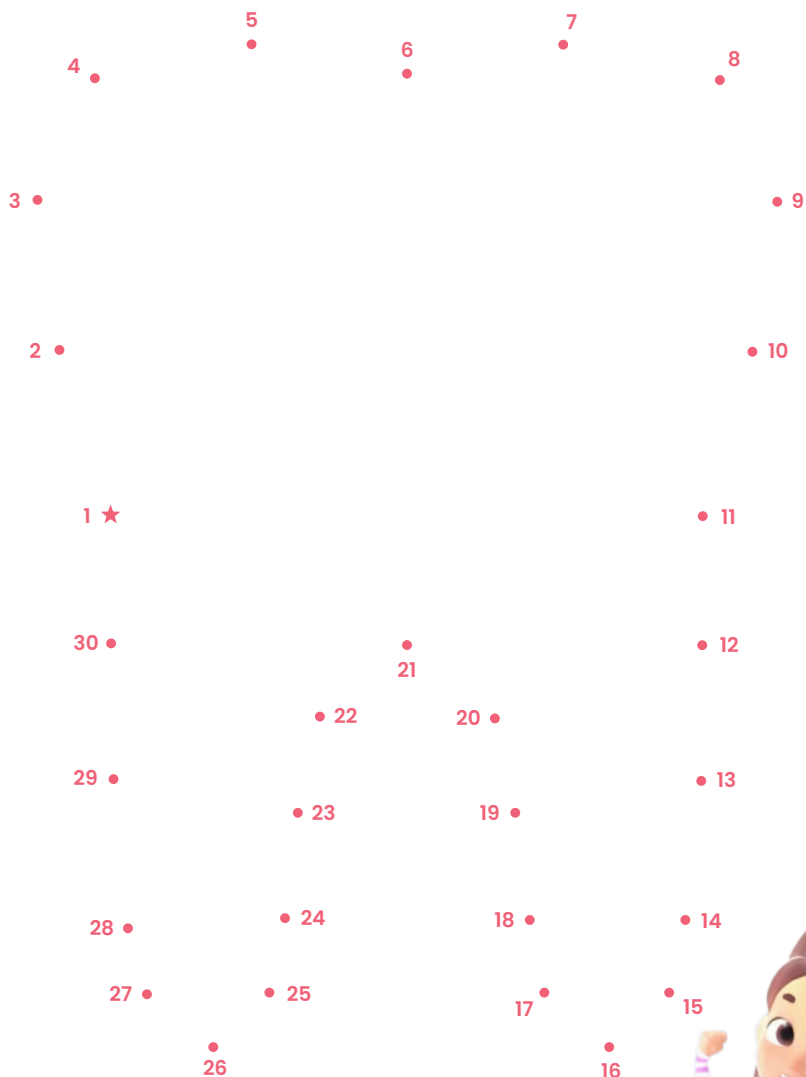
Cavities

Cavities are small holes in our teeth. Cavities hurt our teeth. Cavities come from bad germs in our mouth.

How to stop cavities:

- Brush your teeth, 2 times a day for 2 minutes
- Floss teeth 1 time every day
- Don't eat too many sugary snacks
- Drink water





**Can you connect
the dots?**



Going to the dentist

A dentist is a doctor for your teeth.
A dentist keeps your teeth healthy.



L S M I L E X W
D U L T O O T H
E W K F C F D D
N R Y B A L F P
T H A R V O J N
I N F U I S W M
S M F S T S N E
T Z L H Y N J A

Words:

☐ Tooth

☐ Smile

☐ Brush

☐ Dentist

☐ Floss

☐ Cavity

Tips for adults

If tooth decay is not treated by a dentist, it can cause many issues including pain and infections. These can be harmful to children because it could slow their learning in school, stop them from being social with friends, and make their daily activities much harder.

The Good News

You can stop tooth decay! Children who brush their teeth twice a day with fluoride toothpaste have less tooth decay. Children who drink tap water with fluoride in it have less decay. Some schools may offer fluoride treatments or sealants. These can help protect your child's baby teeth even more. Be sure to ask your dentist if fluoride varnish or sealants are right for your child.

























































This booklet is also available for download in:

- Hmong
- Spanish
- Somali

Find even more oral health resources, activity sheets and information at
DeltaDentalMN.org/SmilesAtSchool.

Basic habits are key to better oral and overall health

- Remind your child to brush their teeth twice a day and floss once a day. Be sure that you are there to help them!
- Regular visits to the dentist are very important because they can catch problems before they cause pain or need expensive treatments. Many dental insurance plans cover routine dental appointments.
- Ask your dentist if your child needs fluoride treatments or dental sealants. These will cover your child's teeth with a barrier that can protect them from tooth decay.
- Try to help your child eat healthy meals because it will keep their teeth and their bodies healthy.
- Choose to drink water instead of soda or other beverages that have a lot of sugar. Tap water usually has fluoride in it, which is good for teeth. Water is the best drink choice for healthy teeth.
- When your child plays sports, make sure they wear a mouth guard.
- Remember: You can be a good example for your child! Be sure to follow these tips yourself so that your children will want to do them, too.

	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.

Tip: Use your timer to brush for 2 minutes!



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