

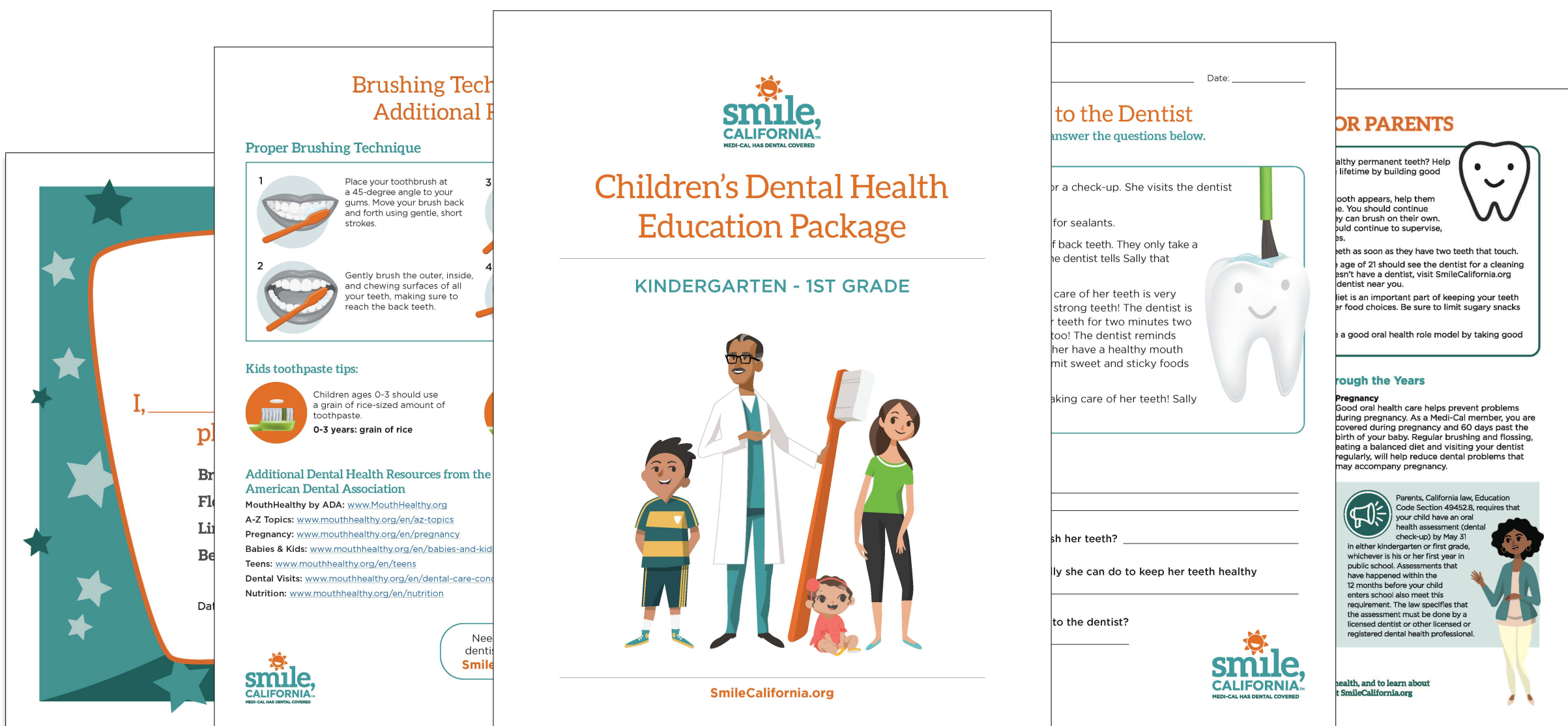
The objective of this comprehensive digital package is to introduce students to the importance of dental health, especially the importance of regular dental check-ups. Adopting healthy dental hygiene habits at an early age can benefit children well into their adult years. Download the *Smile, California* Children’s Dental Health Education Package at SmileCalifornia.org

EACH EDUCATIONAL PACKAGE INCLUDES THE FOLLOWING CONTENT:

- 1 Letter to educator detailing package contents
- 2 *Smile, California* lesson plans (includes corresponding worksheets)
- 3 *Smile, California* Toothy Tips for Parents one-sheet
- 4 *Smile, California* Healthy Smile Pledge Certificate
- 5 *Smile, California* teeth brushing techniques and American Dental Association resource one-sheet

CHILDREN’S DENTAL HEALTH EDUCATION PACKAGES

- 1 [Kindergarten – 1st grade](#)
- 2 [2nd – 3rd grade](#)
- 3 [4th – 5th grade](#)



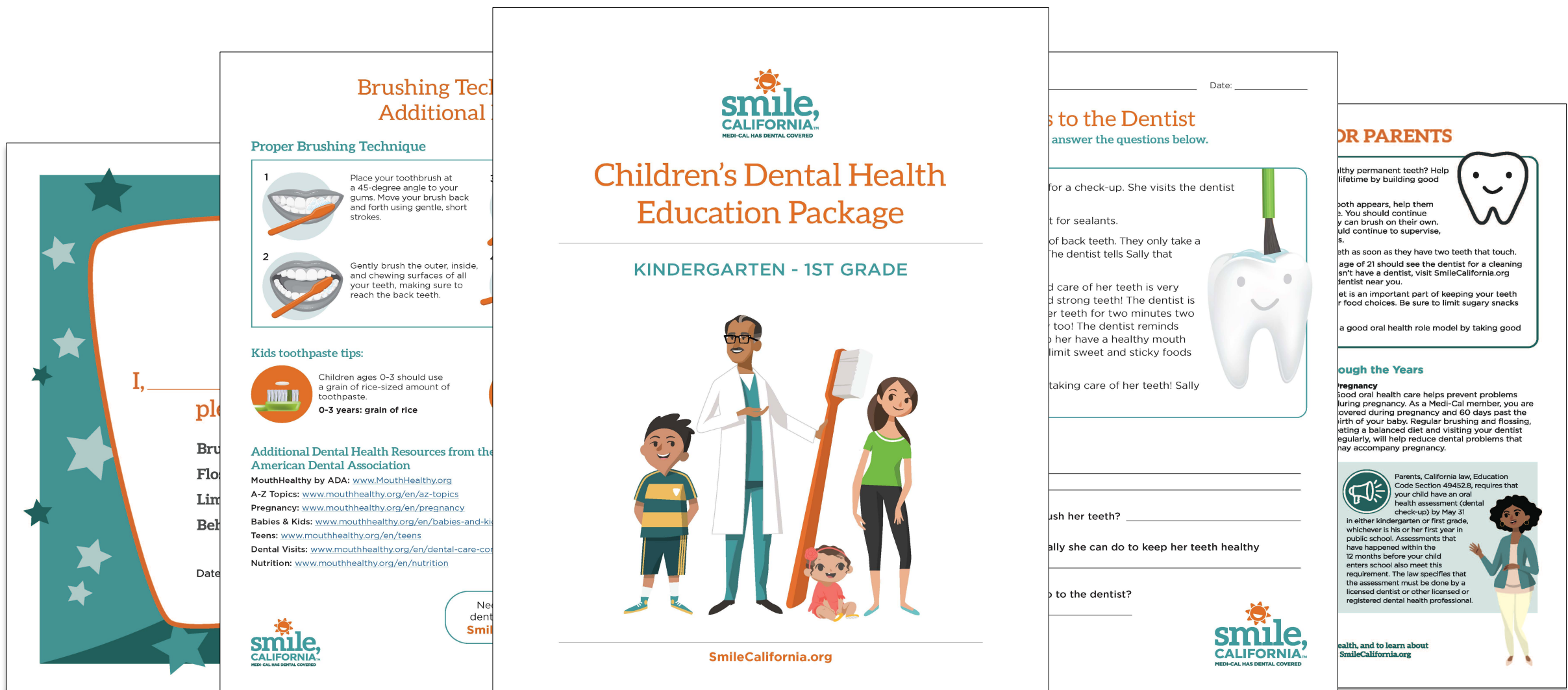
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KINDERGARTEN – 1ST GRADE

- 1 Healthy Teeth for Me! activity storybook – coloring book with easy to read sentences about good oral health habits
- 2 Dental vocabulary tracing activity – tracing of dental words used in the *Healthy Teeth for Me!* activity storybook
- 3 Things That Make Me Smile! – word listing exercise for children to list things that make the smile (e.g., mom, dog, park)
- 4 Design your own toothbrush, toothpaste, and floss activity
- 5 Teeth Brushing and Flossing Calendar – calendar to help children keep track of how many times a day they brush and floss
- 6 Healthy Smile Pledge Certificate – a certificate for children to sign as part of their commitment to practicing healthy dental habits
- 7 Good for My Teeth, Bad for My Teeth activity – coloring worksheet to help children identify healthy food and beverages from less healthy options that are more likely to harm their teeth




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2ND – 3RD GRADE

- 1 Healthy Smile Vocabulary worksheet – dental vocabulary and definition worksheet followed by a vocabulary activity for children to arrange the words in alphabetical order
- 2 Things That Make Me Smile! writing activity – sentence listing exercise that asks children to create sentences of things that make them smile
- 3 Sally Goes to the Dentist reading activity – dental health reading activity with a follow-up quiz.
- 4 Smile Activities Worksheet – coloring worksheet with activities to help children learn about the importance of sealants
- 5 Healthy Smile Pledge Certificate – a certificate for children to sign as part of their commitment to practicing healthy dental habits
- 6 Teeth Brushing and Flossing Calendar – calendar to help children keep track of how many times a day they brush and floss
- 7 Good for My Teeth, Bad for My Teeth activity – coloring worksheet to help children identify healthy food and beverages from less healthy options that are more likely to harm their teeth



Brushing Technique
Additional Resources

Proper Brushing Technique

- 1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.
- 2 Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.
- 3
- 4

Kids toothpaste tips:

- Children ages 0-3 should use a grain of rice-sized amount of toothpaste.
- 3-6 years: pea-sized amount
- 6-12 years: grain of rice

Additional Dental Health Resources from the American Dental Association

MouthHealthy by ADA: www.MouthHealthy.org
 A-Z Topics: www.mouthhealthy.org/en/az-topics
 Pregnancy: www.mouthhealthy.org/en/pregnancy
 Babies & Kids: www.mouthhealthy.org/en/babies-and-kids
 Teens: www.mouthhealthy.org/en/teens
 Dental Visits: www.mouthhealthy.org/en/dental-care-concerns
 Nutrition: www.mouthhealthy.org/en/nutrition

Need help find dentist near you? SmileCalifornia.org

Children’s Dental Health Education Package
2ND - 3RD GRADE

Sally Goes to the Dentist
Answer the questions below.

Sally goes to the dentist for a check-up. She visits the dentist for sealants. The dentist tells Sally that the care of her teeth is very important. The dentist reminds her to brush her teeth for two minutes two times a day. The dentist reminds her to limit sweet and sticky foods.

How often is Sally taking care of her teeth? Sally _____

What can Sally do to keep her teeth healthy? _____

When should Sally go to the dentist? _____

FOR PARENTS

Do you have permanent teeth? Help your child build good oral health habits by building good oral health habits.

When your child’s teeth first appear, help them brush. You should continue to brush on their own, but you should continue to supervise, especially when they are young.

As soon as they have two teeth that touch, your child should see the dentist for a cleaning. If your child doesn’t have a dentist, visit SmileCalifornia.org to find a dentist near you.

Good oral health is an important part of keeping your teeth healthy. Encourage your child to make good food choices. Be sure to limit sugary snacks.

Be a good oral health role model by taking good care of your own teeth.

During Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.

Parents, California law, Education Code Section 49452.3, requires that your child have an oral health assessment (dental check-up) by May 31 in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

Learn more about oral health, and to learn about SmileCalifornia.org

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4TH – 5TH GRADE

- 1 Healthy Smile Vocabulary worksheet – dental vocabulary and definition worksheet followed by a sentence building activity
- 2 Things That Make Me Smile! – writing activity that asks children to write a story about a time something made them smile or things that make them smile
- 3 What Do Sugary Drinks Do to Your Teeth? – science experiment that shows the effect of sugar on tooth enamel using eggs, water and soda followed by an activity that requires children to form a hypothesis and record their observations
- 4 Healthy Teeth are an Important Part of a Healthy You! – reading activity highlighting the importance of healthy teeth and introducing the science behind tooth decay followed by questions from the passage
- 5 Healthy Smile Pledge Certificate – a certificate for children to sign as part of their commitment to practicing healthy dental habits
- 6 Teeth Brushing and Flossing Calendar – calendar to help students keep track of how many times a day they brush and floss



Brushing Teeth
Additional

Proper Brushing Technique

- 1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.
- 2 Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.

Kids toothpaste tips:
Children ages 0-3 should use a grain of rice-sized amount of toothpaste.
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Pregnancy: www.mouthhealthy.org/en/pregnancy
Babies & Kids: www.mouthhealthy.org/en/babies-and-kids
Teens: www.mouthhealthy.org/en/teens
Dental Visits: www.mouthhealthy.org/en/dental-care-services
Nutrition: www.mouthhealthy.org/en/nutrition

Children's Dental Health Education Package
4TH - 5TH GRADE

Goes to the Dentist
Date: _____
Sally, then answer the questions below.

Sally goes to the dentist for a check-up. She visits the dentist for sealants. The top of back teeth. They only take a minute. The dentist tells Sally that good care of her teeth is very important. Sally has strong teeth! The dentist is brushing her teeth for two minutes every day too! The dentist reminds Sally to limit sweet and sticky foods. Sally is a good oral health role model by taking good care of her teeth! Sally brushes her teeth every two months!

FOR PARENTS
Healthy permanent teeth? Help your child build a lifetime by building good oral health habits. When a tooth appears, help them take care of it. You should continue to brush on their own. Parents should continue to supervise, especially for children with teeth as soon as they have two teeth that touch. By the age of 21 should see the dentist for a cleaning. If your child doesn't have a dentist, visit SmileCalifornia.org to find a dentist near you. A healthy diet is an important part of keeping your teeth healthy. Encourage your child to make good food choices. Be sure to limit sugary snacks. Sally is a good oral health role model by taking good care of her teeth!

Pregnancy
Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 60 days past the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.

Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by May 31 in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

Parents, help your child brush her teeth? _____
Remind Sally she can do to keep her teeth healthy _____
Sally go to the dentist? _____

Smile, California
MED-CAL HAS DENTAL COVERED