

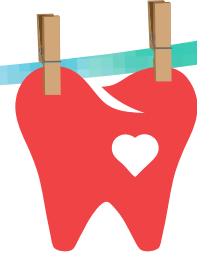
Community Helpers

Good People
Everywhere



Learn it Did you know that not only do our teeth help us chew food but they also help us speak properly? Take this opportunity to talk about the characteristics of our teeth and some different teeth facts. Teeth are hard and some are sharp with cutting edges. Children will have 20 teeth by the time they are four years old. These are the baby teeth that will eventually fall out when they need to be replaced by 32 bigger, stronger teeth that we will keep for the rest of our lives. It is important to take good care of our teeth so we can keep our smiles bright and shiny!

CARE



Make it Let's make our mouth. Cut a large pink paper into an oval shape. Fold it in half. Using red construction paper, make a tongue (oval with one straight side) to glue on the bottom half of the mouth. Then draw 10 circles on the top of the mouth around the edge and 10 circles on the bottom of the jaw around the edge. The children can glue white lima beans on each of the circles to make their mouth complete with 20 baby teeth



Experiment with it It's important for children to visualize what would happen if they don't take care of their teeth. You can perform a demonstration using 2 hard boiled eggs, vinegar and cola. Soak one egg in vinegar and the other egg in cola overnight. The cola egg will turn brown which demonstrates what happens if you don't brush your teeth and the vinegar egg once rinsed, will lose its shell showing what happens overtime to the enamel on our teeth with acidity. If we don't brush, the acidity builds and we lose the enamel on our teeth. It's important to brush and floss everyday and not drink sugary drinks and sodas with too much acid.



Imagine it Using egg cartons flipped upside down to represent the teeth, give the children toothbrushes and yarn to practice brushing teeth and flossing. You can add shaving cream to substitute for toothpaste or put this in your water table if you want to add a little messy fun.



Read it If a child is nervous about going to the dentist or would like to learn more, it is always helpful to read a book to learn what to expect. For a book about visiting the dentist try Mary Schuh's, *At the Dentist* or *Curious George Visits the Dentist* by H. A. Rey. If you'd like to learn some interesting facts about teeth read *All About Teeth* also by Mary Schuh.



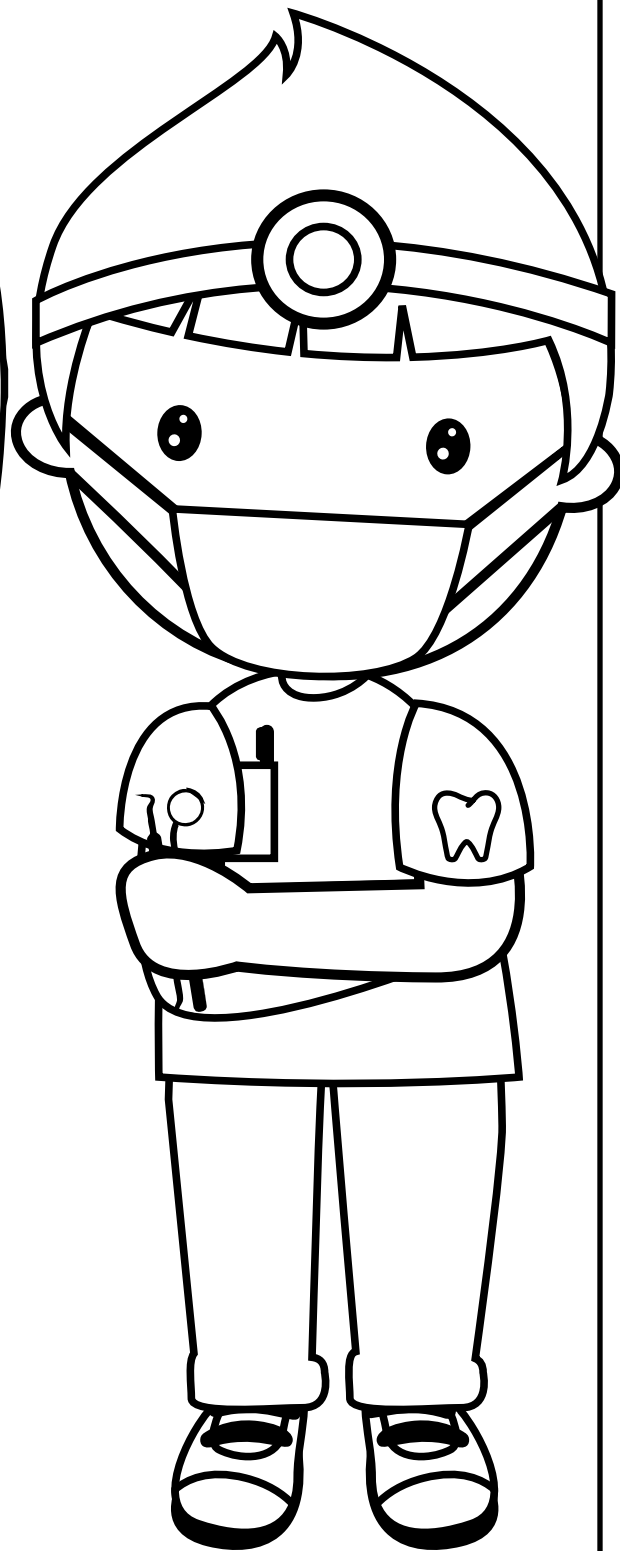
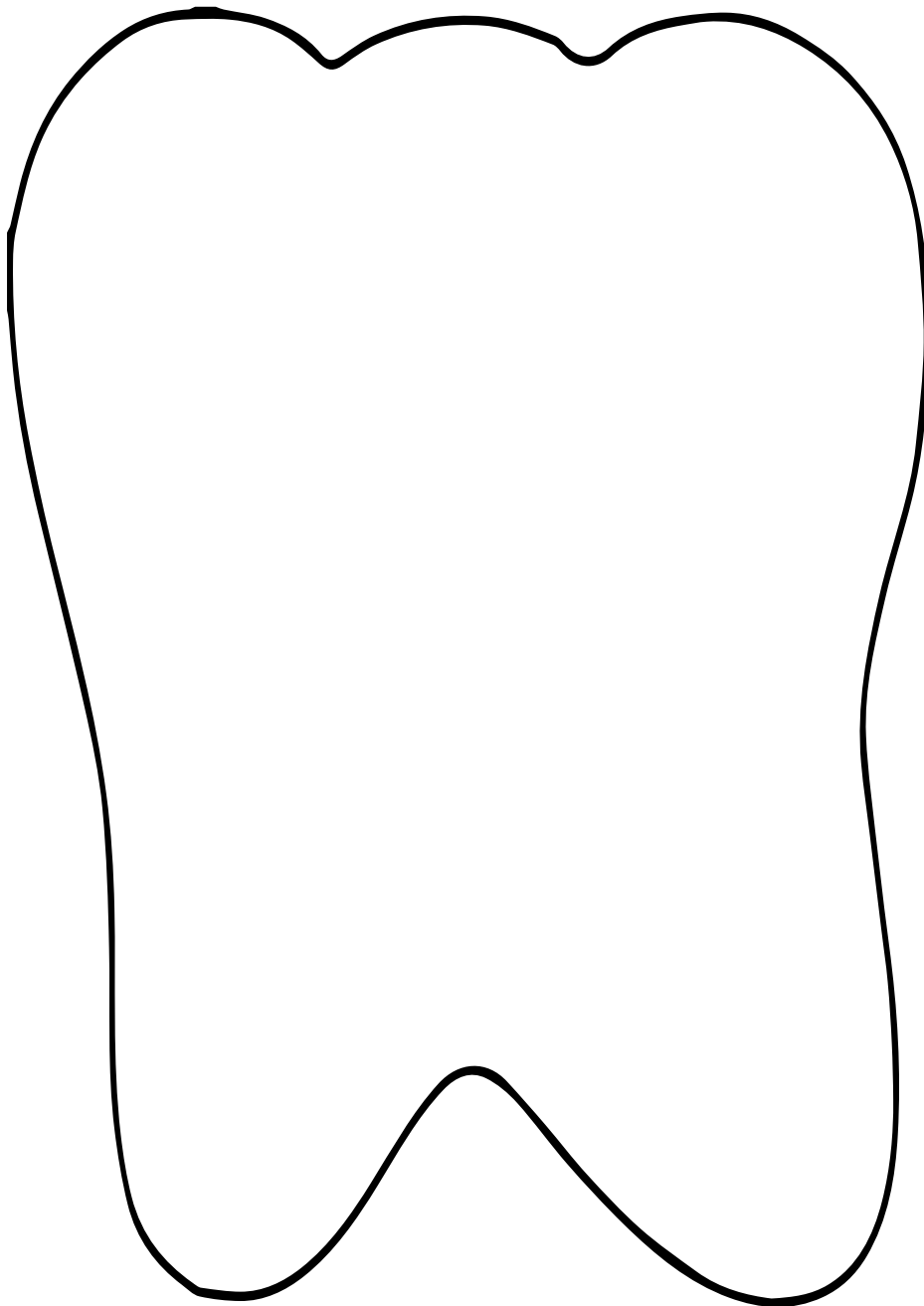
Move it Print out, cut and laminate the attached healthy, happy tooth image. Hide several teeth around your home, center or outside on the playground. Invite the children to go on a tooth scavenger hunt. If you want to increase physical activity, especially if you are able to be outside, call out movement directions such as jogging or skipping while they are searching for the next tooth.

December

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A Dentist cleans and treats our teeth so we can smile big and eat healthy foods.

In the tooth below, **DRAW** a picture of yourself with a big smile.



CACFP is an indicator of quality child care.

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HEALTHY TOOTH SCAVENGER HUNT Print out, cut and laminate the healthy, happy tooth below. Hide several teeth around your home, center or outside on the playground. Invite the children to go on a tooth scavenger hunt.

