

Dental Health Presentation for Grade School Students

Props no PPT

Use velcro poster board or write on a chalkboard or white board—

“Ways to Keep Our Teeth and Mouth Healthy”

Intro: Explain that you are dentists and you came to talk about ways to keep our teeth and mouth healthy.

Begin with:

BRUSHING

Ask “What is one important way to clean our teeth?”

Allow answer and then place label or write on the board.

Then ask “What is the name for the sticky goo that forms on our teeth that we brush off?”

Place “Removes Plaque” label to the right of “Brushing” label or write it.

Using the large mouth model, review 3 sides of the teeth, gumline brushing, slow vs. fast strokes, amount of toothpaste to use (picture). Ask each as a question if possible.

FLOSSING

Ask “Is there a way to clean between our teeth, places where a toothbrush can’t reach?” Place label or write it.

Demo on model using floss...improvise a little because contacts are closed.

FOODS Place label or write it in advance of asking the question.

Ask “Do you think the foods we eat might affect our teeth?” YES “What ingredient in some foods can be harmful to our teeth” SUGAR

Food Game..... Hold up a food item and ask them to give it a “thumbs up” if they think it is good for our teeth and a “thumbs down” if they think it is bad for our teeth. Do several of each and then end with the soda. Show them the bag of sugar and explain that there is 19 spoonfuls of sugar in a 20 oz Mt. Dew.

FLUORIDE

Ask if they know what the special ingredient in toothpaste is that helps make their teeth strong? Place label or write it.

Ask where else they can get fluoride.....at the DDS, in the water, mouthrinses.

VISIT THE DDS REGULARLY

A good segway for this is to ask “Who should we go visit to see if we have been taking good care of our teeth?” Place label or write it. Review what a DDS wears and why. Put on coat, mask, gloves, eyewear.

Introduce Geena the Giraffe (puppet with teeth). Discuss the instruments a DDS uses and have the students make the sounds as you use them. (A snap-a-ray with film is available to demo x-rays and white tube for the camera). Show pictures of BW and Pantomograph.

SEALANTS

Ask “Does anyone know what the plastic coating a DDS can put on the chewing side of our back teeth is called? Place label or write it. Show large poster of sealant.

BRACES

Ask “What can a DDS do to help us straighten our teeth?” Place label. Explain that braces can help our teeth look better but they can also help us use our teeth better when they are not crowded.

NO TOBACCO

May want to place the label ahead of time on this one. Ask “Do you think smoking and using smokeless tobacco can harm our teeth?” YES Ask “How?” Bad breath, gum problems, cancer.

MOUTHGUARDS

Ask them to raise their hand if they play sports. Then ask “Is there a way we could protect our teeth and mouth during sports?” Place label or write it. Show and explain boil-n-bite vs. custom fit mouthguards.

MAKE GOOD CHOICES

Give a scenario of when they are coming in from recess and are in line for the drinking fountain, “What would happen if kids were shoving each other and the kid leaning over the fountain to get a drink gets bumped?” Place label. Explain that it is important to make good choices to protect our teeth.

May want to have students read the list out loud to review.

Have teacher select 3 students to help with a skit. Give the first one the tooth costume to hold up. Then have one student stand on each side of the tooth to hold the gum costume. Review 3 sides. Pretend to brush each side with the giant toothbrush.

View “Geena’s Tremendous Tooth Adventure” video, (8 minutes).

Explain “Brushing Calendar” and explain that their teachers will give to them.

PROPS (most are optional)

- Velcro poster board with labels
- Mouth model
- Brush
- Floss
- Picture of 2 amounts of toothpaste on brushes (a lot and a little)
- Bag of plastic or real foods (several healthful, several sugary)
- Container of dental instruments (mouth mirror, explorer, air/water tip, saliva ejector...Mr. Thirsty, slow speed handpiece with rubber cup, snap-a-ray with film)
- Dental gown, mask, gloves, eyewear
- Sealant model or picture
- Examples of boil and bite and custom fit mouthguards or pictures
- Geena’s Tremendous Tooth Adventure DVD
- Brushing calendars (enough for each to student to get one)