

# Dental Health Presentation for Preschool-Kdg

Introduce yourselves: Hi boys and girls, my name is Dr. \_\_\_\_ and this is Dr. \_\_\_\_ and Dr. \_\_\_\_  
We are dentists. (Hold up "Happy Tooth") Ask: "Does anyone know what part of us dentists work on?" Answer: Teeth "That's right! And today we are going to talk about teeth."

Food Game: "Now we are going to play a game. In this game we want you to tell us what kind of food we are holding up, and whether you think it makes your teeth HAPPY or SAD."

Start with the apple or another fruit. Then go back and forth between HAPPY foods and SAD foods. End on a sugary food and then say, "But sometimes we eat foods that make our teeth sad like on special occasions or for dessert. How could we make our teeth happy again?" Answer: brush our teeth.

Brushing Concepts: Use large model & toothbrush and review brushing concepts: 3 sides (outside, inside, chewing sides), brush the gums, slow vs. fast, small amount of toothpaste, parental assistance, am/pm. Try asking each as a question: "Should I brush really fast like this or really slow like this? "There are 3 sides to each tooth. Can everyone hold up 3 fingers? This is the side we see when we smile. It is called the outside. Can everyone say "outside". ....review inside and chewing sides. Holding up toothpaste picture ask: "What is this a picture of? Answer: Toothpaste. "Is this a lot of toothpaste or a little? Answer: a little. "How about this one, is this a lot or a little? Answer: a lot. "Which should we use, a lot or a little amount of toothpaste? Answer: a little.

Visit the DDS: "Now we are going to talk about what happens when you go to the dentist". Review what a DDS wears .....gown, gloves, mask, eyewear... and why.... "so we don't get your germs and you don't get ours". Then introduce your patient.... (a puppet with teeth)....make sure to give it a name...this is Allie the alligator or Rover the dog. "Say hi to Allie boys and girls". Review what instruments a DDS uses, (mirror, tooth counter, Mr. Thirsty straw, electric toothbrush, x-ray), count the puppet teeth with children counting with you, have them make the sounds while you pretend to use the instruments.

View video/DVD "Geena's Tremendous Tooth Adventure" (8 minutes)  
Explain and distribute brushing calendars.

## PROPS

- Mouth model
- Brush
- Picture of amounts of toothpaste (a lot and a little)
- Picture of a "happy" tooth and picture of a "sad" tooth
- Bag of foods (real, plastic or pictures)
- Dental attire (gown, gloves, mask, eyewear) and dental tools (see above)
- Puppet with teeth
- Geena's Tremendous Tooth Adventure DVD
- Brushing calendars (enough for each student to get one)