

HELLO PARENTS,

When making decisions about your children's health and wellbeing, it is important to remember about their teeth and gums. Children who establish good oral hygiene habits, such as brushing and flossing, at a young age are more likely to continue this as adults, experience fewer dental problems throughout their life, and maintain a positive self-image. In this newsletter, we will provide dental health activities to teach your child the importance of proper dental care in a fun and engaging way.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

BRUSH, BRUSH, BRUSH YOUR TEETH

MATERIALS:

- Two unused toothbrushes

DIRECTIONS:

- Give your child an unused toothbrush.
- Start singing a song about brushing your teeth (you can make up words to any tune).
- As you sing to your child, hold your toothbrush and do toothbrushing movements.
- Encourage your child to copy your moves.

[Click here](#) for tooth brushing songs.

TODDLERS (19 MONTHS – 2.5 YEARS)

PAINTING WITH TOOTHBRUSHES AND TOOTHPASTE

MATERIALS:

- White construction paper or cardstock
- Toothpaste
- Toothbrushes

DIRECTIONS:

- Draw and cut out large teeth from white construction paper or cardstock.
- Put toothpaste in a plastic bowl or paper plate so it can be easier for your child to put on the toothbrush.
- Using the toothbrush, have your child paint the large cut-out teeth with the toothpaste.

[Click here](#) for some tooth brushing games that will keep your child eager to brush their teeth.

PRESCHOOLERS (2.5 – 5 YEARS)

PRACTICE FLOSSING

MATERIALS:

- Big Lego block or ice tray
- Play dough
- String

DIRECTIONS:

- Put play dough in between the Lego pegs. If you do not have Legos, get an ice tray, turn it upside down and place the play dough in between the ice holders.
- Give your child a piece of string and have them remove the play dough from between the pegs using the string.
- Have a conversation with your child about how the play dough is like food stuck between teeth, and bacteria will grow on them if we do not floss or brush our teeth.

[Click here](#) for more dental health activities.

[Click here](#) for dental care tips.



JK/SK (4 – 6 YEARS)

SORTING HEALTHY AND UNHEALTHY FOODS

MATERIALS:

- Food magazines or flyers
- White construction paper
- Brown construction paper
- Markers
- Glue
- Scissors

DIRECTIONS:

- Draw and cut out two large teeth from the white and brown construction paper.
- Draw a happy face on the white tooth (healthy), and a sad face on the brown tooth (unhealthy).
- Cut out pictures of foods from different magazines or flyers.
- Sort foods that are healthy and unhealthy, and glue the pictures on the proper tooth.
- Discuss with your child what makes the food healthy or unhealthy, and what would happen if we eat unhealthy food and do not brush our teeth.

[Click here](#) to read "The Tooth" by Avi Slodovnick.

SCHOOL-AGERS (6 – 12 YEARS)

TEETH EXPERIMENT WITH EGGS

MATERIALS:

- 1 cup soda/soft drinks • 1 cup vinegar
- 1 cup water • 1 cup fruit juice
- 5 plastic cups • 1-4 toothbrushes
- Baking soda or toothpaste • 4 hardboiled eggs
- Paper towels • 4 plates

DIRECTIONS:

- Boil 4 eggs and put aside to cool.
- After cooled, take off the eggshells from the eggs making sure you get big pieces of the shells.
- Put aside the boiled egg to eat later.
- Put the eggshells inside the cups.
- Pour different liquid (soda, juice, vinegar, and water) over the eggshells inside the cups, until they are completely covered.
- Predict what will happen to the eggshells when they are left in the liquids and write down your predictions.
- Leave the eggshells in the plastic cups to soak overnight.
- The next day, bring out the toothbrushes, water, and toothpaste or baking soda.
- One cup at a time, remove the eggshells and place them on a plate.
- Inspect the eggshells and observe what the liquids have done to them
- Notice the colour and texture of the eggshells.
- Scrub each eggshell with a toothbrush and toothpaste or baking soda.
- Write down what happened to each of the four eggshells. Which eggshell did the liquid affect the most?

[Click here](#) for another dental science experiment.

[Click here](#) to learn about human teeth.

A TIP FOR TODAY

- Even before your baby starts teething, run a clean, damp washcloth over their gums to clear away traces of food.
- When your baby gets teeth, brush them with an infant toothbrush.
- Always supervise your children younger than 8 so they do not swallow the toothpaste.
- Teach your children to brush at least twice a day, and to floss after each meal.
- Limit or avoid some foods (for example: sugary foods, juices, candy, etc.) which can cause cavities. If your child eats these foods, have them rinse their mouth or brush their teeth after eating to wash away the sugar.