

Shining Smiles!

Shining Smiles! helps children ages 4 through 7 develop good oral health habits that can last a lifetime! This program from the American Dental Association (ADA):

- Helps children ages 4 through 7 understand the importance of their teeth.
- Provides basic information, appropriate to their age and experience, about keeping teeth clean and healthy.
- Introduces the dentist as a friendly doctor who helps them take care of their teeth.

Shining Smiles! Gives you tools that can help you teach students the fundamentals of good oral health care:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

Shining Smiles! is also a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Shining Smiles!

A classroom lesson in good oral health care, with special activities for children in preschool, kindergarten and 1st grade.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

Shining Smiles! is a flexible oral health education program that can be used as a stand-alone lesson or to supplement your existing health curriculum. It is a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Shining Smiles! is divided into three modules:

Module 1: "Tiny Teeth Do Big Jobs!" approximate time: 10 minutes

Module 2: "Keeping Teeth Bright and Healthy" approximate time: 10 minutes

Module 3: "A Visit to the Dentist" approximate time: 10 minutes

The lesson objectives, key messages, and discussion topics can be presented as three separate 10-15 minutes lessons, in one half-hour session, or supplemented with extra activities and discussions to serve as an on-going lesson on dental health. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

HOW **SHINING SMILES!** WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Help your young students understand the importance of their teeth.
- Provide basic information about keeping teeth clean and healthy that is appropriate to their age and experience.
- Introduce the dentist as a friendly doctor who helps them take care of their teeth.

SHINING SMILES! LESSON OBJECTIVES

There are three objectives for this program that can be easily reinforced throughout the school year. Students will learn that:

1. Teeth are an important part of our body.
2. Keeping our teeth clean helps keep them healthy.
3. Visiting the dentist is an important part of having healthy teeth.

BEFORE YOU START...

1. Read the lesson.
2. Photocopy *Count & Color*, *Visiting the Dentist* and *Finders Keepers* activity sheets for the students.
3. Collect the following materials: magazine photo of a smiling adult with a smiling baby; illustrations, pictures, or models of nutritious foods; several different styles and sizes of new toothbrushes; toothpaste.
4. Have the support materials for this unit handy: *How to Brush*; *Primary Tooth Development*; *Old and New Toothbrushes*; *Adult and Child-size Toothbrushes*; *Oral Care Calendar*.

Module 1: “Tiny Teeth Do Big Jobs!” 10-15 minutes

Key Message

Teeth are important for eating, talking and having a nice smile.

Student goals

Upon completing this module students will better understand:

- Why people have teeth.
- How we use our teeth.
- How many sets of teeth people get.

Module Topics (with discussion points and questions)

1. *Why we need teeth.* Who can name something that we do with our teeth? [Discuss children’s suggestions, which may include talking, eating or chewing, smiling, singing. Have children talk, chew, and smile and frown at each other.] Today we are going to talk about a very important part of our bodies — our teeth. Teeth help us do many things.
2. *How teeth help us do things better.* We have had some good suggestions. But how do our teeth help us do these things? How do our teeth help us eat? [We can chew our food into little pieces. This keeps us from choking or getting a stomach ache.]

ACTIVITY #1: What about talking? Is it easy to talk without using your teeth? Let’s try it. Say “thirty-three thirsty thieves” without letting your tongue touch your teeth... That was very hard to do! Our teeth have the important job of helping our lips and tongue make sounds properly. I have another question. Do you think you need your teeth to frown? Let’s test it out. Turn to your neighbor and give a great big smile... Good. Now, give your neighbor a very unhappy frown... H-m-m-m. I guess you don’t need teeth to frown! But since most of you laugh and smile a lot, your teeth are very important!

So now we know that:

**Our teeth are important because they help us talk properly,
chew our food and give us beautiful smiles!**

3. *Characteristics of teeth.* What are your teeth like? Are they soft or hard? Do they have sharp edges or are they round like a ball? Are they strong or do they break easily? [Discuss answers.] So, our teeth are hard, have some sharp or cutting edges, and are strong. What would happen if our teeth were soft and weak? [Couldn’t chew; they might break; it would be hard to talk.]

4. *The number and purpose of baby (primary) teeth.* When did you get your teeth? [When you were a baby.] Why do babies need teeth? [To learn how to talk and so that they can eat solid food.] Now I have a really hard question. How many baby teeth do children get? Any guesses?

ACTIVITY #2: Primary Tooth Development. Here is a picture that shows all the teeth in the top of your mouth and in the bottom. Let's count them together out loud... Twenty teeth! That's a lot. By the time children are three or four years old, they have 20 teeth.

Children get 20 teeth by the time they are 3 or 4 years old.

5. *Sets of teeth in a lifetime.* Will you have these 20 teeth your whole life? [No.] What happens to your teeth when you get to be 5, 6 or 7 years old? [Your teeth start to come out.] Yes, your baby teeth start to come out. Why do you lose your baby teeth? [As children get bigger they need bigger, stronger teeth.] (First grade teachers may want to discuss losing primary teeth and getting permanent teeth in more detail. Visit www.adacatalog.org for supplemental materials.)

ACTIVITY #3: Look at the size and number of teeth in the photo of the smiling adult and baby. Ask children to imagine all those big teeth in the baby's little mouth. (Use to illustrate why we need baby teeth.) Talk about things that babies cannot do because they don't have many teeth.

6. *Permanent teeth.* When you get older, your 20 baby teeth will be replaced by 32 permanent teeth. Your permanent teeth are bigger and stronger than your baby teeth. After all, they are made to last the rest of your life!

People get two sets of teeth during their life: baby teeth (or primary teeth) and adult teeth (or permanent teeth).

Summary: *Teeth are a special part of our body and do several very important jobs throughout our lives.*

Module 2: “Keeping Teeth Bright and Healthy” approximate time: 10 minutes

Key Message

Cleaning our teeth helps keep them strong and healthy.

Student goals

Upon completing this module students should know:

- That having clean teeth is an important part of having a clean body.
- Basic brushing techniques.
- What plaque is.
- What a cavity is.
- Why eating nutritious foods is important for our teeth.

Module Topics (with discussion points and questions)

1. *Keeping our bodies and teeth clean.* What are some of the things you do to keep yourself clean? [bathe, wash hair, wash clothes.] Why is it important to have clean hands, and to take a bath, and to wash our clothes? [So you don't get sick; so you look and smell nice.] How do you feel when you are clean? [Skin smells good, hands don't feel sticky, etc.] Can someone be really clean if their mouth and teeth are not clean? [No.] Why not? [Because a clean mouth feels nicer, your breath smells nice, etc.]

Clean teeth and mouth are parts of a clean body.

2. *Brushing teeth.* What can you do to keep your teeth clean and healthy? [Brush your teeth.] How many of you brush your teeth? Great! How often should you brush your teeth? [Twice a day.] What do you put on your toothbrush? Yes, toothpaste. Why do you use toothpaste? [Cleans better than just water, gets the food off your teeth, makes your teeth stronger, makes your mouth taste good.] Those are all good answers. Does anyone know how much toothpaste you should put on your toothbrush? [Listen to a few suggestions.] You might be surprised, but you only need a very little bit of toothpaste on your toothbrush — about the size of a little green pea. [Demonstrate putting a pea-sized amount of toothpaste on a toothbrush.] I have a very important question. When you are brushing your teeth, what do you do with the toothpaste in your mouth? Yes. Spit out all the toothpaste! Don't swallow it. Toothpaste is for cleaning your teeth, not your stomach!

**Brush twice a day with a fluoride toothpaste.
Always spit out all the toothpaste.**

3. *Brushing techniques.* Your mom, dad or another grown-up may help you brush your teeth, or maybe your dentist showed you how to brush. Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth.

[NOTE: Ideally, an adult will brush and floss a child's teeth until he or she is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day – with supervision until about age 10 or 11, to make sure they are doing a thorough job. Since adults at home do not always supervise tooth brushing, you might want to suggest to your class that they ask a grown-up to watch them brush, so they can show how well they do it. Flossing demands more manual dexterity than very young children have, and children are not usually able to floss well until they are age 10 or 11, and even then they should be supervised.]

ACTIVITY #4: Here is a picture of one good way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.**

4. *Toothbrushes.* What kind of toothbrush do you use? [Get several answers.] I'm going to ask you a question and give you four answers. You tell me which answer you think is the right one. [Pass around several different examples of new toothbrushes, or show *Adult and Child-size Toothbrushes*.] Here's the question:

What kind of toothbrush would be easiest for you to use?

- a) A very big one
- b) One with a fancy handle
- c) A small, child-size toothbrush that is easy to hold
- d) A purple one

You're so smart! You should use a small, child-size toothbrush that is easy to hold.

Use a child-size toothbrush that is easy to hold.

ACTIVITY #6: Show *Old and New Toothbrushes*. Have the children identify the one that looks new.

**Get a new toothbrush when the bristles
are bent and worn out.**

5. *What plaque is.* When you brush your teeth at night, they feel clean and your mouth tastes good, right? Well, if you don't brush your teeth before going to bed, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky.] That is because there is something else that gets on your teeth besides the food you eat. It's called plaque. Can you say "plaque"? Although you can't see it, plaque is a sticky film that is forming on your teeth all the time.

Plaque is a sticky, clear film that forms on your teeth all the time.

6. *How plaque contributes to cavities.* Plaque is bad for your teeth because it contains germs. The germs in the plaque can hurt your teeth by helping to make a little hole called a cavity. What do you think happens if you take a nice strong tooth and put holes in it? [It isn't as strong any more.] Right. The tooth gets weaker. Plaque and cavities make our teeth weaker. That's why it is so important to brush all the plaque off of our teeth. How many times a day should you brush? Yes! Two times — in the morning and before going to bed at night are good times to brush.

7. *Good nutrition.* There is another way we can help keep our teeth clean and healthy. That is by eating and drinking healthy foods. The foods we eat are just as important for keeping our teeth healthy as they are for keeping our bodies healthy. Eating a mix of healthy foods for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. If you are hungry and need a snack, choose foods like fruit, low-fat cheese, low-fat yogurt, or raw vegetables. If you are thirsty, have a glass of water or low-fat milk. Don't drink too much sugary soda or eat too many sweets. If you have some sweets, try to eat them with your meals.

ACTIVITY #7: Show illustrations or plastic models of nutritious foods and beverages, or cut pictures of them from magazines. If your class is familiar with the Food Pyramid, or if you have taught about proper nutrition, you can use it to review good choices. (Visit www.mypyramid.gov for more information.)

**Eating healthy foods helps keep your teeth and body healthy.
Don't eat or drink too many sweets. If you want sweets,
eat or drink them with your meals.**

Now we know how important it is to keep our teeth clean. We should brush two times a day to keep our teeth clean and remove plaque, and eat healthy foods.

Summary: *Keeping our teeth clean and eating healthy foods helps teeth stay healthy.*

Module 3: “A Visit to the Dentist”

approximate time: 10 minutes

Key Message

Your dentist is a friendly doctor who will help your teeth stay healthy and strong.

Student goals

Upon completing this module students should have a basic understanding of a routine dental visit:

- The role of the dentist
- The roles of the dental helpers (receptionist, assistant and hygienist)

Module Topics (with discussion points and questions)

1. *Why it is important to visit your dentist.* What is a dentist? [A doctor who takes care of teeth and mouths.] How many of you have visited your dentist? Why is it important to visit the dentist? [To make sure your teeth stay healthy and strong.]
2. *The dentist’s office.* What interesting things did you see in your dentist’s office? [Discuss answers, which might include the exam chair, special light, special tools, dental mask and gloves, etc.] Your dentist has all sorts of interesting things in the office. [Distribute *Visiting the Dentist* coloring sheets.] The special chair moves up and down so that people of different sizes can sit in it, and the dentist can see easily into all their mouths. The light helps your dentist see into mouths, too. Your dentist also has some other special things in the office. The little mirror lets your dentist see your back teeth; the “feeler” tool helps the dentist count your teeth; the x-ray machine takes pictures of the insides of your teeth; the bib protects your clothing; and there is even a little hose to spray water into your mouth.
3. *The dental team.* What other people might you see at your dentist’s office? Who else works there? [Receptionist, dental assistant, dental hygienist.] The receptionist works at the desk and greets you when you come in. The dental assistant helps the dentist by getting the exam room ready. The dental hygienist also helps the dentist and may clean your teeth with special cleaners.
4. *The dental exam.* What is your dentist looking for when checking your teeth? [Get several answers.] Yes, your dentist looks for many things. Your dentist counts your teeth, sees if you are brushing properly, checks to make sure your teeth are growing the correct way, and looks for cavities. Your dentist also checks your tongue and the inside of your mouth to make sure they are healthy, too! If you have any questions about your teeth or how to take care of them, ask your dentist. Your dentist is a friendly doctor who wants you to have healthy, shining teeth.

Summary: *The dentist is our partner in caring for our teeth.*

ACTIVITY #8: Have students complete the activity sheets *Count & Color* and *Finders Keepers*.

SUPPLEMENTAL ACTIVITIES

1. Make a bulletin board display from magazine pictures showing things that people do using their teeth.
2. Have the children sing along with you to the tune “Row, Row, Row Your Boat”:

*Brush, brush, brush your teeth, brush them every day.
Keep them bright, make them shine, clean the plaque away.*

*Brush, brush, brush your teeth, brush them every day.
Front, back, take off the plaque, now we smile all day.*

3. Have the children draw pictures of themselves with big smiles. Display the pictures in your classroom.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/ada/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>
6. Distribute *Oral Care Calendar* to students. Create an incentive program for students who bring in completed calendars.

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

- *How to Brush*
- *Primary Tooth Development*
- *Old and New Toothbrushes*
- *Adult and Child-size Toothbrushes*
- *Oral Care Calendar*

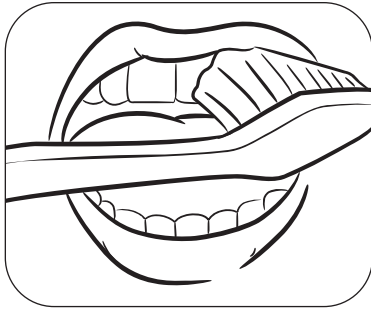
STUDENT ACTIVITY SHEETS

- *Count & Color*
- *Visiting the Dentist*
- *Finders Keepers*

Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

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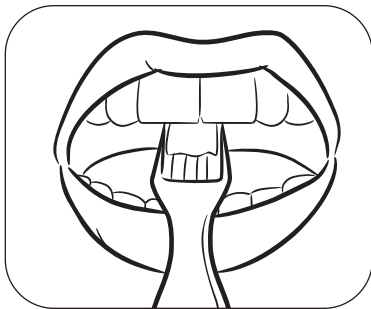
How to Brush



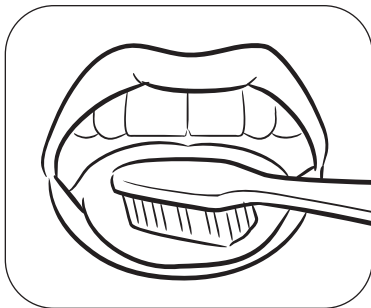
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

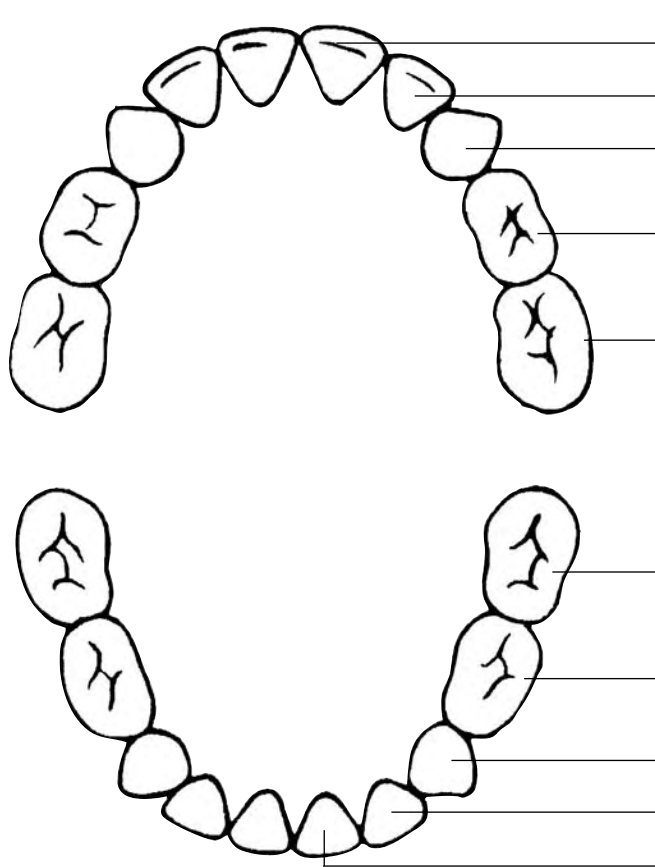


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

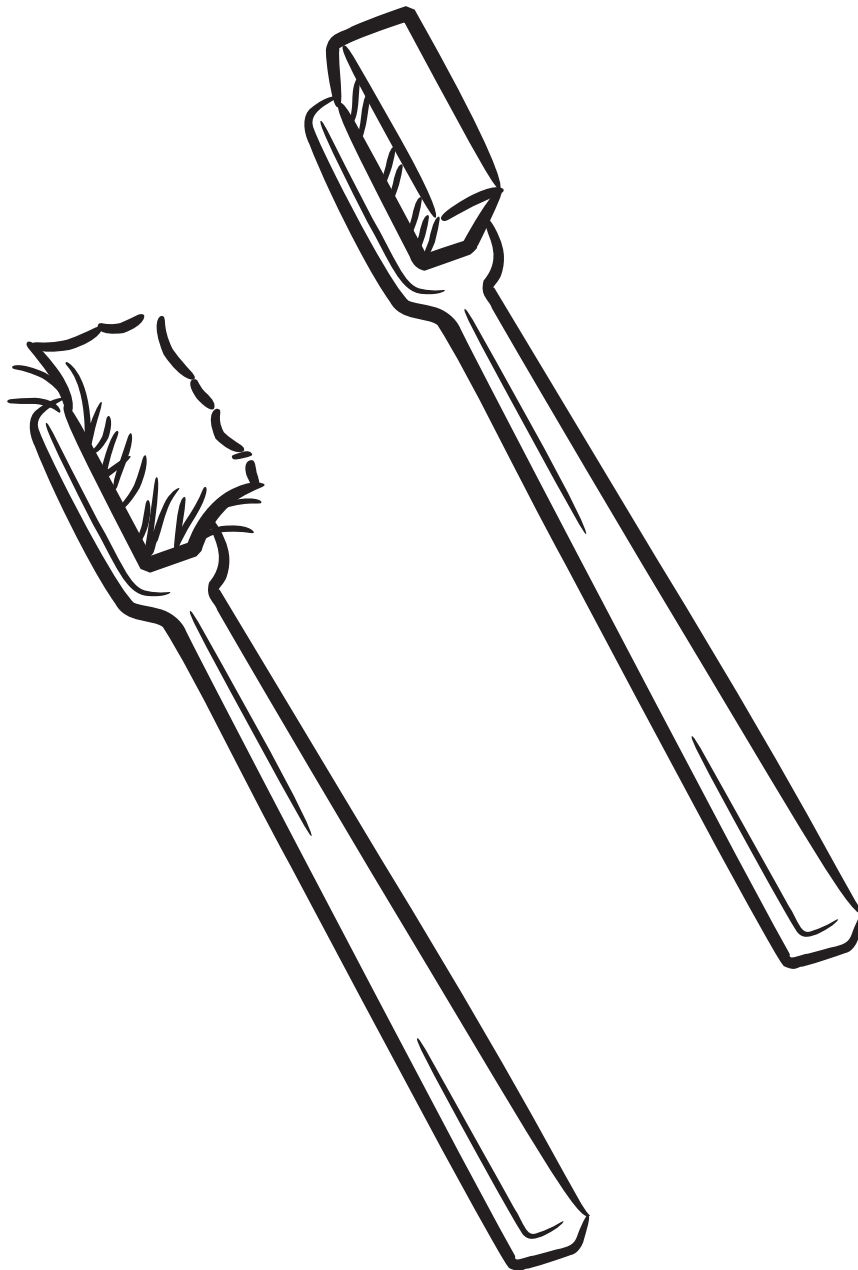
Primary Tooth Development



The diagram illustrates the primary teeth in both the upper and lower arches. Lines connect the teeth to their respective labels in the adjacent table. The upper teeth are labeled from top to bottom: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar. The lower teeth are labeled from bottom to top: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar.

Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

Old & New Toothbrushes



Adult and Child-Size Toothbrushes

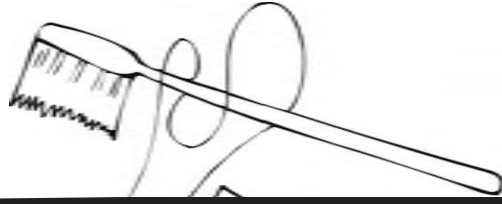
Which one would be easiest for him to use?





Oral Care Calendar

Put a happy face in the box when you brush twice each day.



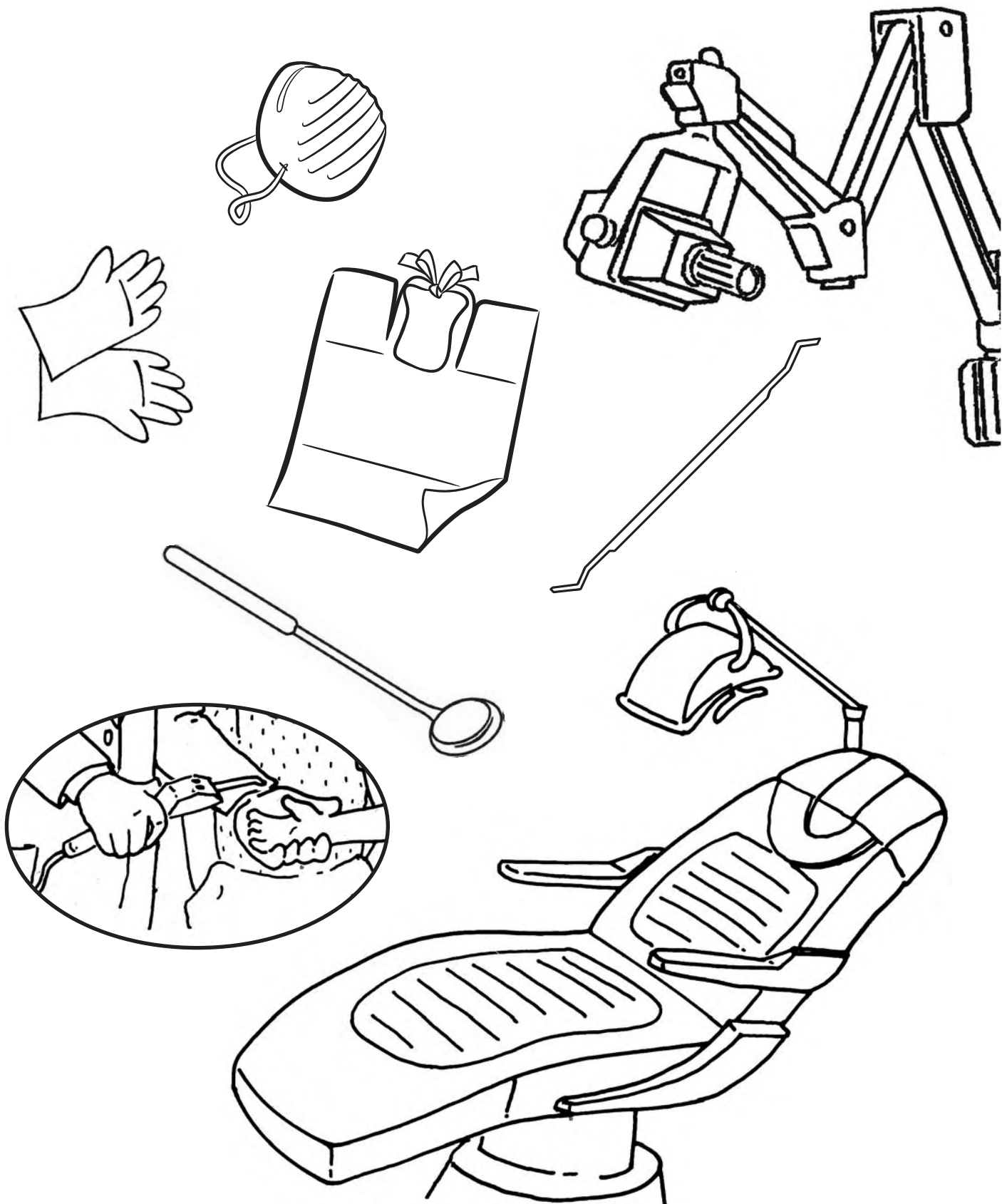
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Count and Color

Chris has been very busy drawing pictures of toothbrushes!
Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush.
Color the toothbrushes bright, happy colors!



Visiting the Dentist



Finders Keepers

Color the things that help you keep your mouth healthy.





American Dental Association
www.ada.org

211 East Chicago Avenue
Chicago, Illinois 60611-2678

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