

The Tucson Chapter of The Links, Incorporated



Ages 2 – 5 Years

**Meet at 9:30 in Room 8**

**Good Morning my name is Ms. \_\_\_\_\_\_\_\_\_\_\_\_\_ & this is Ms. \_\_\_\_\_\_\_**

 (if there are 2 Links /classroom)

**Do you know why we are here today?**

* We are here to talk to you about keeping your teeth clean & healthy

**How many of you brush your teeth every day?**

* Hands should go up…Count the number that say they do! Then clap for them

**Yeah!!! Great Job!**

**Okay let me see your beautiful Bright smiles.**

* Wait and let them show off their smiles! Tell them how beautiful their smiles are

**Can you tell me what do you do with your teeth?**

* eat, chew, - add answers if they don’t give any

**So with food, candy and gum you need to brush your teeth every day to keep them clean!**

**Do any of you brush your teeth at night before bed?**

**ENGINEERING / The Science of Brushing**

**So, what do you use to brush your teeth?**

Let children answer - Take out your demo - Tooth brush and tooth paste!

Ask them how they brush their teeth

**OK…so if you take a bath at night or put on your PJ’s you should also brush your teeth at night**

**MATHMATICS /COUNTING**

**Do you know how many teeth you have?**

* You have 20 little teeth! They help with what? - chewing and smashing food you eat.
* Show picture of baby teeth with 20 teeth! Have the children count to 20!

Wow… you all are good at counting. That’s Great!

* You will loose your baby teeth and get grown up teeth!
* Do you know anyone who has lost their teeth yet? Some of them may have already done this!
* If not this will happen when your between 4 – 8 years old.

**NUTRITIONAL SCIENCE**

**Can anyone tell me what you had for breakfast this morning?**

Let them answer.

* If no one answers ……..**LIST what you had for breakfast**

**How many of you like Candy?**

* They may all shout out when you ask this!

 **What kind of Candy do you like?**

* Pick a few children to answer

**Candy and food on your teeth can cause cavities. And cavities can hurt and cavities are not good for you!**

* **Cavities are like broken teeth.**
* **So… you need to brush your teeth and to get the food and candy off your teeth!**

**Also, candy has sugar in it and too much of it is NOT good for your body. So, what kinds of foods do you think are good for your body?**

* **They should name fruits and vegetables, meet.**
* **You can name some with them**
* **You can tell them things like fruit rolls and water are great!**
* **We will be leaving fruit roll ups for the children.**

**I am going to teach you 2 new words – Dental HEALTH – ask kids to repeat it!**

**Dental Health means we are going to take care of our teeth and have a healthy mouth!**

**Besides your teeth what is in your mouth?**

* jaw, tongue, gums, etc.

**So, to have good Dental Health you should brush your teeth and your tongue, your gums, and the inside of your jaw.**

**For good Dental health you can also use “Dental floss and mouthwash”**

Show them the packers

You can demonstrate what to do with mouthwash just pretending you have some.

**How many of you have been to the dentist?**

* 3 and older should have been at least once. If you go to the dentist he or she may wear gloves and a mask to check your teeth…something like ours!

**THE ARTS**

**So, I have a picture of a tooth – like the ones you have in your mouth along with a tube of tooth paste and a toothbrush. This will help you remember to brush your teeth.**

* (We have some crayons and a picture of a tooth and tooth brush for you to get started and take home to remind you to brush your teeth in the morning and before bed)

**We have a goody bag for each of you to take home. You can use it to keep your teeth healthy!**

**Thanks so much for being so good today.**

**I have prepared the following for each Classroom :**

**A plastic container – please leave with the teacher - which will have:**

**Crayons & coloring page for the children – pass out at the end**

**A “Tooth Tote” - toothbrush, toothpaste, a placker – FOR you to use to demonstrate**

**A “ Tooth Totes” labeled girl or boy and separated. Please give to the teacher so that they can place it in their cubbies to take home.**

I will have extras just in case numbers in the classroom have changed.

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