



KENYA SMILES



Improving The Oral Health of Children in Kenya

**An Introduction to Good Oral Health
A Classroom Lesson for Young Children
With the distribution of Kenya Smiles backpack
Kenya Smiles Vocational Training Team, Kenya, July 2013**



MATERIALS

1. Photo of healthy teeth of a child
2. Photo of healthy teeth of an adult
3. Photo of unhealthy teeth of a child
4. Large Tooth Model and Toothbrush
<http://www.xump.com/Science/OralHygieneModel.cfm>
5. Hand Puppet of Hippo
<http://www.folkmanis.com/Prod-67-1-212-1/Hippo.htm>
6. Photo of how much toothpaste to use
7. Healthy food/not-healthy food Tooth Board
<http://practicon.com/Tooth-Friendly-Snacks-Magnetic-Board/p/41-14712/>
8. Lyrics for The Tooth Song: (Tune of *Twinkle Twinkle Little Star*)
9. Backpack with Colgate dental care supplies for each child
10. Sharpie pens for children to use to write their names on their backpacks

Time

25 – 30 minutes depending on age, group size, and participation of translator(s) plus distribution of backpacks.



INTRODUCTION



Introduction of presenters including translators if present.

We're here to talk with you about an important part of your body.

Your teeth! Please show us your big smiles.

We have a lot to talk about, so when we ask a question, please raise your hand, and we'll call on different children to answer.

If you have questions or stories to share, please wait until we're finished so we'll have time to listen you.

Ready?



LESSON

Here's the first question. Please remember to raise your hand if you have an answer.

Why do we have teeth?

- *To eat, chew our food*
- *To speak*
- *To smile*

Show us your lovely smiles again.

How do we keep our smiles lovely and our teeth healthy?

- *Brush*
- *Eat healthy foods*
- *Rinse with water after eating*

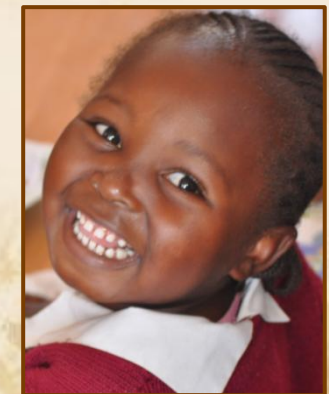
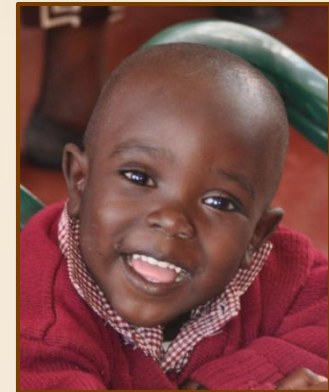
How many sets of teeth do we get?

- 2
 1. *Baby teeth/milk teeth/primary teeth*
 2. *Adult teeth/permanent teeth/grown up teeth*

How many baby teeth do we get?

- 20

Photo of healthy teeth of a child.





Why do we lose our baby teeth?

- *To make room for our adult teeth*
- *Because we need bigger, stronger teeth to last the rest of our lives.*

How many adult teeth do we get?

- *32*

Photo of healthy teeth of an adult.

- *Adult teeth can last for our whole adult life if we take good care of them.*



Why is it important to take care of our teeth?

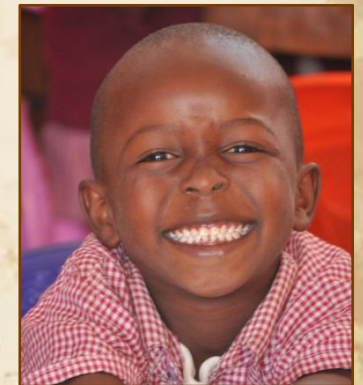
- *Healthy teeth and mouth are part of a healthy body*
- *For a nice smile*
- *Various answers*

Do everyone's teeth always stay strong and healthy?

- *Not always*

What can happen to teeth so they are not healthy?

- *Get cavities*
- *Get broken*
- *Get knocked out*
- *Various answers*





What is a cavity?

- *Small hole in a tooth*

Photo of unhealthy teeth of a child



What causes a cavity?

- *Eating food that is not-healthy*
- *Not brushing*
- *Sugar bugs*
- *Other answers*

What are sugar bugs?

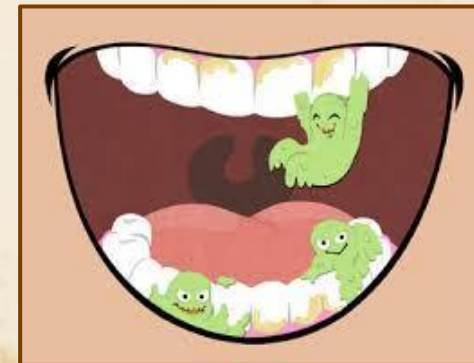
- *A sticky, fuzzy, clear film on our teeth*

Where do sugar bugs come from?

- *Various answers*

How do you make sugar bugs go away?

- *By brushing and rinsing them away*



Let's talk about how you can take good care of your teeth



TOOTH MODEL and TOOTHBRUSH

TOOTHBRUSH

- **Demonstrate how to brush**
 - Brush 2x's/day for 2 minutes each time
 - Brush in small circles
 - Be gentle, not rough. Do not scrub.
 - Brush the teeth and the gums where sugar bugs like to hide
 - Brush all surfaces of the teeth: inside, outside, the side you chew with, top and bottom
 - Don't forget to brush your tongue! Sugar bugs like to hide there too.
 - After you are done brushing, swish water in your mouth and spit it out. Do not swallow it.
- If you did a really good job, your teeth will look and feel clean!



TOOTHPASTE

- How do you use toothpaste?
 - *Various answers*
- Photo of how much toothpaste to use*
- Remember that toothpaste is not food, so don't eat it
- What do you do if you run out of toothpaste?
 - Still use your toothbrush with water to get the sugar bugs off
 - If you don't have a toothbrush, you can rinse your teeth





HEALTHY FOOD/NOT-HEALTHY FOOD TOOTH BOARD GAME

- *Not-healthy foods stick to teeth*
 - *Healthy food falls off*
 - *Sugar bugs stick to not-healthy food*
 - *“Treat” means not all the time but sometimes*
 - *When we do have a treat, we know to brush our teeth or rinse our mouths*
-
- Let's play the game. When we show you one of the foods,
 - If you think is not-healthy, that it **will** stick to the tooth, raise your hand.
 - If you think it is healthy, that it will **not** stick to the tooth, show us your big smile.





REVIEW and CONCLUSION

REVIEW

- Why do we have teeth?
- How many sets of teeth do we get?
- How many baby teeth do we have?
- Why do we lose our baby teeth?
- How many adult teeth do we get?
- Why is it important to take care of our teeth?
- How can we keep our teeth healthy?

CONCLUSION

Thank you for listening so carefully.

We hope you'll take very good care of your teeth.

Let's sing a Tooth Song: (*Tune of Twinkle Twinkle Little Star*)

*"Get my toothpaste, get my brush
I won't hurry, I won't rush.*

*"Making sure my teeth are clean
Front and back and in-between.*

*"When I brush for quite a while
I will have a happy smile*





BACKPACKS

Now we have a special gift for you to help you keep your smile healthy. We have enough backpacks for each of the children in the group today. Let's see what's in the backpack.

- *Show contents*



- *Distribute backpacks with help of principal, teachers, parents, and other adults*
- *Pass around Sharpie pens for children to write their names on backpacks*
- *Collect sharpie pens.*

Thank principal, teachers, children, and parents if present.