Introduction

* Introduce the Club as a whole
* Split into two groups for the Public Health presentation and the Dental presentation

Dental Presentation

General overview of what a dentist does and basic information

* Ask them questions (have them raise their hands and if applicable select one child to respond)
* Who knows what a dentist is?
* A dentist is like a doctor for your teeth. Dentists makes sure there aren’t any cavities or signs of disease, cleans your teeth, treats any problems they may find, and work with you to help you keep a set of healthy and strong teeth!
* Who has been to a dentist?
* Does anyone want to tell us how many times you brush your teeth a day?
* You want to make sure to brush and floss at least twice a day in the morning and at night. However it is best to brush after every meal, though that isn’t always convenient. Brushing after every meal will help to get the bacteria off your teeth after eating.
* Why do we go to a dentist and how many times a year are you supposed to go?
* Going to the dentist regularly will let the dentist catch any signs of dental related problems early so that they can help you prevent anything from going wrong with your teeth. You should come by and visit the dentist once every 6 months, so twice a year.
* Give our own answers to the questions
* What they can and cannot eat
* No sticky stuff
* Rinse after you eat
* If you are going to eat sweets, better to do it one time during the day instead of eating small portions throughout the day.

Activities

Brushing Teeth

* Why do we brush
* To remove plaque which can create little holes in the teeth called cavities which will weaken your teeth.
* Ask who brushes their own teeth
* Ask who thinks is really good at brushing their teeth and if they could show the class how they brush their teeth.
* Have the child show the class how they brush their teeth on the model
* Teach them the right way how to ACTUALLY brush their teeth
* Brush in little circles with the toothbrush, with the toothbrush at a 45 degree angle to the gum line.
* Start in the hard to reach back teeth, since kids tend to get lazy and brush the inside, middle, and outer sides of the teeth.
* Don’t press too hard onto the teeth, especially when using an electronic toothbrush
* Use a reasonable amount of toothpaste, about a pea size for kids
* Don’t forget to brush the tongue, as it can cause bad breath.

Supplies

* Large teeth model and large tooth brush

Floss the kids

* Have the kids line up linking arms and standing closely to each other
* The lined up kids will act as the “teeth”
* Put sticky notes on the “teeth” to act as plaque and food
* Two kids will floss the teeth using a string of yarn making sure to get as much of the sticky notes off as possible
* 5-10 minutes

Bean bag toss (if time permits)

* A filling is a special medicine that a doctor uses to fill cavities, or the little holes plaques cause in your teeth. First the dentist will gently remove the part of the tooth with the plaque on it to prevent the cavity from getting bigger than use the filling to fill up the whole as if it was never there!
* Short explanation of a cavity
* The kids will throw bean bags into the holes, drawn around the holes will be teeth
* The kids are “filling” the cavity with the bean bags

Q and A

* Let the kids and teacher ask any questions they may have

Goodie bags

* Toothpaste
* Floss
* Toothbrush