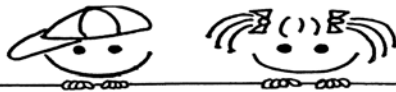




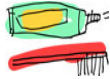
# Parenting Corner: Oral Health



IUSD Early Childhood Learning Center  
Early Start • Head Start • Montessori International • School Readiness • Special Education  
(949) 936-5870



## Brushing Tips for Parents



- ~ Start cleaning teeth as soon as the first tooth appears. Wipe daily with a clean, damp cloth; use a small, soft toothbrush for more teeth.
- ~ At age 2, use a small, pea-sized dab of an ADA-accepted fluoride toothpaste (unless recommended otherwise by your doctor or dentist).
- ~ Using a soft-bristled toothbrush, brush the inside surface of each tooth first, where plaque may accumulate most. Brush gently back and forth.
- ~ Clean the outer surfaces of each tooth. Angle the brush along the outer gum line. Gently brush back and forth.
- ~ Brush the chewing surface of each tooth. Gently brush back and forth.
- ~ Use the tip of the brush to clean behind each front tooth, both top and bottom.
- ~ Teach your child to spit out the toothpaste and rinse well after brushing.
- ~ It's always fun to brush the tongue!
- ~ Communicate with your child's doctor or dentist.

## Fast Facts

- Toothbrushes were invented over 500 years ago!
- Kids have 20 first teeth. Adults have 32 teeth.
- Each person has a unique set of teeth!
- The second most common disease in the US is tooth decay.



## Quiz - True or False

1. \_\_\_ Parents should brush their child's teeth twice a day until the child is old enough to control the brush himself.
2. \_\_\_ Children less than 6 years old should cover the entire toothbrush with fluoride toothpaste when they brush.
3. \_\_\_ Fluoride is beneficial to people of all ages.
4. \_\_\_ You should only take your child to the dentist if she is in pain.
5. \_\_\_ You should change toothbrushes twice a year.

### Answers

1. **True** - children usually lack the motor skills to brush effectively until age 4 or 5.
2. **False** - starting at the age of 2, children should use a pea sized amount of fluoride toothpaste
3. **True** - fluoride helps make tooth enamel harder and more resistant to acid that causes tooth decay
4. **False** - visit the dentist regularly for preventative check-ups and cleaning
5. **False** - change toothbrushes at least every 3 months

## Help! My Child HATES Brushing!

**\*TIPS ON DEVELOPING YOUR CHILD'S BRUSHING HABITS\***

### Be a Good Example

Try brushing side by side with your child and model excellent dental hygiene habits. Involve other family members as well.

### Communicate

Explain the benefits of good brushing; she will have a bright smile, a germ free mouth, healthy teeth now and in the future, etc. Don't use a visit to the dentist as a scare tactic. It is likely to prevent the child from feeling comfortable with his dentist.

### Check for Mouth Injuries

Sometimes the child may have bruised or swollen gums from brushing previously or another injury. Wait until the injury has healed before resuming brushing.

### Evaluate the Toothbrush

Some toothbrushes are much too large for young children to use comfortably. Also, check the strength of the bristles; there are soft, medium and hard levels. Use a soft brush with an easy to grasp grip to ensure a pleasant experience.



### Taste the Toothpaste

Well, you don't need to taste it but be aware that children often do not like the taste of regular toothpaste. Switch to a flavored toothpaste that contains fluoride but be sure that it does not have added sugar.

### Use Creative Reminders

Leave a note on the bathroom mirror or on your child's pillow so he doesn't forget to brush in the morning and at night.

### Consult with a Pediatric Dentist

The dentist may be able to help your child understand the importance of brushing.

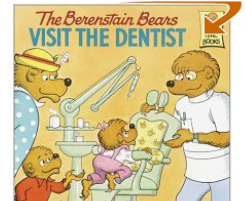
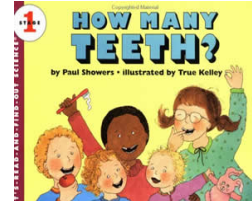
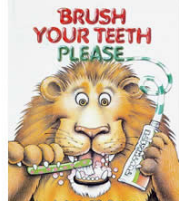
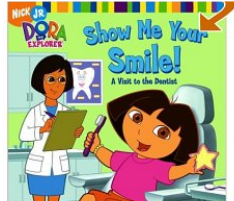
## Story Corner



- *Show Me Your Smile!* written by Christine Ricci and illustrated by Robert Roper
- *Brush Your Teeth Please* written by Leslie McGuire and illustrated by Jean Pidgeon
- *How Many Teeth?* written Paul Showers and illustrated by True Kelley
- *The Berenstain Bears Visit the Dentist* written by Stan and Jan Berenstain

Use these fun-filled books to encourage healthy dental activities!

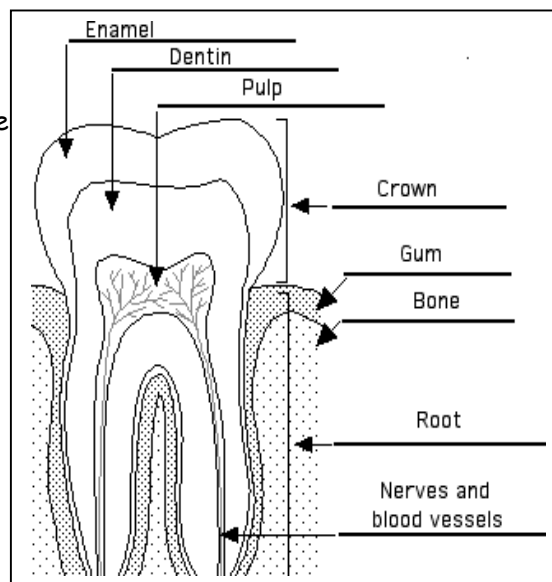
Read with your children everyday.



# The Human Tooth

The human tooth has numerous parts: the crown is the visible portion and the roots are anchored in the bone. The main components of the tooth are shown in the cut view diagram.

- **Enamel:** hard, white substance covering the crown of the tooth
- **Dentin:** a tissue, hard and bone-like that makes up most of the tooth
- **Pulp:** part of the center of the tooth made up of living soft tissue
- **Crown:** the portion of the tooth that is covered by enamel
- **Gum:** the tissue of the jaws that surrounds the teeth
- **Bone:** rigid, connective tissues that are part of the human skeleton
- **Root:** part of the tooth that goes below the gum; it is covered with cementum rather than enamel



## Helpful Resources

Websites for great resources on children's dental care! Find the children's section and explore!

[www.ada.org](http://www.ada.org)

[www.colgateoralcare.com](http://www.colgateoralcare.com)

[www.keepkidshealthy.com](http://www.keepkidshealthy.com)

[www.healthyteeth.org](http://www.healthyteeth.org)

[dentalresource.org](http://dentalresource.org)

[www.kaboose.com](http://www.kaboose.com)

[healthfinder.gov/kids/](http://healthfinder.gov/kids/)



For more information on the IUSD School Readiness Program visit: [www.iusd.org/eclc/](http://www.iusd.org/eclc/) and click on ECLC programs.

### USE INTERESTS! ...COLOR...ME!...



## Make Healthy Teeth a Fun Priority!

### USE HUMOR!

*A little boy was taken to the dentist. It was discovered that he had a cavity that would have to be filled.*

- "Now, young man," asked the dentist, "what kind of filling would you like for that tooth?"
- "Chocolate, please," replied the youngster.

### USE GAMES!

Find: Clean, Brush, Tooth

C	L	E	A	N	A	M
T	O	R	U	L	B	R
F	T	H	S	B	R	T
S	Q	R	P	X	U	P
E	W	O	I	V	S	D
A	T	O	O	T	H	O

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