

## CARING FOR YOUR TEETH

- Knowledge Attitude Practice** After working through this lesson, participants will be able to:
1. Explain how tooth decay occurs.
  2. Describe ways that adults can care for their teeth.
  3. Describe ways to care for the teeth of children.
  4. Teach others how to care for their teeth.

**Overview** This series of lessons is based on the *Health Education Program for Developing Communities*, 2009, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization.

This is a basic lesson that can be used with children as well as with adults and teens.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Roleplay

### LESSON

60 minutes

#### Role Play: (5 minutes)

*Instructions:* Use white pillowcases to represent teeth, and black spots of construction paper to represent plaque or tooth decay.

(**Mr. Tooth Decay** arrives.) Look at those white shiny teeth! But I can fix that. Here, kid, have some Coke and some candy.

**Teeth:** Mmm. Looks good.

**Mr. TD:** Got him! (He starts attaching black spots to the teeth.)

**Teeth:** We feel sticky.

**Dudley Dentist** arrives with a large toothbrush and starts scrubbing.

**Teeth:** Now we feel better.

**Song :** (To the tune of "Row, row, row your boat")

Brush, brush, brush, your teeth,

Each and every day,

Up and down and all around--

Brush those germs away.

Ask SHOW Questions:

*What did you See?*

*What was Happening?*

*Does this happen in Our place?*

*Why does this happen?*

---

## CARING FOR YOUR TEETH

### **Tooth Decay** (10 minutes)

*Instructions:* Discuss in large group.

- A.** What kinds of problems do people have with their teeth?
1. Many people have tooth decay.
  2. This leads to cavities and tooth pain and sometimes to the loss of teeth.
  3. Often adults often have gum disease as well.
  4. Their gums may be swollen and sore.
- B.** What causes tooth decay? Show how to scrape a tooth with your fingernail to see if you have plaque.
1. Tooth decay is caused eating sweet or sticky foods.
  2. That leads to the build-up of plaque on your teeth.
  3. Bacteria or germs grow in the plaque.
  4. The bacteria or germs attack the teeth and cause tooth decay.

---

### **Preventing Tooth Decay** (20 minutes)

*Instructions:* Divide into small groups. Half of the groups will discuss how adults can prevent tooth decay. The other half will discuss how you can prevent tooth decay in children. If you want, you can present your recommendations as a song, skit, or poster.

- A.** How can adults prevent tooth decay?
1. Brush your teeth at least twice a day.
  2. Floss your teeth.
  3. Rinse and “swish” your teeth after brushing and flossing.
  4. Eat healthy foods.
  5. Avoid sodas and sweet, sticky foods.
  6. Drink lots of safe water.
  7. If possible, use fluoridated water and fluoridated toothpaste. (The fluoride helps prevent tooth decay.)
  8. Eat high-fiber vegetables and fruits.
  9. Avoid tobacco.
    - Tobacco causes mouth cancer.
    - Tobacco leads to gum disease.
    - Tobacco causes bad breath.
    - Tobacco stains your teeth.
  10. Heavy use of alcohol also leads to mouth and throat cancer.
- B.** How can you care for the teeth of children?
1. Breastfeed your children.
  2. Do not use bottles.
  3. Never give a bottle.
  4. Give your children regular, nutritious meals.
  5. Avoid frequent snacks.
  6. Sodas, sweet drinks, candy and sugar cane can lead to tooth decay.
  7. Brush teeth with fluoride toothpaste.
  8. Use only a small amount of fluoride toothpaste, since fluoride can stain the teeth.
  9. If there is no fluoride toothpaste available, brush with safe water or safe water and a pinch of baking soda.

## CARING FOR YOUR TEETH

10. Brush your children's teeth twice a day.
  11. Rinse teeth with safe water and swish after brushing teeth and after eating snacks.
  12. Floss the teeth once a day.
  13. If you can't get dental floss, you can use sewing thread or fishing line.
- C.** What is the best technique to brush your teeth? Demonstrate. Children can also practice brushing their teeth.
1. Brush twice a day.
  2. Use a soft toothbrush and short strokes.
  3. Brush the top of the teeth, the sides of the teeth, and the gums.
  4. Also brush the tongue.
  5. Use only a small amount of fluoridated toothpaste.
  6. Rinse and swish your teeth with safe water after you brush.
  7. Rinse your toothbrush with safe water and store it upright to air dry.
- 

### **Teaching Booklets** (20 minutes)

- A.** Divide into pairs. Practice teaching each other the teaching booklet. *Caring for your teeth.*
  - B.** During the week, visit your friends and neighbors to teach about caring for their teeth using the teaching booklet
- 

### **References:**

Handbook and Illustrations, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

## CARING FOR YOUR TEETH - STARTER

### **Role Play:**

*Instructions:* Use white pillowcases to represent teeth, and black spots of construction paper to represent plaque or tooth decay.

**(Mr. Tooth Decay** arrives.) Look at those white shiny teeth! But I can fix that. Here, kid, have some Coke and some candy.

**Teeth:** Mmm. Looks good.

**Mr. TD:** Got him! (He starts attaching black spots to the teeth.)

**Teeth:** We feel sticky.

**Dudley Dentist** arrives with a large toothbrush and starts scrubbing.

**Teeth:** Now we feel better.

**Song:** (To the tune of "Row, row, row your boat")

Brush, brush, brush, your teeth,

Each and every day,

Up and down and all around--

Brush those germs away.

---

### **Role Play:**

*Instructions:* Use white pillowcases to represent teeth, and black spots of construction paper to represent plaque or tooth decay.

**(Mr. Tooth Decay** arrives.) Look at those white shiny teeth! But I can fix that. Here, kid, have some Coke and some candy.

**Teeth:** Mmm. Looks good.

**Mr. TD:** Got him! (He starts attaching black spots to the teeth.)

**Teeth:** We feel sticky.

**Dudley Dentist** arrives with a large toothbrush and starts scrubbing.

**Teeth:** Now we feel better.

**Song:** (To the tune of "Row, row, row your boat")

Brush, brush, brush, your teeth,

Each and every day,

Up and down and all around--

Brush those germs away.

---

### **Role Play:**

*Instructions:* Use white pillowcases to represent teeth, and black spots of construction paper to represent plaque or tooth decay.

**(Mr. Tooth Decay** arrives.) Look at those white shiny teeth! But I can fix that. Here, kid, have some Coke and some candy.

**Teeth:** Mmm. Looks good.

**Mr. TD:** Got him! (He starts attaching black spots to the teeth.)

**Teeth:** We feel sticky.

**Dudley Dentist** arrives with a large toothbrush and starts scrubbing.

**Teeth :** Now we feel better.

**Song:** (To the tune of "Row, row, row your boat")

Brush, brush, brush, your teeth,

Each and every day,

Up and down and all around--

Brush those germs away.