

**PLAQUE, PLAQUE GO AWAY  
BRUSH DAILY, TWICE A DAY**

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# Welcome 3rd Graders!



# What is a Hygienist?

Our job is to make your teeth happy, by cleaning them when you come to the dentist

We are here to teach you how you can brush your teeth at home so that you don't get cavities



Video

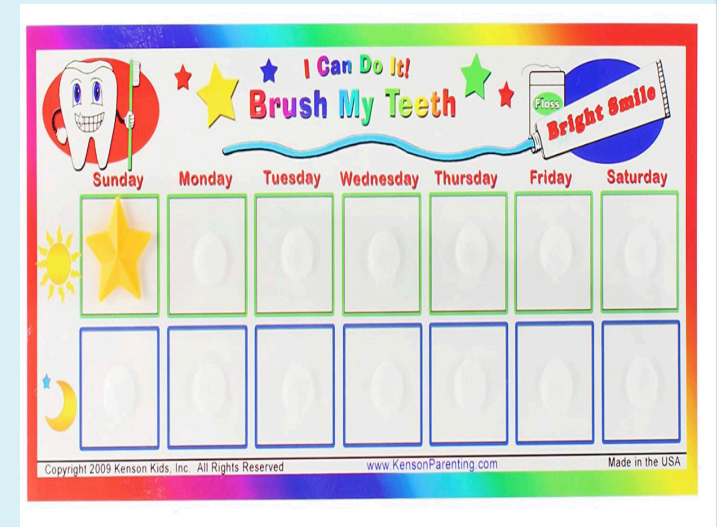


MyKid's  
DENTIST™

<https://youtu.be/hDZXSMUzIAk>

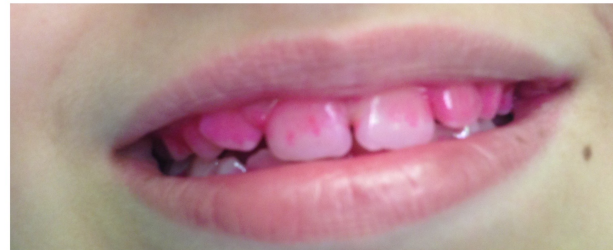


Goodie bags for healthy, happy teeth





Disclosing  
tablets



# Brushing My Teeth

1



\* Put a small dot of toothpaste on my toothbrush.

2



\* Put water from the tap, on my toothbrush.

3



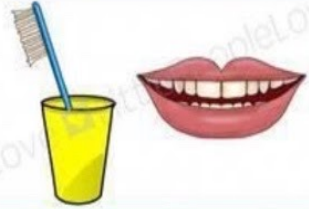
\* Brush my teeth:  
- top teeth  
- bottom teeth  
- front teeth  
- outside of teeth  
- inside of teeth

4



\* Spit the toothpaste in my mouth, into the sink.  
\* Rinse my mouth and toothbrush with water.

5



\* Put away my toothbrush and smile with my clean teeth!



# Why is sugar bad for teeth?



<https://k8schoollessons.com>

# The effects of sugar on teeth



Sad  
Tooth/Happy  
Tooth

## Which Food for Healthy Teeth?



# Questionnaire

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1. Which of these is a healthy snack choice and will make your teeth happy? A) Yogurt B) A cupcake C) Doritos

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2. How many times a day should you brush your teeth? A) In the morning B) Before bedtime C) In the morning and before bedtime D) When you feel like it

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3. What causes cavities and toothache? A) Not brushing your teeth twice a day B) Eating sweets C) Drinking soda C) Skipping dental visits D) All of the above

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4. How much toothpaste should you use while brushing? A) The whole tube B) A size of a pea C) As much as you want

## Questionnaire

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5. How often should you visit the dentist?  
A) Twice a year. B) When you have a toothache C) When you feel like it

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6. Which of these should you drink the most of each day? A) Water B) Your favorite soda C) Orange juice

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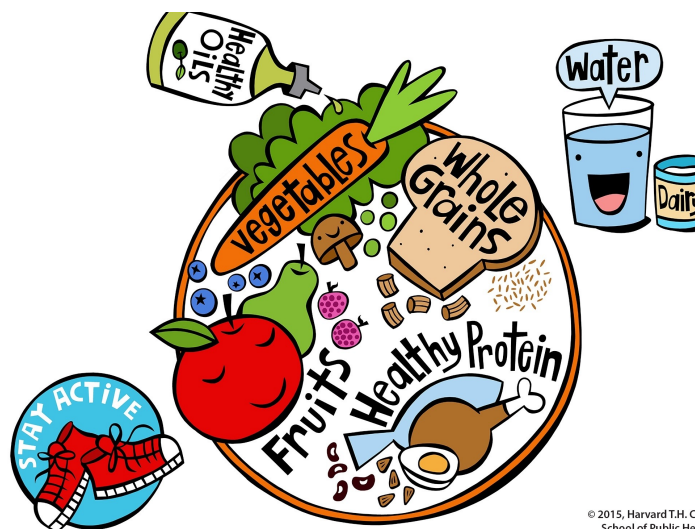
7. Which of these is an unhealthy snack choice and will make your teeth sad? A) A carrot B) An apple C) A donut

# How do we keep our teeth happy?

Brush every day and night!

Use your rainbow sand clocks and tooth mirrors!

Eating less sugar and more fresh foods!

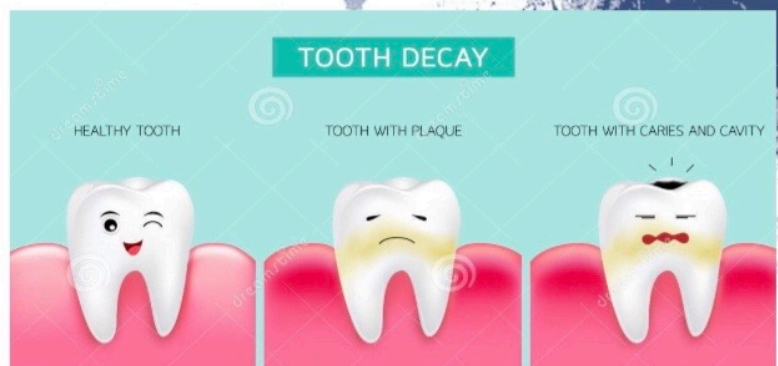


# Plaque, Plaque Go Away Brush Daily, Twice a Day



## Brushing My Teeth

- \* Put a small dot of toothpaste on my toothbrush.
- \* Put water from the tap, on my toothbrush.
- \* Brush my teeth:  
- top teeth  
- bottom teeth  
- front teeth  
- outside of teeth  
- inside of teeth
- \* Spit the toothpaste in my mouth, into the sink.  
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- \* Put away my toothbrush and smile with my clean teeth!



# Happy teeth for everyone!

Remember to use your stickers every day  
after brushing!

Teach your parents what you learned today!

Who is a brushing superstar????



Thank  
You!!

