

Lesson Plan

Session Title		“Plaque Plaque Go Away, Brush Daily, Twice a Day” By: Tatsiana Maloila, Diana Diaz, Justyna Varela, Mariama Bereteh, Minna Harbater.	
Objective(s)/ Goals		To define and demonstrate what is and where plaque forms, it’s effects on teeth, and introduce an effective tooth brushing technique to reduce caries risk.	
Activity	Time	Tasks	Materials
Ice-breaker /Introduction	10 min	Introduction of who we are and our plan for the day. Identify Early Childhood Caries Risk by asking questions: Do they like dentists. How often do they visit the dentist? How often do they drink soda and eat sweets? Do they brush and floss?(Frequency+duration)	None; Interactive Powerpoint presentation Slide # 1
Whole group activity	10 min	We will distribute goody bags to children; Each containing disclosing solution tablets and personal mirrors. Explain that this “magic pill” can help us see the bad bacteria in our mouth that makes our teeth sad and causes toothaches. Instructions will be given; Chew on a tablet, smile and look in the mirror to see if bad bacteria is present.	Goody bags with disclosing tablets and mirrors Powerpoint presentation Slide # 2
Whole group demonstration	5 min	A Youtube video is presented to explain what plaque is and what it’s effects on teeth are. Emphasis is placed on tooth brushing techniques, amount of toothpaste required, fluoride importance, as well as frequency and quality of toothbrushing.	Youtube Video Powerpoint presentation Slides # 3-4
Individual practice	15 min	Following the video, the toothbrushing technique is demonstrated on a typodont by one of the presenters. The children are encouraged to “erase all the bacteria” and make their teeth happy by brushing the bacteria	Tooth brush, typodont, mirrors

		off. Children are asked to pick their toothbrushes from their goody bag and brush their teeth while looking in the mirror. Children’s brushing techniques will be monitored by presenters to ensure proper technique is performed.	
Group activity	10 min	Children are split up in 4 groups. Each group is given a “Happy Tooth, Sad Tooth” activity, where they learn the importance of eating healthy foods and what is necessary for keeping optimal oral health; in other words, keeping our teeth “happy”.	Happy Tooth, Sad Tooth paper samples Powerpoint presentation Slides # 5-7
Review	3 min	A questionnaire is distributed to each child to evaluate if the presentation was effective.	Questionnaire
Home Care Instructions assignment	5 min	The children are encouraged to do their best to make their teeth happy by brushing twice a day under parental supervision and making healthy food choices. In order to ensure best health outcomes for each child, parents are sent a review of what was learnt in today’s presentation and a copy of home care instructions via email.	Teacher/Parent emails.
Session feedback Q & A	10 min	Questions, thoughts, stories or personal achievements regarding dental care are encouraged and to be shared by the class.	None; Interactive.

Notes

We plan to include in our discussion: what plaque is and why it is bad for our teeth. What caries is and what causes caries and how to prevent it; sugar, acid and its effect on teeth; the importance of brushing, flossing and eating healthy foods; importance of routine dental appointments to make our teeth happy.