

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

Presentation by: Minna Harbater, Tatsiana Maloila, Justyna Varela, Mariama Bereteh, Diana Diaz



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/hDZXSMU2IAk>



Goodie bags for healthy, happy teeth

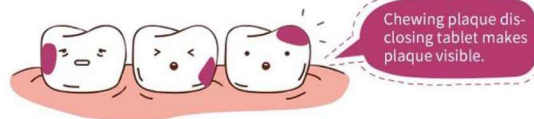
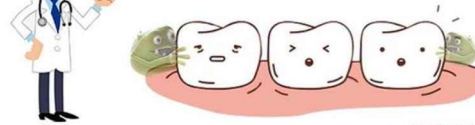


Activity: Disclosing tablets



Baby has good teeth, mother is at ease

Teeth plaque is invisible!



The purple area is where plaque living.



HOW TO USE I

1

- Brush and floss your teeth as usual and rinse your mouth with water.
Chew purple tablet, swish around for about 30 seconds and spit it out.



- Smile at the mirror. Purple stain on your teeth shows you the areas you forgot to brush, where plaque is still hiding.
It's OK if your gums are stained, that is normal!

2

3

- Brush a second time more thoroughly to get all the spots you missed. Smile again and see your squeaky-clean teeth!
Rinse your toothbrush and sink after to help prevent stains.





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



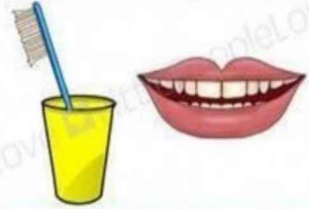
* Brush my teeth:
- top teeth
- bottom teeth
- front teeth
- outside of teeth
- inside of teeth

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?



The effects of sugar on teeth

Sad
Tooth/Happy
Tooth

Which Food for Healthy Teeth?



Questionnaire

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

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

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

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

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

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

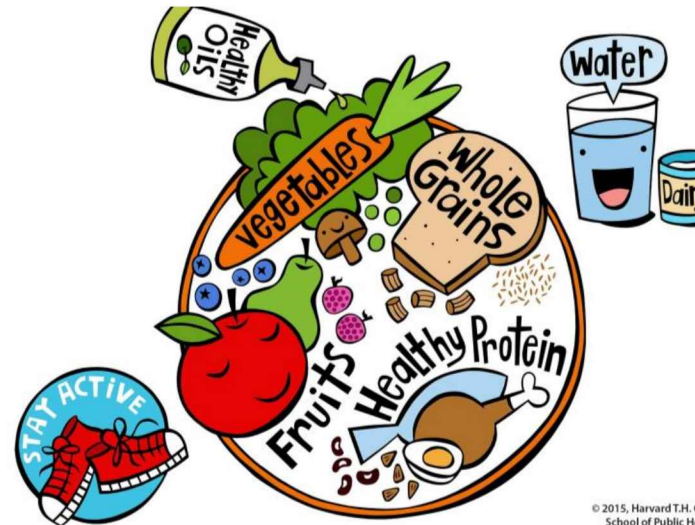
7. Which of these is an unhealthy snack choice and will make your teeth sad? A) A carrot B) An apple C) A donut

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!

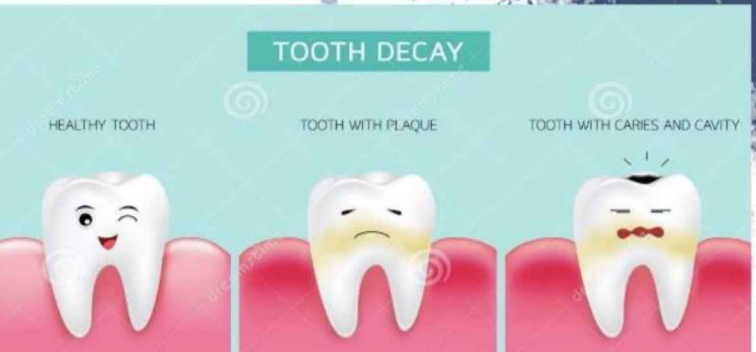


Plaque, Plaque Go Away Brush Daily, Twice a Day



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.
* Rinse my mouth and toothbrush with water.
- * 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!!

