

# Defeat Monster

## ▶ Mouth

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# Introduction/Assessment

Our intended audiences are 6-8 years old, 2<sup>nd</sup> grade school children.

Children at the age often has short attention span and can only focus on one thing at time.

From family of immigrants with different dental and cultural believes.

Majority of them are disadvantaged children who are at greater risk.

# Planing

Our lesson plan include the following:

Educate kid about how to brush their teeth with Fone's Brushing Techniques/Circular brushing(locations, frequency and duration), Floss before brushing.

Explain what caries is and what contribute to caries.(good food VS bad food)

Lesson is no longer than 30 mins

More interactions with kids and activity(Food stickers activity)

Demonstrating brush technique on mouth model



Poster before activity 1



# Poster after Activity 1

# Brushing Instruction for kids

# Brush for a Bright Smile!

## Dental Health Posters

<p>Dental Health</p> 	<p>Dentist Office</p>  <p>Get Your Teeth Checked Twice Yearly!</p>	<p>Brush Your Teeth Each Morning</p> 	<p>Brush Your Teeth Each Night Before Going To Bed</p> 
<p>Don't Forget To Floss Your Teeth!</p> 	<p>Remember To Use Toothpaste!</p> 	<p>Brush Your Teeth For 2-3 Minutes</p> 	<p>Use A Toothbrush With Soft Bristles</p>  <p>Replace Your Toothbrush Every 3 Months</p>



1 Brush at an angle  
to the gum line.  
Brush gently up and  
down for each tooth.



2 Brush the inside surface  
of each tooth, using the  
wiggling technique in step 1.



3 Brush the chewing  
surfaces at the back



4 Use the tip of the brush  
to brush behind each front  
tooth, both top and bottom.



5 Don't forget to brush  
your tongue!



## Activity 2: Brushing on Mouth Model



# Conclusion

We evaluated children's knowledge on brushing techniques and cariogenic food. 15 out of 15 children were able to demonstrate correct brush techniques on the model.

14 out of 15 were able correctly distinguish cariogenic from non-cariogenic food.

A goodie bag is given to every children(dental posters, kids brush and toothpaste included).



# Goodie Bags

