

# Care of Teeth

## *Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

6.1, 6.3, 8.5

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate an understanding of the effects of healthy living on the body
- practise and discuss appropriate personal hygiene that promotes personal, family/caregiver, and community health
- demonstrate spatial awareness by doing activities that require the use of small muscles

## Equipment

- Toothbrush
- Toothpaste
- Mirror
- [Early Learning Anecdotal Recording Chart](#)

## Safety

n/a

## Assessment Opportunity

EL-K Team observation of children's demonstrated knowledge of the effects of healthy, active living on the body and appropriate personal hygiene and application of spatial awareness can be recorded on the Anecdotal Recording Chart.

## Taking Care of Teeth

- Ask each child to explore their own mouth by using their tongue to locate individual teeth in their mouth.
- Discuss why it is important to brush your teeth (get rid of germs in mouth, freshen breath).
- Ask children: What do you need to brush your teeth? (toothbrush, toothpaste) When do you need to brush your teeth? (after breakfast, before bedtime)
- Demonstrate ways to brush teeth or ask Public Health dental staff to visit.
- Have children keep a record of how often/when they brush their teeth for one week.

## Food and Taking Care of Teeth

Show children pictures of various foods and have them determine which ones are good for their teeth and which ones are bad.

## Notes to EL-K Team

- Toothbrushing is one of the most effective ways of removing plaque from all surfaces of the teeth. It takes at least two minutes to properly brush teeth and gums. Teeth should be brushed twice a day, once in the morning and once in the evening before bedtime. Supervision and assistance is required for children up to six years of age. If toothbrushing is not possible during the day, rinsing the mouth with water may help to prevent decay.

- When brushing their teeth, emphasize that children are to clean the “outsides” (surface of teeth against cheek), the “insides” (surface of teeth against tongue) and the “tops” (chewing surfaces) of the teeth. Emphasize they should clean the back teeth, not just the front teeth! A counting system encourages thorough coverage and helps the children concentrate on brushing. They should count 5 to 10 strokes in each area.

## Connection Questions to Expand and Enhance Play

- Why is it important to brush our teeth?
- How does having clean teeth help our body to stay healthy?