



Bright Smiles Ahead

Dear Educator, Working with children, you see first-hand how a child's health can impact their ability to succeed in school. And that includes oral health. Fortunately, when children visit the dentist regularly and learn to brush, floss, and choose water over sugary drinks, they can protect their teeth for life.

Your students will have **Bright Smiles Ahead** with this free educational program from the Los Angeles Department of Public Health and the curriculum specialists at Young Minds Inspired. The program's easy-to-implement activities reinforce positive daily dental habits while supporting early learning skills like cutting, counting, problem-solving, coloring, and creative expression. An accompanying family letter also provides parents and caregivers with tips about oral care and how sealants can help keep their children's smiles healthy so they are ready to learn.

We hope that you will enjoy this program and share it with other teachers in your school. Please let us know your thoughts on this program at ymiclassroom.com/feedback-smiles. We look forward to your comments.

Sincerely,
Dominic Kinsley, PhD
Editor in Chief, Young Minds Inspired



Intended Audience

Daycare, preschool, grades K - 2

Program Components

- A classroom poster
- This teacher's guide
- One reproducible activity for daycare - K
- One reproducible activity for grades 1 - 2
- A bilingual family letter
- A reply card for your comments

The above components can be downloaded at ymiclassroom.com/smiles along with a bonus activity for grades 1 - 2, Spanish translations of all activity sheets so that you can print them double-sided, and a standards alignment chart.

What Children Will Learn with These Activities

- Healthy dental habits
- Math, reading, and problem-solving skills
- How to work with others
- Creative expression

Resources

ChooseHealthLA.com/Teeth
ChooseHealthLA.com/Dientes
ymiclassroom.com/smiles



How to Use the Program

Before hanging the poster, photocopy the teacher's guide, activity sheets, and family letter. Use the activities in class or send them home with the family letter. Students will need crayons, scissors, glue, pencils, and manipulatives to complete the activities. Help children by reading each activity aloud.

Poster: Teeth Talk

To start, direct students' attention to the poster. Ask students to tell you what they think the pictures mean. Read the "Teeth Talk" tips and talk about how they can help the children keep their teeth and smiles bright. Respond to questions they may have about going to the dentist. Place the poster in a prominent space in the classroom such as the class library with books about going to the dentist and oral health. Dolls with toothbrushes and play fabric dentist tools could also be provided for students to act out caring for the dolls' smiles or taking the dolls to the dentist.

DAYCARE TO KINDERGARTEN ACTIVITY Story Time: Remember the Routine

Learning routines to take care of their teeth will help students keep their smiles healthy

and bright. In this reading activity, students will make books about dental health. Begin by asking students how they get ready for bed and what they need to clean their teeth before bed. Make it a game of charades by asking the other children to guess the bedtime activities.

Next, the children will learn about daily brushing routines with the help of a fun story about a kitten and grown-up. Distribute the activity sheet and support students as they cut out and fold the mini storybook. Read the story together as a class, then have students color their storybooks and take them home to read with their families. Place a copy of the storybook in the reading center with a basket of dolls and other items so students can act out their dental health routines.

GRADES 1 - 2 ACTIVITY

The Dental Decoder

Understanding oral hygiene helps students avoid cavities and keep teeth healthy. In this fun activity, students will use math skills to solve a puzzle and learn how to keep their smiles shining. Begin by having students count twenty manipulatives to show the number of baby teeth they have. Next, have students count to thirty-two to show how many adult teeth they will have. Explain that after they lose baby teeth, they will get grown-up teeth, which are permanent. As an extension, model lining up the two groups to see how many more adult teeth students will have compared to baby teeth.

Explain that we have different types of teeth and share these fun facts with students: The big teeth in the back of the mouth are called *molars*. They help us grind the food we eat. Sealants help protect molars from cavities. Front teeth or *incisors* are flat and sharp to help cut food. They are the main teeth we see when we smile. The pointy teeth next to the incisors are called *canines*. They are pointy and sharp to help tear food.

Next, ask students how they take care of their teeth (brushing twice a day for two minutes — in the morning and before bed, flossing daily, drinking water instead of sugary drinks, snacking on fruits and veggies instead of candies, visiting the dentist's office twice a year for a check-up, having the dentist apply dental sealants to their molars, etc.). Have students work with a partner to complete the activity sheet. **Answers:** 1. 5; 2. 20; 3. 2; 4. 3; 5. 4. Mystery Message: SMILE.

Story Time: Remember the Routine

1. **Cut** the square.



2. **Fold** the book.



3. **Color** the pictures.



4. **Read** with a grown-up.



3 **Smile bright, sleep tight. Wish our clean teeth good night.**

2 **Let's brush for two minutes. Spit out the toothpaste. Then I will help you finish up. Now it's time for floss!**

4 **Good morning! Time to brush for two minutes again. I'm here to help. Now your smile is ready for the day!**

1 **Wow! That's a big yawn. I can see all your teeth. Let's count them. Now let's brush them!**



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Families: Your child is learning how to have **Bright Smiles Ahead**. Help your child brush their teeth with fluoridated water and fluoridated toothpaste. Remember 2x2: Brush twice a day for two minutes each time. For children over 3 years old, use a pea-sized amount of toothpaste. Remind children not to swallow the toothpaste. As soon as the sides of two teeth touch, it's time to help children floss once a day.

Sesión de cuentacuentos: Recuerda la rutina

1. Recorta el cuadrado.



2. Dobla por las líneas.



3. Colorea las imágenes.



4. Lee con un adulto.



3 **Que duermas bien. ¡Qué limpios nuestros dientes se ven!**

2 **Cepillemos durante dos minutos. ¡Escupe la pasta dental! Te ayudare a terminar. ¡Llegó el momento del hilo dental!**

4 **¡Buenos días! De nuevo es hora de cepillar durante dos minutos. Aquí estoy para ayudarte. ¡Sonrisa lista para todo el día!**

1 **¡Eso sí que es un bostezo! Veo todos tus dientes. Vamos a contarlos. Ahora ¡a cepillarlos!**

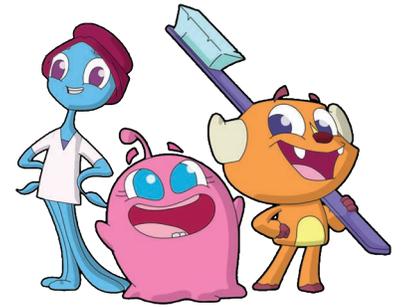


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Familias: Su hijo está aprendiendo cómo mantener una sonrisa brillante de ahora en adelante. Ayúdele a cepillar con agua y pasta dental fluorados. Recuerde 2x2: cepilla dos veces al día durante dos minutos cada vez. Para niños mayores de 3 años, use una cantidad de pasta dental del tamaño de un chícharo. Recuerde a su hijo que no se debe tragar la pasta dental. Cuando los lados de dos dientes se toquen, ayúdele a usar el hilo dental una vez al día.

The Dental Decoder

Caring for your teeth keeps them strong your whole life long! Solve the math problems below. Use the answers to decode a secret message!



1. Read the stories.



2. Solve the problems.

$$4 + 3 = 7$$

3. Match each number and letter.

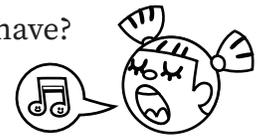
_____ = _____

1. Angel has a great smile. How many teeth has Angel lost?

$$2 + 3 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = L$$

2. When Willa sings, we can see her healthy teeth. How many teeth does Willa have?

$$10 + 10 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = M$$



3. Jamie goes to the dentist every spring. They go again six months later in the fall. How many times does Jamie go to the dentist each year?

$$1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = I$$

4. Sofia has adult teeth called molars. How many molars does Sofia have?

$$1 + 1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = E$$



5. Sunny brushes his teeth in the morning for two minutes. He brushes his teeth again at night for two minutes. How many minutes does Sunny brush his teeth each day?

$$2 + 2 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = S$$



Solve the puzzle. Write the letter on the line above its answer number.

_____ !
 4 20 2 5 3

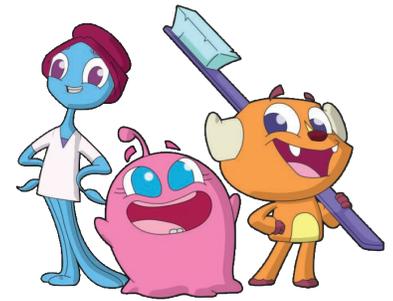




Families: Your child is learning how to have **Bright Smiles Ahead**. Brushing twice a day for two minutes helps keep teeth clean and strong. And visiting the dentist twice a year is key. Dentists can apply sealants to your child's molars and fluoride varnish to all your child's teeth to protect your child from cavities and keep smiles bright!

El descodificador dental

¡Cuida tus dientes para mantener una sonrisa fuerte y brillante de ahora en adelante! Resuelve los siguientes problemas. ¡Usa las respuestas para decodificar el mensaje secreto!



1. Lee las historias.



2. Resuelve los problemas.

$$4 + 3 = 7$$

3. Empareja cada número con su letra.

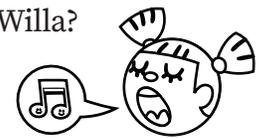
_____ = _____

1. Ángel tiene una preciosa sonrisa. ¿Cuántos dientes se le han caído a Ángel?

$$2 + 3 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = L$$

2. Cuando Willa canta podemos ver sus dientes saludables. ¿Cuántos dientes tiene Willa?

$$10 + 10 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = N$$



3. Jamie va al dentista cada primavera. Vuelve seis meses después, en otoño. ¿Cuántas veces va Jamie al dentista cada año?

$$1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = I$$

4. Sofía tiene dientes permanentes llamados molares. ¿Cuántos molares tiene Sofía?

$$1 + 1 + 1 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = A$$



5. Sunny se cepilla los dientes por la mañana durante dos minutos. Por la noche se los vuelve a cepillar durante otros dos minutos. ¿Cuántos minutos se cepilla los dientes Sunny cada día?

$$2 + 2 = \underline{\hspace{2cm}} \quad \underline{\hspace{2cm}} = S$$



Resuelve el rompecabezas.

Escribe la letra en la línea encima del número de la respuesta.

$\underline{\hspace{1cm}}$ **O** $\underline{\hspace{1cm}}$ **R** $\underline{\hspace{1cm}}$ $\underline{\hspace{1cm}}$ $\underline{\hspace{1cm}}$
4 **20** **2** **4** **3**



Familias: Su hijo está aprendiendo cómo mantener una sonrisa brillante de ahora en adelante. Cepillarse los dientes dos veces al día durante dos minutos limpia y fortalece los dientes. Y visitar al dentista dos veces al año es clave. Los dentistas pueden aplicar selladores a los molares de su hijo y barniz de flúor a todos los dientes para protegerlos de las caries y mantener su sonrisa brillante!

Teeth Talk!

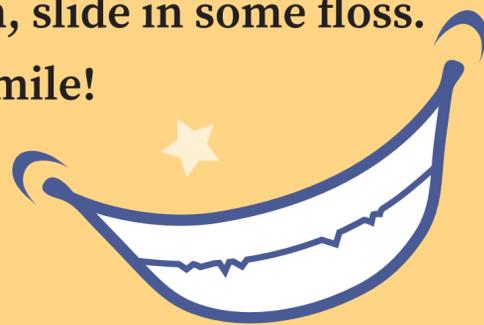


Your teeth have some tips for you to help keep them healthy for bright smiles ahead!



Keep Us Clean

2 × 2! Brush us twice a day for two minutes.
A grown-up should help you.
A pea-size squirt of toothpaste is all we need!
To clean in between, slide in some floss.
Rinse with water. Smile!



Choose Water

Water, especially water with fluoride, helps make us strong.

Time to eat? Wash down food with water.

Playing outside? Grab some water and go!

Add some yummy watermelon or cucumber slices for a special water drink.



Visit Our Friend the Dentist

Dentists and hygienists use special tools and toothpaste to carefully clean each of us and help us shine.

They floss to make sure food and germs aren't stuck in between us.

Sometimes they take pictures of us to find out if we have cavities.

Visit the dentist twice a year to prevent toothaches and keep us feeling great!

