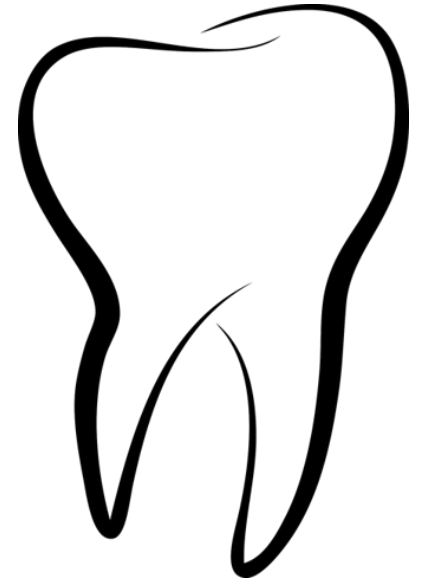


# YOUR SMILE MATTERS



# Acknowledgments

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This PowerPoint presentation was created by Jocelyn Ortiz, B.A.  
and Dalila Georgestone, MPH

Special thanks to Lauri Kim, D.D.S, M.S.D for reviewing and editing  
this work.

**WHO LIKES TO  
PLAY GAMES?**



**TRUE OR  
FALSE:**

You should brush your teeth once a day.

# FALSE

It is recommended to brush your teeth two times a day (morning and night).

**Source:** <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

**TRUE OR  
FALSE:**

You should brush your teeth for two minutes.

# TRUE

It is recommended to brush your teeth for two minutes including your tongue.

**Source:** <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

# TRUE OR FALSE:

The correct way to brush your teeth is from side to side.



# TRUE

Brush side to side at the gumline in short, back and forth strokes. This helps to brush in the pockets between the gums and the teeth.

# TRUE OR FALSE:

It is recommended you go to the dentist every six months.

# TRUE

It is important to visit the dentist every six months regardless if you are not experiencing any pain.

Source: <https://www.mouthhealthy.org/en/dental-care-concerns/questions-about-going-to-the-dentist>

**TRUE OR  
FALSE:**

You should brush your teeth first and then floss.

**FALSE**

It is important to floss before brushing your teeth.

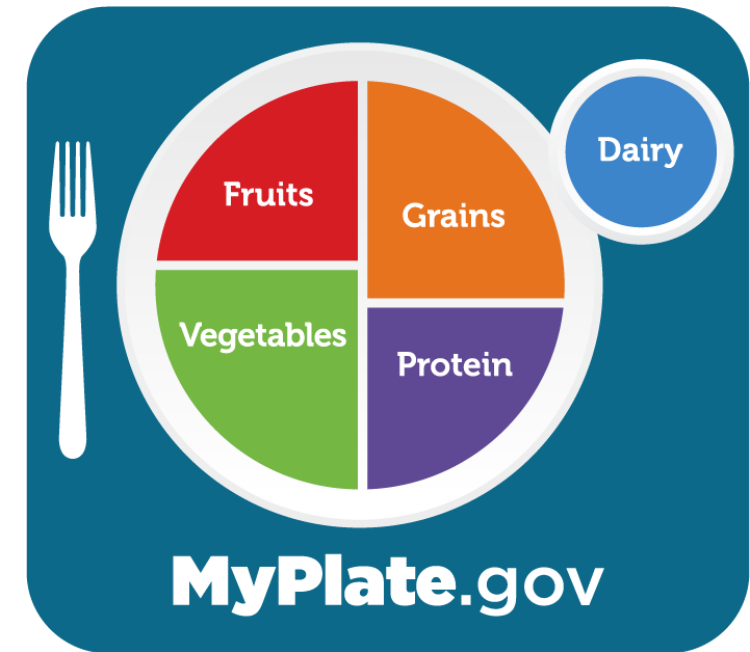
**I AM SWEET, WHO  
AM I?**

# NUTRITION



# Nutrition & Oral Health

- Healthy eating habits and food choices are an important factor in preventing cavities and gum disease
- Choose from a variety of food groups
- Make eating healthy food fun



Source: <https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>

Image from: U.S. Department of Agriculture. (2011). *MyPlate icon* [Blue placemat image files]. MyPlate.gov. <https://www.myplate.gov/resources/graphics/myplate-graphics>



# Food Groups



**Whole Grains**



**Fruits & Vegetables**



**Lean Protein &  
Healthy Fats**



**Calcium**

Sources:  
Ilán, 2019  
<https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>

Green beans image from: Cactus Cowboy, CC0, via Wikimedia Commons. (2017). *Wax beans (green)* [Image]. Commons.Wikimedia.org. [https://commons.wikimedia.org/wiki/File:Wax\\_beans.svg](https://commons.wikimedia.org/wiki/File:Wax_beans.svg)

# Nutrition Tips: Snacks

- Limit frequent snacking on sugary foods



- Choose healthy snacks:
  - Fruits, vegetables, nuts, cheese



Sources: <https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>  
<https://www.mouthhealthy.org/en/dental-care-concerns/how-do-we-prevent-cavities>

# Nutrition Tips: Drinks

- Limit sugar-sweetened beverages (SSB)

For example: Soda, Juice, Punch, Smoothies, Frappuccinos, Raspados, Boba Milk Tea



Sources:

<https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>  
<https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>  
<https://www.mouthhealthy.org/en/az-topics/f/fluoride>

- Choose water over SSBs
- Choose 100% fruit juice
  - Dilute with water or eat the fruit instead
- Choose smaller sizes for drinks



Sources:

<https://www.mouthhealthy.org/en/nutrition/child-snacking-tips>  
<https://www.myplate.gov/eat-healthy/fruits>

South Carolina Department of Health and Environmental Control, Division of Oral Health-  
<https://scdhec.gov/sites/default/files/Library/CR-010418.pdf>

# Nutrition Tips: Drinks

## Boba Milk Tea:

- High in sugar and calories (varies per drink and location)
- 16 oz boba tea can have ~ 200-450 calories
- 36g of sugar and more (9+ tsp of sugar)
- Boba or tapioca balls can get stuck on teeth

## Tips:

- Choose small size
- Enjoy once in a while
- Ask for less sugar/sweetener



Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5217910/>

<https://www.healthline.com/health/food-nutrition/nutritional-value-of-boba#nutritional-value>

# Nutrition Tips: Drinks

## Raspados (Snow Cones):

- High in sugar
- Varies, though usually made of shaved ice and flavored syrups\*



## Tips:

- Choose small size
- Enjoy once in a while
- Ask for less sugar/sweetener
- Make your own with real fruit!

### Raspados:

1. Blend ice cubes in blender to a fine shaved consistency
2. Spoon into a cup
3. Top off with 100% fruit juice or blend fresh, frozen\*\*, or canned fruit\*\* with water to a juice consistency



# How much ADDED Sugar should I have each day?



Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Images from:

American Heart Association. (n.d.). *Sugar recommendation healthy kids and teens infographic* [Infographic]. Heart.org. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-recommendation-healthy-kids-and-teens-infographic>

U.S. Food & Drug Administration. (2020, March 11). *The new Nutrition Facts Label: Added sugars and how are they different from total sugars* [Sample Nutrition Facts Label]. FDA.gov. <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label>

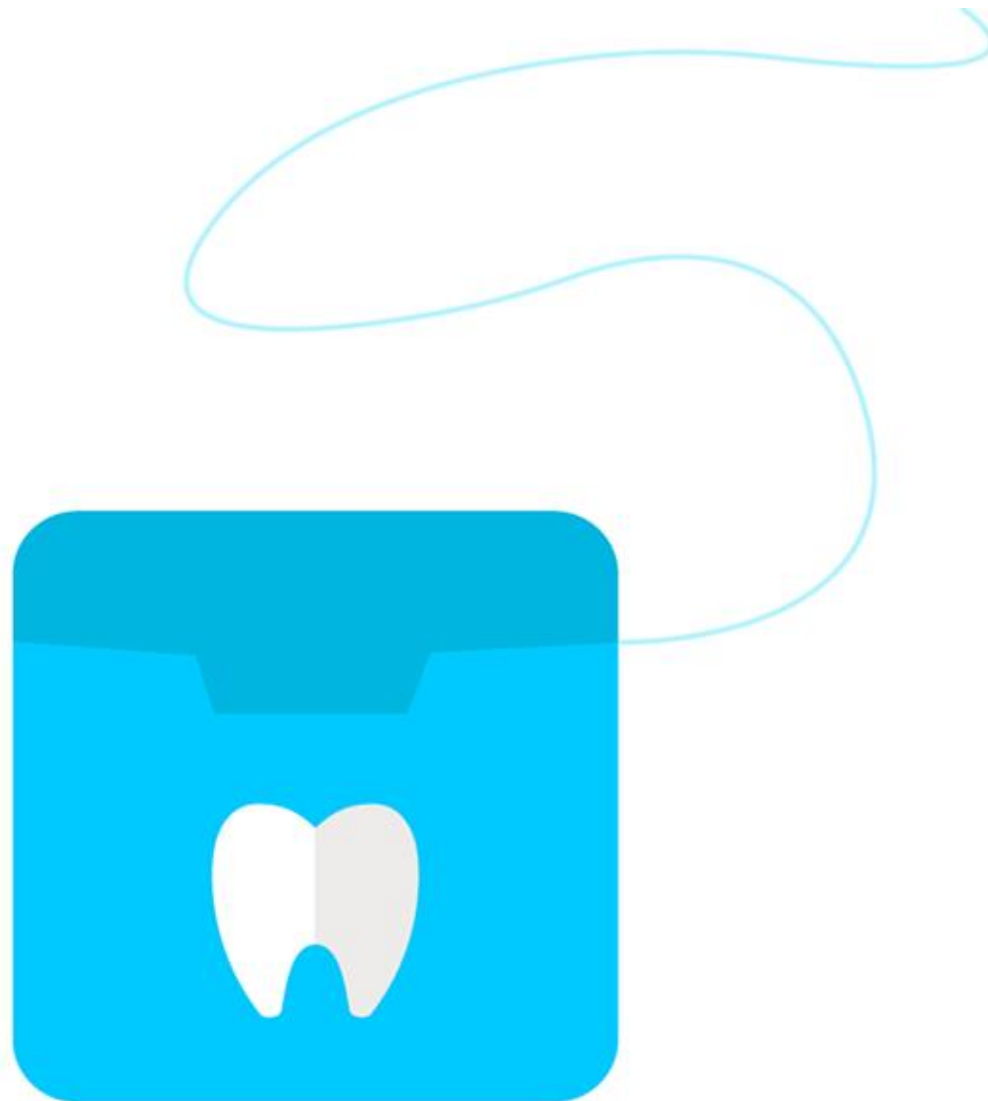
Sources:

U.S. Food & Drug Administration, 2020

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

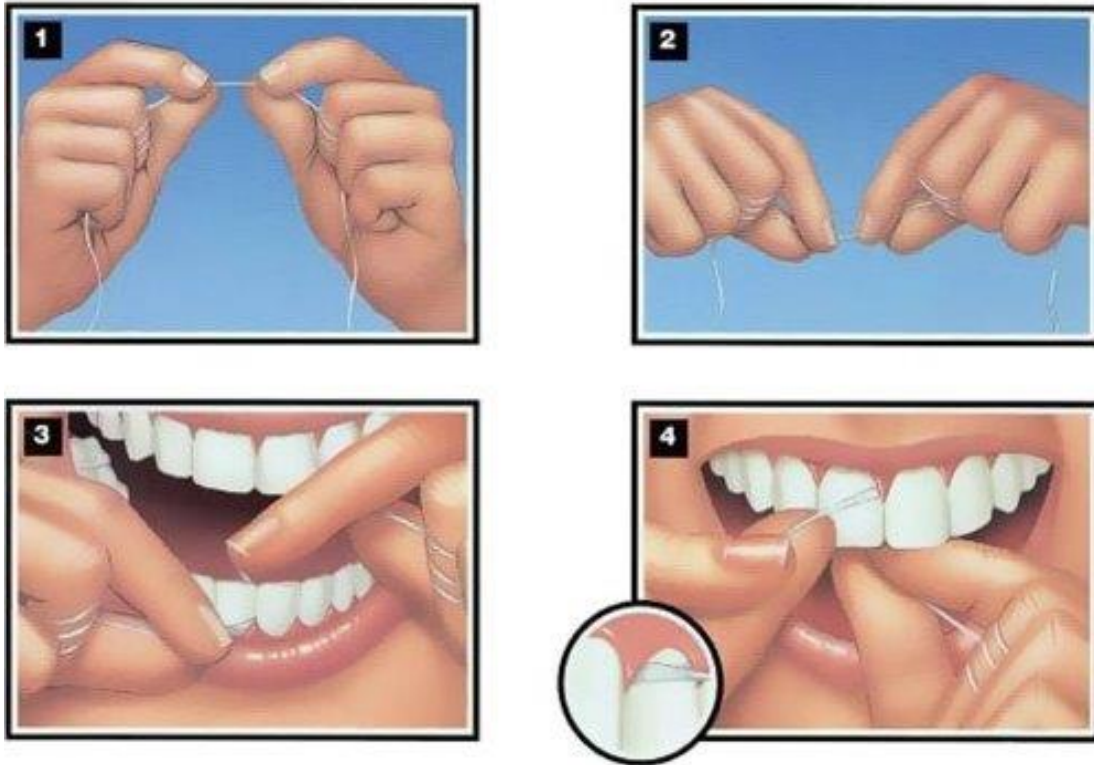
**I AM STRING, WHO  
AM I?**

# FLOSSING





# FLOSSING



- Floss before brushing
- Cleaning between your teeth may help prevent cavities and gum disease.
- Cleaning between your teeth helps remove a sticky film called plaque.
- Plaque contains bacteria that feeds on leftover food or sugar in your mouth.

Source: <https://www.mouthhealthy.org/en/az-topics/f/flossing>

**Image from:** Teaching Your Child To Floss [Image]. (2020, September 01). Retrieved December 21, 2020 from <https://starsmilez.com/teaching-your-child-to-floss/>

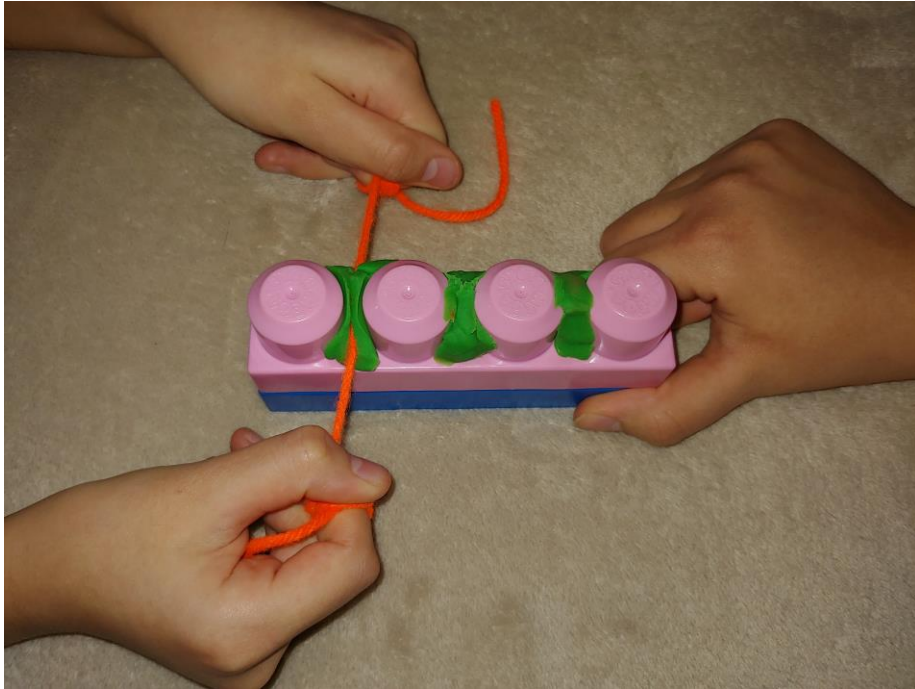
# FLOSSING ACTIVITY VIDEO

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# FLOSSING ACTIVITY

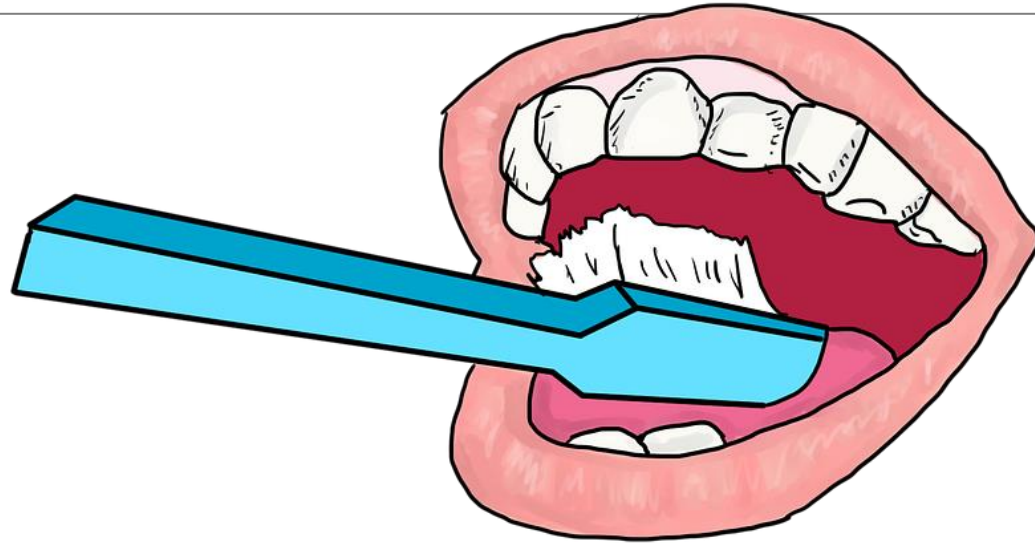
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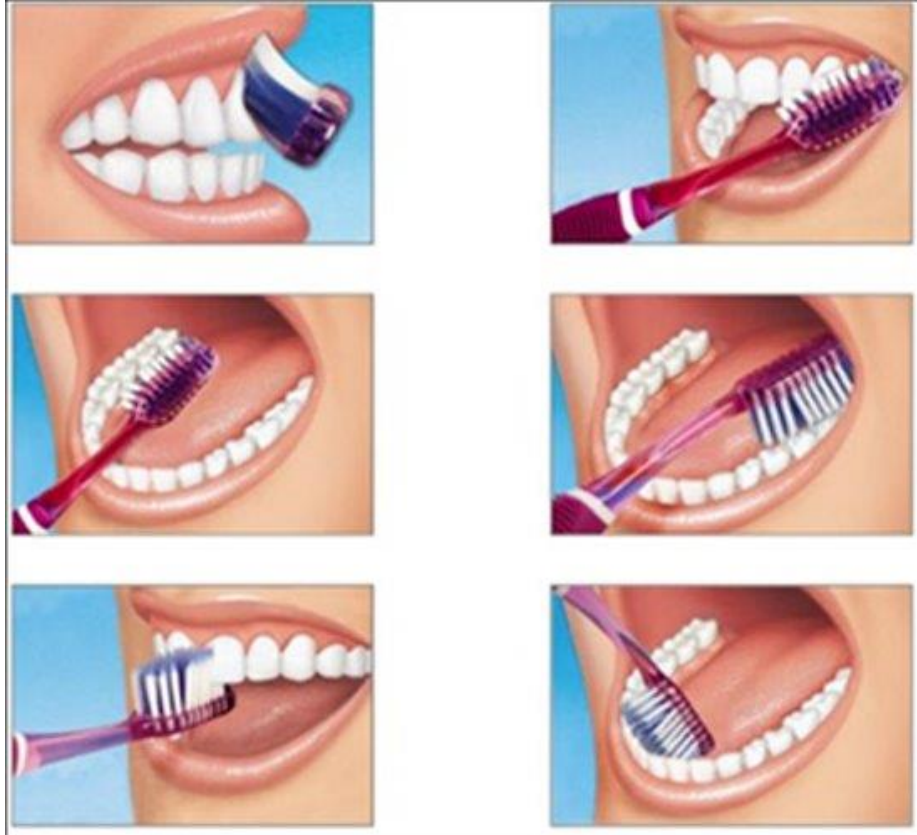


- Great activity to teach flossing
- Use the materials: Mega blok or egg carton and playdoh
- One partner will hold the block, while the other flosses.
- Each will take a turn flossing.

**I HAVE BRISTLES,  
WHO AM I?**

# BRUSHING





# BRUSHING

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- Should be done **twice** a day (morning & night).
- Brush for **two minutes**.
- Brush **side to side** at the gumline in short strokes.
- Use a **soft bristle toothbrush**.
- Use toothpaste with **fluoride** and look for the **ADA Seal of Approval**.

**Image from:** Johnson, S., Makaryan, L., Gonzales, R., & Lee, M. [Web Image]. (2018, October 19). Brushing and Flossing for Healthy Teeth. Retrieved December 21, 2020 from <https://mydentistburbank.com/blog/brushing-flossing-healthy-teeth/>

**Source:** <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

# AMERICAN DENTAL ASSOCIATION (ADA) SEAL OF APPROVAL

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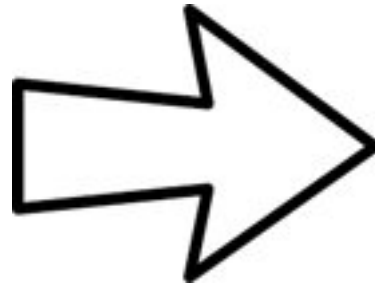


Image from: ADA Seal of Acceptance. (n.d.). [Web Image]. <https://www.listerineprofessional.com/products/oral-care-routine/ada-seal-of-acceptance>

Image from: Colgate Cavity Protection - Regular - 150ml [Web Image]. (n.d.). <https://world.openfoodfacts.org/product/0058000313262/colgate-cavity-protection-regular>

**I AM MINTY, WHO  
AM I?**





**Pea Size**

# Amount of Toothpaste

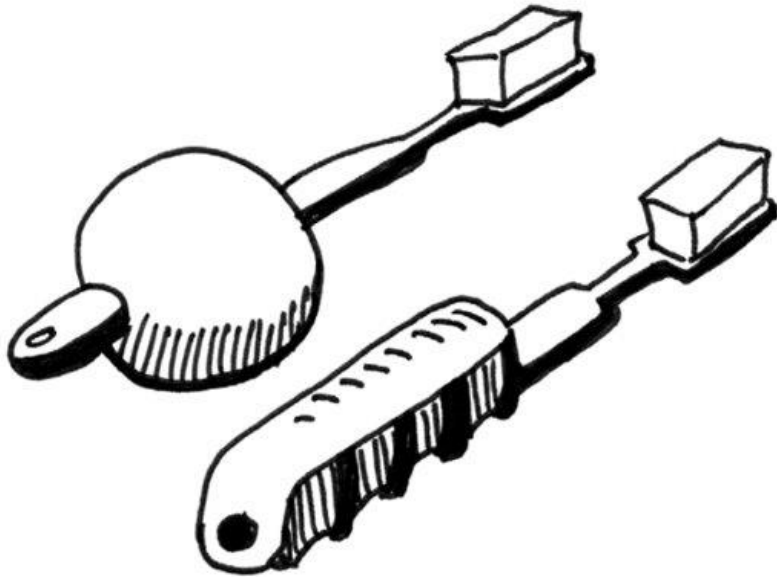
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**Image from:** American Dental Association (ADA). (n.d.-b). *Healthy Habits* [Web Image]. Mouth Healthy. <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

**Image from:** Widjaya, A. (n.d.). *Toothpaste* [Web Image]. <https://thenounproject.com/term/toothpaste/63323/>

# How do you hold a toothbrush?

---



- There are many options when it comes to adapting a toothbrush for your use.
  - For example:
    - Tennis Ball
    - Electric Toothbrush
    - Hand Towel
    - Foam Roll
    - Bicycle grip handle
- Why is it helpful?
  - Easier to grip and hold



# How do you brush?

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**Image from:** Image from: Fahmionline. (n.d.). *Brush Teeth* [Web Image]. <https://thenounproject.com/term/brush-teeth/1704231/>



# WHERE CAN YOU BRUSH AND FLOSS?

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Choose a place where you feel comfortable brushing and flossing your teeth such as:

- Bathroom
- Living room
- Outside (backyard)

If the space where you brush your teeth bothers you find a more comfortable space

- For example:
  - Too bright; too dark
  - Too loud

# VISITING YOUR DENTIST

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- Be honest with your dentist about how you are feeling about the visit.
- Ask questions regarding your visit.
  - For example: What will happen? Length of time? Treatment being done?
- Identify a signal that you can communicate to your dentist if you need a break or in pain.
  - For example: Raise your hand
- Make sure the dentist knows the signal!
- Bring something that you can hold






























































































**Source:** <https://www.mouthhealthy.org/en/az-topics/a/anxiety>

October 2020



# KEEPING TRACK OF YOUR BRUSHING & FLOSSING

- Daily reminder to:
  - Brush teeth twice a day
  - Floss once a day.
- Create a prize to reward yourself

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	2  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> WORLD SMILE DAY	3  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> LOOK AT THE LEAVES DAY
4  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	5  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	6  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> MAD HATTER DAY	7  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	8  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	9  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> CURIOUS EVENTS DAY	10  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> WORLD MENTAL HEALTH DAY
11  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	12  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> COLUMBUS DAY	13  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	14  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	15  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	16  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> LEARN A WORD DAY	17  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> SWEETEST DAY
18  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	19  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	20  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	21  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	22  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	23  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	24  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> UNITED NATIONS DAY
25  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	26  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	27  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	28  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	29  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	30  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	31  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> HALLOWEEN

Check off each of the 2 boxes every time you brush. Make it a habit for a great smile!



Image and source from: <https://www.mouthhealthy.org/en/resources/activity-sheets/brushing-calendar-2021>

# SUMMARY



# TWO/TWO/TWO RULE

- Brush your teeth two times a day
- Brush teeth for two minutes
- See dentist two times a year (every 6 months)
- AND it is important to floss once a day!

Image from: De La Cruz, M. (n.d.). *Flossing*.

[Web Image]. <https://thenounproject.com/term/flossing/2171700/>

Image from: *Morning and Night Clip Art*. (n.d.). [Web Image]. ClipArt Best. <http://www.clipartbest.com/clipart-9cp67begi>

Image from: *Dental Hygienist*. (n.d.). [Web Image]. <http://clipart-library.com/clipart/1018883.htm>



THANK YOU  
FOR YOUR  
PARTICIPATION!



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