



YOUR SMILE MATTERS



Image from: Creative Commons. (n.d.). *Cartoon Bats Near The Moon Clipart* [Web Image]. <https://pixy.org/4358809/>

ACKNOWLEDGMENTS

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

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>

Image from: Creative Commons. (n.d.). *Black Cartoon Cat With Green Eyes* [Web Image]. <https://pixy.org/4401438/>

**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.



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

Image from: Creative Commons. (n.d.). *Happy Halloween Clipart Drawing* [Web Image]. <https://pixy.org/660475/>

**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.



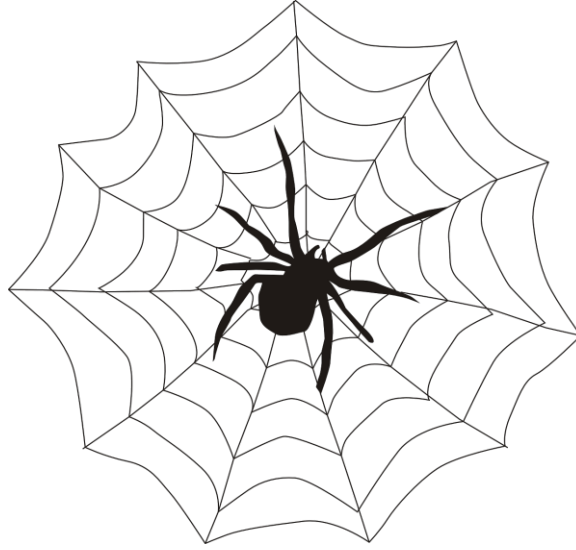
Source: <https://www.mouthhealthy.org/en/dental-care-concerns/questions-about-going-to-the-dentist>

Image from: Creative Commons. (n.d.). *Witch and Moon on the Halloween Clipart* [Web Image]. <https://pixy.org/540240/>

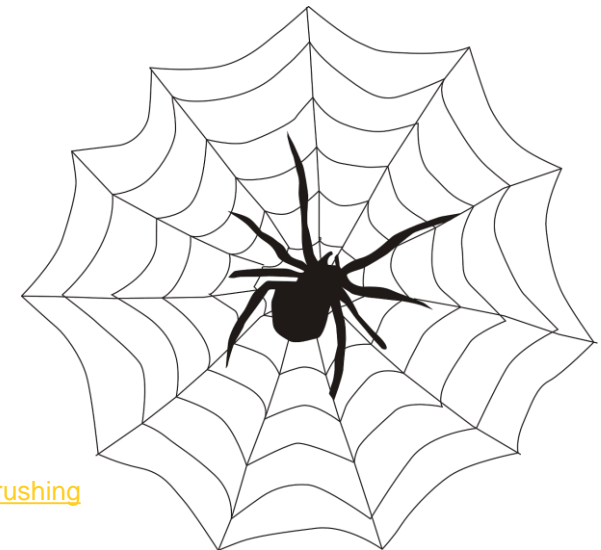
**TRUE OR
FALSE:**

You should brush your teeth first and then floss.

FALSE



It is important to floss before brushing
your teeth.



Source: <https://www.healthline.com/health/dental-and-oral-health/floss-before-or-after-brushing>



I AM SWEET, WHO AM I?



NUTRITION



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:

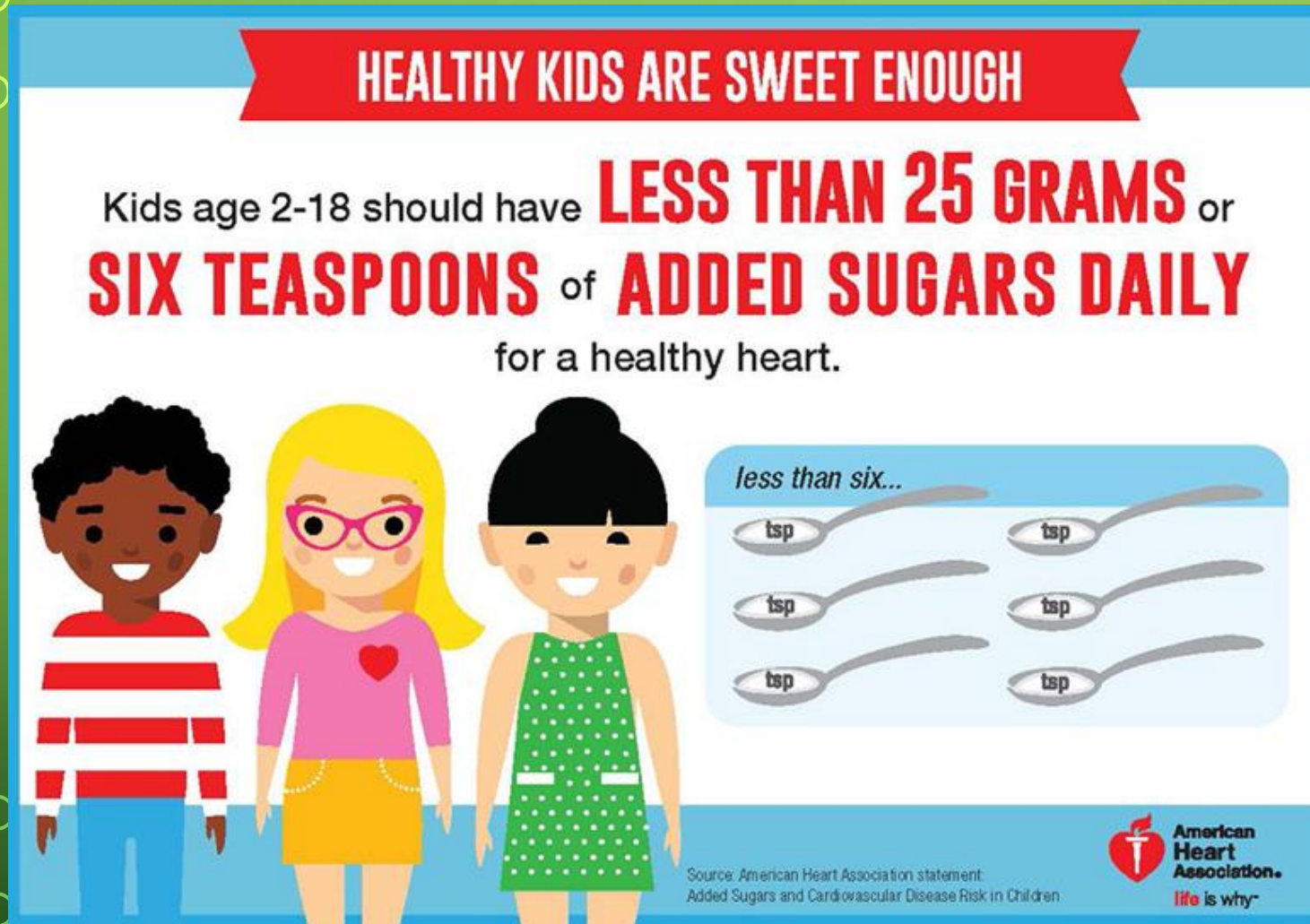
1. Blend ice cubes in blender to a fine shaved consistency
2. Spoon into a cup
3. Top off with 100% fruit juice or blend fresh, frozen**, or canned fruit** with water to a juice consistency

Sources:

Ilan, 2019

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices>

How much ADDED Sugar should I have each day?



Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 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:

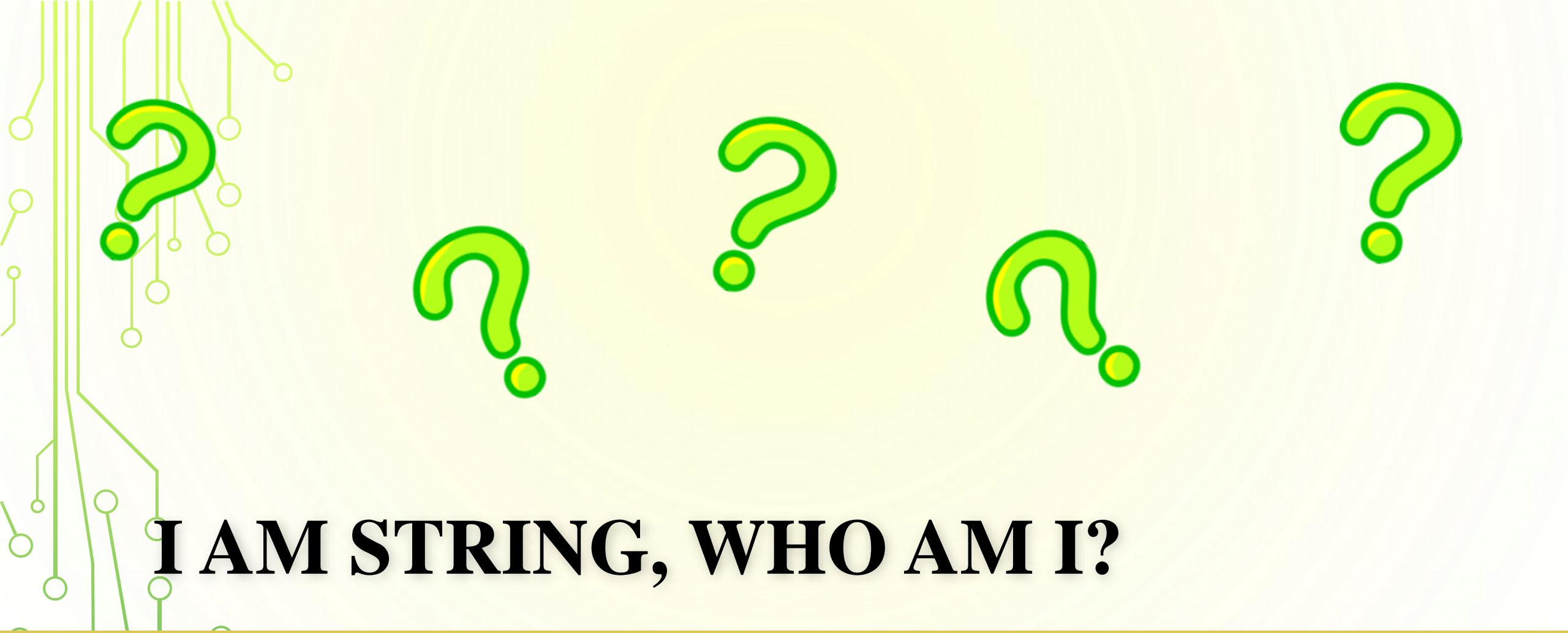
American Heart Association. (n.d.). *Sugar recommendation healthy kids and teens infographic* [Infographic]. Heart.org. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-recommendation-healthy-kids-and-teens-infographic>

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

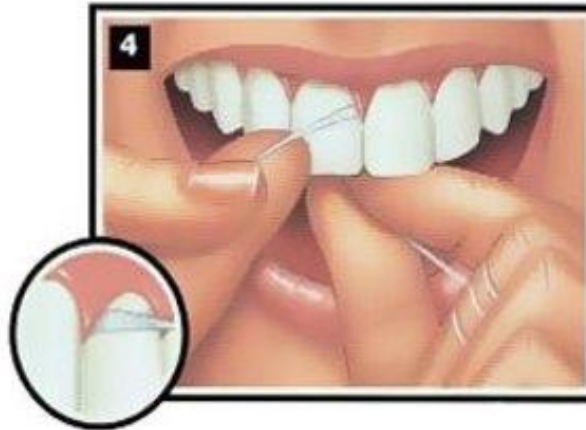
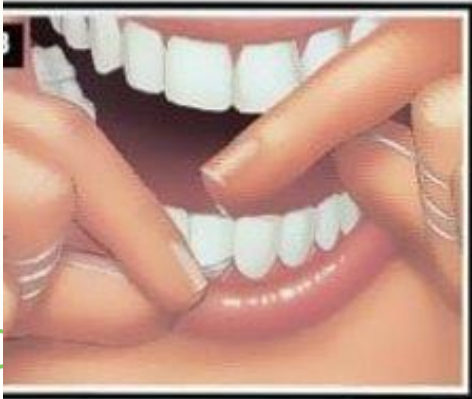
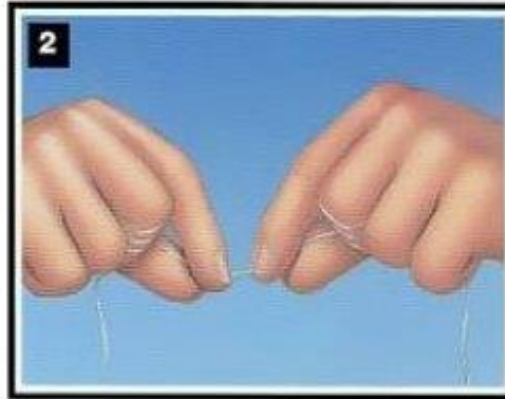
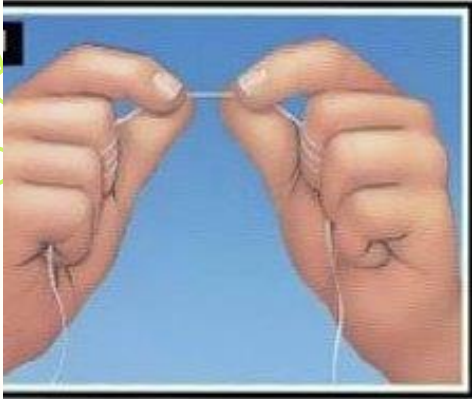
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>



I AM STRING, WHO AM I?

FLOSSING





FLOSSING

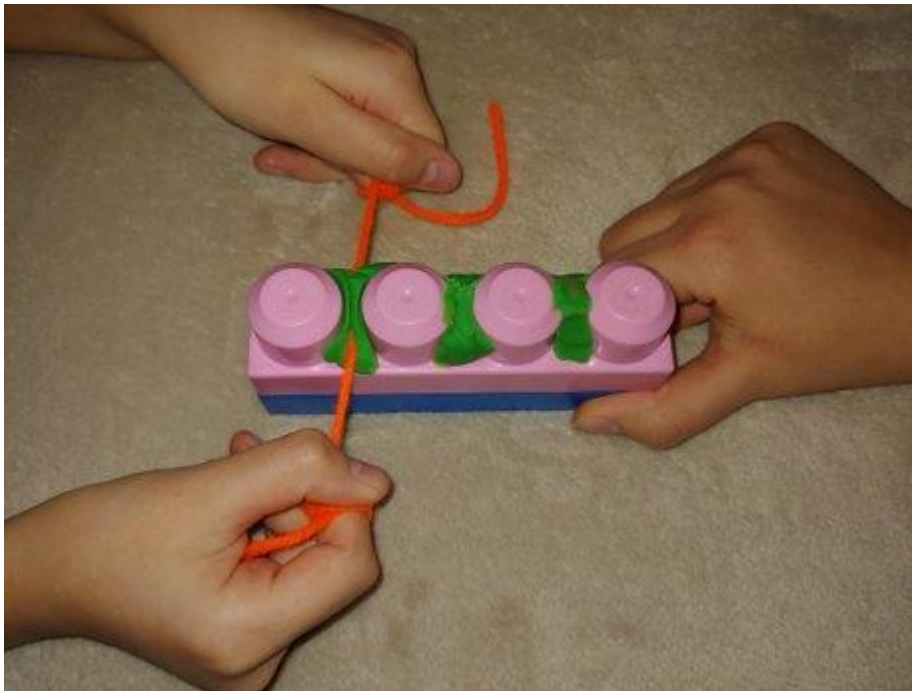
- Floss before brushing
- Cleaning between your teeth may help prevent cavities and gum disease.
- Cleaning between your teeth helps remove a sticky film called plaque.
- Plaque contains bacteria that feeds on leftover food or sugar in your mouth.

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

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

FLOSSING ACTIVITY VIDEO





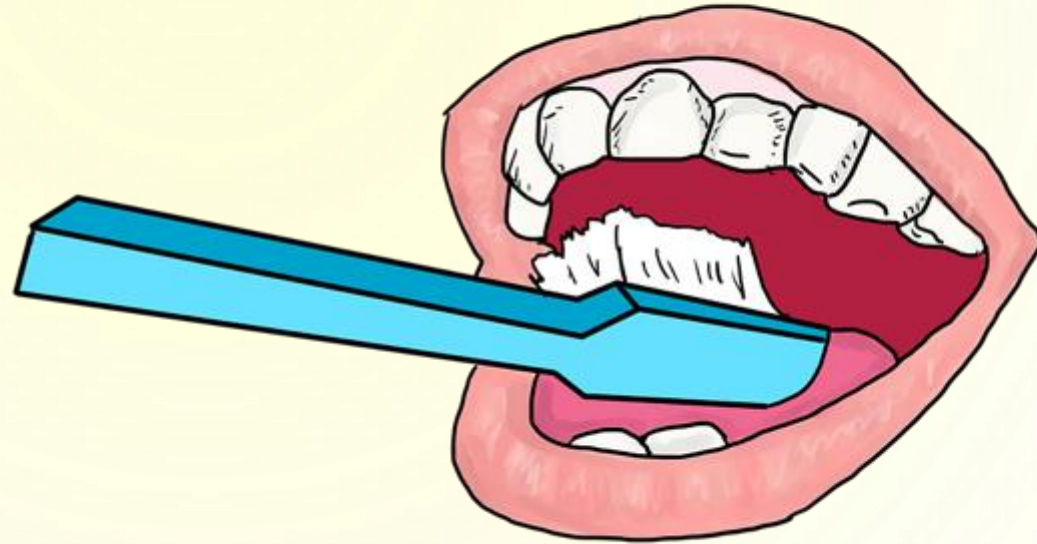
FLOSSING ACTIVITY

- Great activity to teach flossing
- Use the materials: lego block / 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



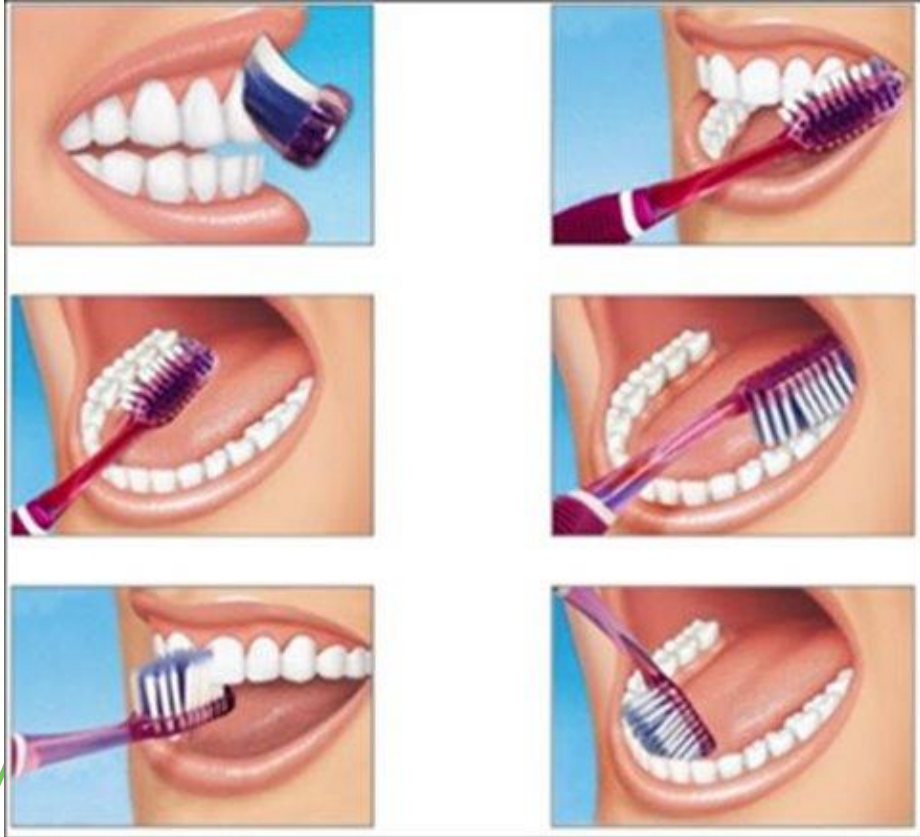


Image from: Johnson, S., Makaryan, L., Gonzales, R., & Lee, M. [Web Image]. (2018, October 19). Brushing and Flossing for Healthy Teeth. Retrieved December 21, 2020 from <https://mydentistburbank.com/blog/brushing-flossing-healthy-teeth/>

BRUSHING

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

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

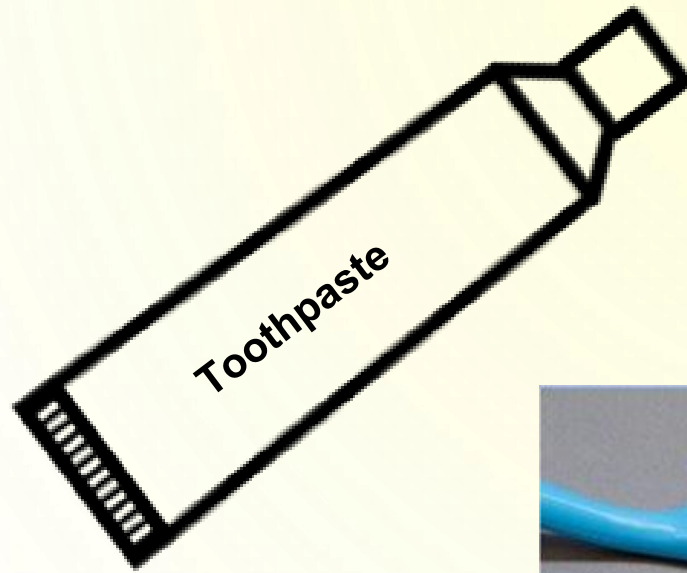
AMERICAN DENTAL ASSOCIATION (ADA) SEAL OF APPROVAL



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?



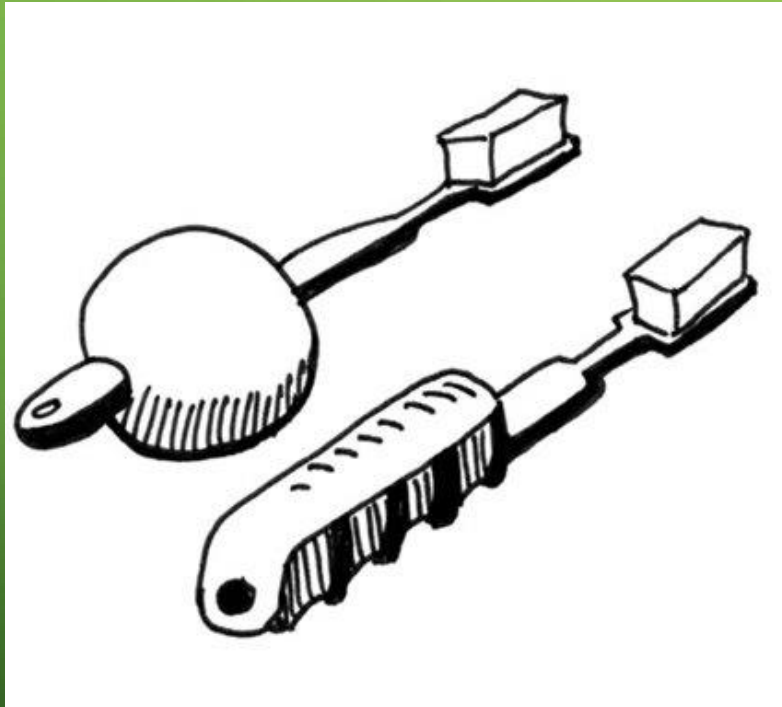
Pea Size

AMOUNT OF TOOTHPASTE

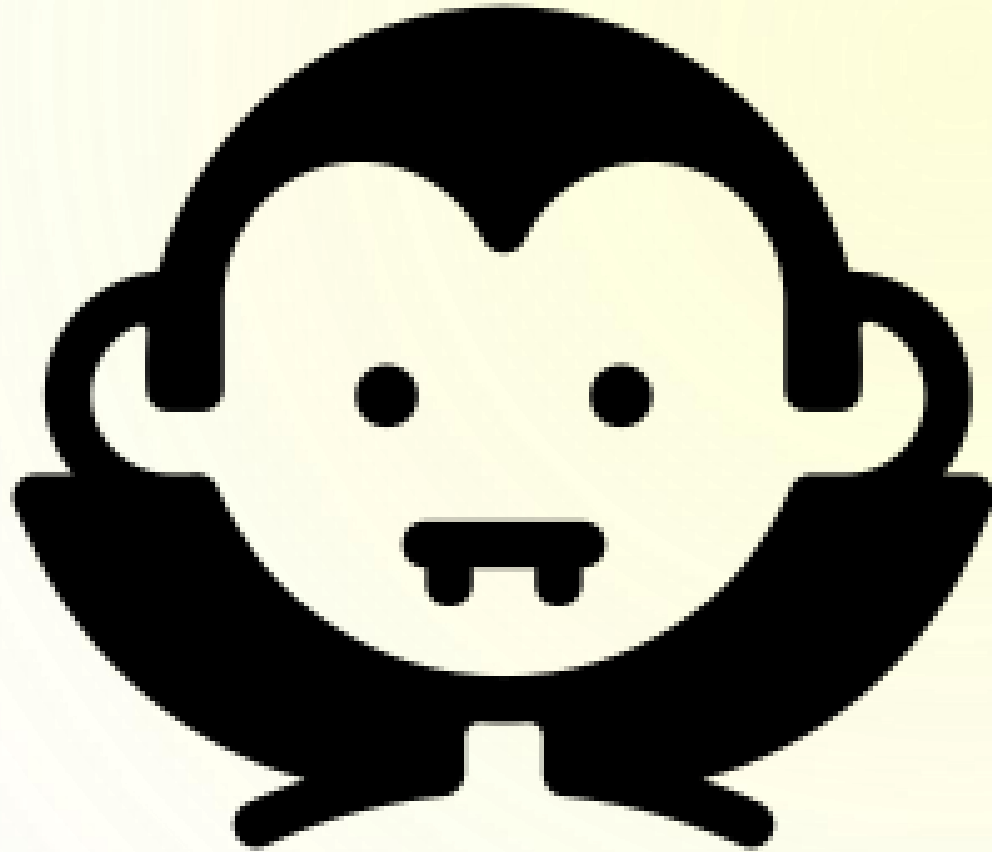
Image and source from: American Dental Association (ADA). (n.d.). *Healthy Habits* [Web Image]. Mouth Healthy. <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

Image from: Widjaya, Amanda. (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?

Image from: Kokota. (n.d.). *Vampire: In the Halloween Collection* [Web Image]. <https://thenounproject.com/term/vampire/2039313/>

WHERE CAN YOU BRUSH AND FLOSS?

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













Image from: Clip art of Kid and Dentist [Web Image]. (n.d.). <https://pixy.org/4243700/>

- 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



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

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



KEEPING TRACK OF YOUR BRUSHING & FLOSSING

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

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/>

THANK YOU
FOR YOUR
PARTICIPATION!



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