Kool Smiles Kids Club Extend and Refine Knowledge - ALL Lesson Plans

National Children’s Dental Health Month

1. **Toothbrush Tips:**

* Use a soft toothbrush and brush gently to keep from damaging your teeth or gums.
* Don’t share a toothbrush with someone else. You can pass germs back and forth.
* Replace your toothbrush every three to four months, or if the bristles are flattening out. A worn-out toothbrush will not clean your teeth very well.
* Use toothpaste that contains fluoride, which has been proven to prevent cavities.

1. **Flossing Tips:**

* Don’t be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth.
* Floss everyday at a time that works for you. It is more important to floss daily than it is to floss at a certain time.
* Use as much floss as you need, generally about 18”, to clean between each of your teeth with a clean section of floss.

1. **3.2.1. Rule**

* Eat 3 healthy meals, brush 2 times a day, floss 1 time a day.

1. **Resources**
   1. http://www.educationworld.com/standards/index.shtml - National Education Standards
   2. <https://www.mykoolsmiles.com/dentallessonplans>

“Don’t wait for the ache!”

“Don’t rush the brush!”