

Teeth Talk

A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs

Things You Can Do at Home to Support Today's Lesson

- Ask your child to tell you what they learned about teeth today.
- Tell your child that they have a beautiful smile.
- Cut out pictures from magazines that show ways that people use their teeth. Have your child describe how the person is using their teeth in the picture.



Today We Learned About Why Teeth Are Important

Today your child learned that their teeth have three main jobs. These jobs are:

- Smiling
- Talking
- Eating

Your child's baby teeth are very important. They allow your child to eat healthy foods. A child with healthy teeth can play, learn, eat, and sleep better than a child with unhealthy teeth.

Teeth are important for helping your child speak clearly. Try saying the words "lamp" and "tooth" without touching your front teeth.

Having a healthy smile gives your child a good self-image. A good self-image will help your child succeed in school and in life.



A Song to Sing at Home

Smile, Talk, Chew

(Sing to the tune of "The Wheels on the Bus")

This is the way we use our teeth, use our teeth, use our teeth. This is the way we use our teeth, all day long.

This is the way we use our teeth, use our teeth, use our teeth. This is the way we use our teeth, smile, smile, smile.

This is the way we use our teeth, use our teeth, use our teeth. This is the way we use our teeth, talk, talk, talk.

This is the way we use our teeth, use our teeth, use our teeth. This is the way we use our teeth, chew, chew, chew.

This is the way we use our teeth, use our teeth, use our teeth. This is the way we use our teeth, smile, talk, chew.



Did You Know?

By age 2 most children will have 20 primary (baby) teeth. There are 10 teeth in the upper jaw and 10 teeth in the lower jaw. Children start losing their baby teeth sometime between ages 5 and 7. The first teeth that fall out are usually the front teeth on the bottom. Your child will not lose all of their baby teeth until they are 12 to 14 years old.

The American Academy of Pediatrics recommends that every child have a dental check-up by the time they are 1 year old. If your child has not seen a dentist yet or if you don't have a dentist, talk to your Head Start family service coordinator. They will help you find one.

