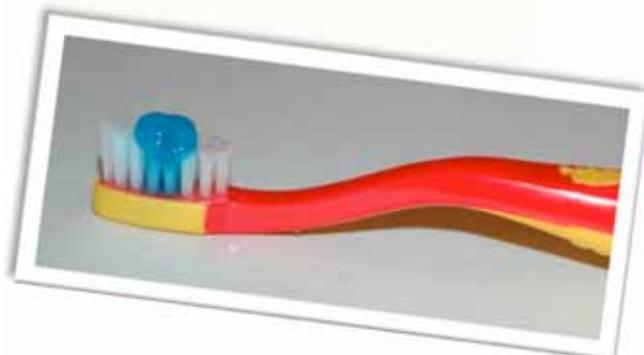


Teeth Talk

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.
- Brush your teeth at the same time your child does. Modeling is a good way to teach them that brushing is important.
- After your child brushes their teeth, you should brush them again to clean the places they may have missed. Children don't have the fine motor skills to brush their teeth well.



Today We Learned That We Can Brush to Keep Our Teeth Healthy

Today your child learned that brushing their teeth is one of the most important things they can do to keep their teeth healthy. They learned they should use a toothbrush that:

- Is made for children. An adult-size toothbrush is too big to do a good job of cleaning children's teeth.
- Has soft bristles. Soft bristles clean better because they bend around the curves of teeth and gums.

Children only need to put a little bit of toothpaste on their toothbrush—about the size of a pea.

It is important to brush the outside, inside, and top of every tooth. When the children are done, they spit out the leftover toothpaste. They should not rinse afterward. Not rinsing gives the fluoride in the toothpaste more time to make the teeth strong.

Even though the children brush their teeth at school, the best times to brush are in the morning and just before going to sleep at night.

Toothbrushes should not be shared. Sharing toothbrushes spreads germs.

A Song to Sing at Home

Keeping Teeth Healthy

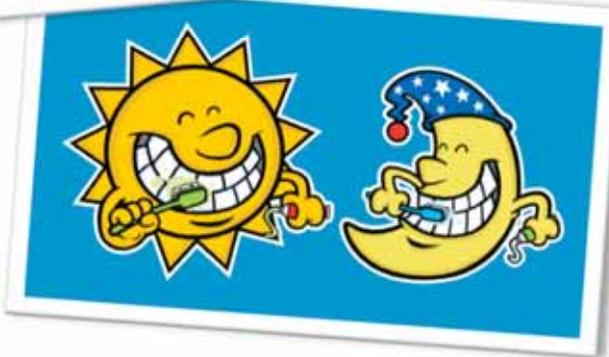
(Sing to the tune of "The Wheels on the Bus.")

The toothbrush in my hand goes brush,
brush, brush
Brush, brush, brush, brush, brush, brush
The toothbrush in my hand goes brush,
brush, brush
Brush all the germs away.

The toothpaste in my tube goes squeeze,
squeeze, squeeze
Squeeze, squeeze, squeeze, squeeze, squeeze,
squeeze

The toothpaste in my tube goes squeeze,
squeeze, squeeze
Squeeze the size of a pea.

The teeth in my mouth go smile, smile, smile
Smile, smile, smile, smile, smile, smile
The teeth in my mouth go smile, smile, smile
Smile and keep me healthy.



Did You Know?

Toothbrushes can wear out. After a while, toothbrush bristles will bend or fray. When they start to look like the picture on the right, it's time to get a new one.

A toothbrush with bristles that stand straight up does a better job of cleaning teeth than one with bent or frayed bristles.

It usually takes 3 to 4 months for a toothbrush to wear out. When buying a new toothbrush for your child, look for one that's made for children and has soft bristles. Less-expensive toothbrushes can be found at discount stores.

