

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.
- Put a pea-size amount of toothpaste on your child's toothbrush for them. The picture below shows what a pea-size amount of fluoride toothpaste looks like.
- When your child is done brushing, watch to make sure that your child spits out all of the leftover toothpaste.
- Tell your child not to rinse with water when they are done brushing.
- Brush your teeth with your child.



Today We Learned That Fluoride Keeps Our Teeth Strong

Today your child learned that fluoride stops cavities from forming in their teeth. Fluoride works to stop cavities in two ways:

1. It makes it hard for the germs that cause tooth decay to make acids that break down tooth surfaces.
2. It makes the outer surfaces of the tooth strong, so that the acids have trouble breaking down the hard outer layer of the tooth.

Your child learned that using toothpaste with fluoride is the best way to put fluoride on their teeth. Toothpaste with fluoride should be used every time children brush.

All your child needs is a very small amount of toothpaste. The size should be no bigger than a pea.

Your child also learned that they don't need to rinse after that because the tiny amount of fluoride that is left in their mouth will soak into their teeth.

A Song to Sing at Home

I Am Flora

(Sing to the tune of "Frere Jacques")

I am Flora, I am Flora, yes I am, yes I am
I have super powers, I have super powers
Yes I do, yes I do.

I have fluoride, I have fluoride
Yes I do, yes I do
I make teeth strong, I make teeth strong
Yes I do, yes I do.

I make super teeth, I make super teeth
Yes I do, yes I do
They don't get cavities, they don't get cavities
No they don't, no they don't.

Brush with me every day, brush with me every
day
Please do, please do
Morning and night, morning and night
Please do, please do.



Did You Know?

Fluoride was first discovered in water. It is the 13th most common ingredient in the earth's crust.

Fluoride fights cavities in two ways.

- When children drink water with fluoride, it becomes part of the adult teeth that are growing in their jaws. This makes teeth strong.
- When children brush with toothpaste with fluoride or have fluoride put on their teeth at a dental office, the fluoride soaks into the outer layers of teeth. This makes the outer layers of the teeth strong. It also makes it hard for the germs that cause tooth decay to make acids that break down tooth surfaces.

