

Lesson 7

I Can Do a Lot to Keep My Teeth Safe

Main Lesson Plan

Learning Objectives

After this lesson children will be able to

- Identify three ways their teeth could be injured.
- Describe what they can do to stop injuries from happening that might hurt their teeth.

Background Information for Teachers

Injuries to teeth are common, especially among young children. Almost one-third of 5-year-olds have injured their primary teeth. Most injuries happen from falls. Often, injuries happen from tripping over things left on the ground, being pushed or shoved by another child, jumping on furniture, or running with something in the child's mouth.

Source: Andreasen JO, Andreasen FM. 1994. Classification, etiology and epidemiology of traumatic dental injuries. In Andreasen JO, Andreasen FM, eds. *Textbook and Color Atlas of Traumatic Injuries to the Teeth* (3rd ed.). Copenhagen, Denmark: Munksgaard.

Head Start Domains and Elements

Head Start Domains	Head Start Domain Elements
Language Development	Expressive Language Receptive Language
Literacy Knowledge and Skills	Alphabet Knowledge Print Concepts and Conventions
Physical Development and Health	Physical Health Status

Special instructions: The main lesson plan is to be held during circle time.

Description: Through discussion, children will learn where teeth can be bumped or hurt. After the discussion, children will go on a safety hunt to identify how tooth injuries can happen.

Materials (included in curriculum): Picture cards of a boy riding a bicycle without a helmet and not looking where he's going, a girl writing in a notebook with a pencil in her mouth, children pushing each other and running from a classroom, a boy standing on a slide, boys fighting, a girl jumping on a bed, a girl not wearing her seatbelt, and a boy kneeling on a chair; *Teeth Talk: A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs* (Lesson 7: Keep Teeth Safe)

Instructions

TELL the children: Today we are going to learn how to keep our teeth safe. Teeth can get hurt if we are not careful. When we hurt our teeth it usually happens because we are not being careful.

ASK the children: Can you tell me how teeth can be injured? **LISTEN** to their answers.

TELL the children: Teeth can be hurt or injured by not being careful.

ASK the children: Where can injuries happen? **LISTEN** to their answers and **REINFORCE** the correct answers: That's right. Tooth injuries can happen anywhere. They can happen in any room in your home. They can happen at your grandmother's and grandfather's home, your baby-sitter's home, and your friend's home. They can even happen at school. Tooth injuries can happen on the playground, in the car, and on a bicycle.

ASK the children: Can you think of any place where a tooth injury can't happen? **LISTEN** to their answers and **REINFORCE** the correct answers: I can't think of any place where a tooth injury can't happen. It can happen anywhere.

ASK the children: Have any of you ever hurt your tooth? What happened to your tooth?

How did it happen? **LISTEN** to their answers.

TELL the children: There are a lot of things that could happen to a tooth when it's injured.

- It can get bumped and hurt
- It can break
- It can get knocked out
- It can be pushed into the gums

ASK the children: So how do you think we can keep our teeth safe? **LISTEN** to their answers and **REINFORCE** the correct answers: You have a lot of good ideas. I'm going to show you some picture cards where a tooth could be hurt. I want you to look at the picture card and tell me what needs to be done to keep teeth safe.

SHOW the children the following picture cards:

- Picture card of a boy riding a bicycle without helmet and not looking where he's going
- Picture card of a girl writing in notebook with a pencil in her mouth
- Picture card of children pushing each other and running from a classroom
- Picture card of a boy standing on a slide
- Picture card of boys fighting
- Picture card of a girl jumping on a bed
- Picture card of a girl not wearing a seatbelt
- Picture card of a boy kneeling on a chair



LISTEN to their answers. **TELL** the children: You came up with some really good answers. There are lots of things we can do to stop tooth injuries from happening.

Some big things to remember are

- Stop and think about what can happen to teeth when you push or hit someone.
- Pay attention while you're walking, running, riding your bike, or climbing on playground toys.
- Pick your toys up from the floor, playground, or yard so you and others don't trip over them.
- Sit with your bottom on chairs, sofas, and stools. Don't stand on them.
- Never ever run, walk, or jump with something in your mouth.

SHOW the children ways to keep from bumping or hurting their mouths or teeth in an outdoor or indoor play area. Examples include:

- Riding toys—Take turns riding a toy, and don't push the person riding the toy.
- Sandboxes—Don't leave toys in the sandbox that you or others could trip on.
- Swings—Don't walk in front of others on swings, and don't jump off swings.
- Cars—Use seatbelts when riding in cars.
- Water fountains—Don't push others while waiting to drink from a water fountain.



Sources:

Adapted with permission from South Carolina Department of Education, South Carolina Healthy Schools. 2005. *Oral Health Supplemental Curriculum Resource*. Columbia, SC: South Carolina Department of Education, South Carolina Healthy Schools. <http://www.mchoralhealth.org/Materials/Multiples/SC.html>.

Adapted with permission from Sigmon C. 2006. *Tooth Time: A Dental Education Curriculum for Preschool Children Ages 2 Through 5*. Hendersonville, NC: Henderson County Department of Public Health.

GIVE *Teeth Talk: A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs* (Lesson 7: Keep Teeth Safe) to each child's parent and encourage the parent to reinforce the lesson plan concepts with suggested activities the family can do at home.

Check for Knowledge and Understanding

- Ask the children to name three ways their teeth could be injured.
- Ask the children to describe what they can do to stop injuries from happening that might hurt their teeth.

Small Group Supplemental/ Enrichment Activities

Head Start Domains	Head Start Domain Elements
Approaches to Learning	Cooperation Initiative and Curiosity
Creative Arts Expression	Art Music
Language Development	Expressive Language Receptive Language
Literacy Knowledge and Skills	Early Writing Print Concepts and Conventions
Logic and Reasoning	Reasoning and Problem Solving
Physical Development and Health	Fine Motor Skills Health Physical Status
Science Knowledge and Skills	Scientific Skills and Methods
Social and Emotional Development	Social Relationships Self-concept and Self-efficacy Self-Regulation

Safety Stories

Domains: Approaches to Learning, Language Development, Literacy Knowledge and Skills, Logic and Reasoning, Science Knowledge and Skills

Materials (included in curriculum): Picture cards of ways in which children can injure their teeth.

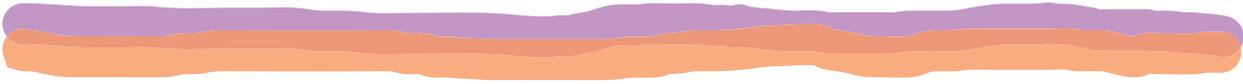
Instructions:

1. Place all the picture cards face down on a table.
2. Tell one child to select one picture card and to look at it.
3. Tell the child to pretend that the child in the picture card hurt his or her tooth.
4. Ask the child to describe how the child in the picture card might have hurt his or her tooth.
5. Ask the child to tell you what the child in the picture card could have done to not hurt his or her tooth.
6. Repeat the process until all children have told their story.

Tooth Safety Signs

Domains: Creative Arts Expression, Literacy Knowledge and Skills, Logic and Reasoning, Physical Development and Health, Social and Emotional Development

Materials (not included in the curriculum): Paper, crayons or markers



Instructions:

1. Hand out one piece of paper and crayons or markers to each child.
2. Tell the children to make a tooth safety sign that could be put up in a house, a classroom, or a playground.
3. Have the children write their names (or write their names yourself) on their signs.
4. Ask each child to talk about his or her safety sign with the rest of the class.
5. Hang the safety signs around the room for all to see.

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<http://www.mchoralhealth.org/Materials/Multiples/SC.html>.

I Keep My Teeth Safe

Domain: Creative Arts Expression

Instructions: Sing to the tune of “The Farmer in the Dell.”

I Keep My Teeth Safe

I keep my teeth safe, I keep my teeth safe
Hi ho, smiley-o
I keep my teeth safe.

I never push and shove, I never push and shove
Hi ho, smiley-o
I never push and shove.

I wear my helmet when I bike, I wear my helmet when I bike
Hi ho, smiley-o
I wear my helmet when I bike.

My seatbelt's always on, my seatbelt's always on
Hi ho, smiley-o
My seatbelt's always on.

I always pick up toys, I always pick up toys
Hi ho, smiley-o
I always pick up toys.

I never jump on beds, I never jump on beds
Hi ho, smiley-o
I never jump on beds.

Source: Adapted from “The Farmer in the Dell.”

Lesson Plan Sources

Andreasen JO, Andreasen FM. 1994. Classification, etiology and epidemiology of traumatic dental injuries. In Andreasen JO, Andreasen FM, eds. *Textbook and Color Atlas of Traumatic Injuries to the Teeth* (3rd ed.). Copenhagen, Denmark: Munksgaard.

“The Farmer in the Dell.”

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