

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.
- Take your child on a tooth safety hunt in your home, yard, or playground and ask them to identify some tooth injuries that could happen in each place.
- Make sure your child sits in the back seat and buckled into a car safety seat when in a car, truck, van, or bus.
- Have your child wear a helmet when riding a bicycle, a scooter, or other ride-on toys.



Today We Learned That We Can Keep Our Teeth Safe

Today your child learned about how to keep teeth safe from injury. They learned that when a tooth is injured it could:

- Get bumped and be sore or bleed
- Break off
- Get knocked out
- Be pushed into their gums

Tooth injury can happen anywhere. Here are some of the places they can happen:

- At home
- At grandmother's and grandfather's home
- At the baby-sitter's home
- At a friend's home
- At school
- On the playground
- In a car, truck, van, or bus
- On a bicycle, a scooter, or other ride-on toys

A Song to Sing at Home

I Keep My Teeth Safe

(Sing to the tune of "Farmer in the Dell.")

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

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

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

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

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

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



Did You Know?

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 mouth.

