

## Chapter 11: Coping with the Stress of Dental Pain

Written by Valerie A. Ubbes and Sage Kelner

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to set a goal to cope with the stress of dental pain by always brushing and flossing your teeth?



Read the Story Here:

<https://dlp.lib.miamioh.edu/ebook/11/index.html>



Or Use the Chapter QR Code

### **Chapter Objectives:**

Learn how to set a goal to cope with the stress of dental pain by always brushing, flossing, and scheduling a dental appointment for pain management.

## Chapter 11: Oral Health Literacy Post Test


**Directions:** Write the word on the blank line that you remember from reading the Chapter 11 story about oral health.

1. I set a goal to tell my parents if I have a toothache, so they can schedule a \_\_\_\_\_ appointment for me.
2. I believe that I can set a goal to reduce the stress of dental pain by taking good care of my teeth, so I do not get any \_\_\_\_\_.
3. I set a goal to reduce the stress of tooth pain by \_\_\_\_\_ my teeth everyday.
4. I set a goal to check with my doctor before I take any \_\_\_\_\_, so a professional can tell me what is best.

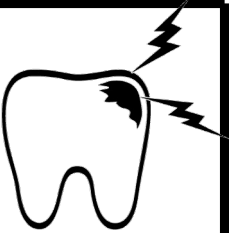
# Chapter 11: Oral Health Spelling

**Directions:** Read the word, pronunciation, and definition for each word at the top of this page. In the boxes below, fill in the missing letter of each word.


Word	Pronunciation	Definition of the Word
Dentist	den-tist	A person whose profession is cleaning and caring for teeth.
Cavities	kav-i-ties	Having many teeth that are or have decayed parts.
Flossing	flaws-ing	The act of putting a thin fiber between each tooth to clean them and protect your teeth.
Medication	med-i-key-shuhn	A medicine that is prescribed to you by a doctor usually this is a pill or syrup.



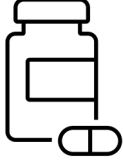
D\_ntist  
Den\_ist  
Dentis\_



Caviti\_s  
Ca\_ities  
Cavit\_es



\_lossing  
Flos\_ing  
Fl\_ssing





M\_dication  
Medicati\_n  
Medi\_ation

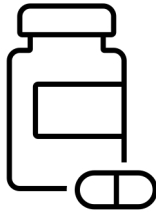
## Chapter 11 Oral Health Vocabulary

**Directions:** Fill in the letter to complete the word. Then color the box of the letter that matches the word.

De_tist		t
		n
		p

Cav_ties		i
		e
		l

Flos_ing		l
		k
		s

Medicat_on		i
		o
		n

## 11.4 Coloring Sheet

# floss

**Directions:** Color the dental floss to match yours at home. Remember to floss your teeth at least once a day. Ask for help if you need it!

