

Oral Health Literacy

This Week's eTexts:

- [Oral Health Hygiene](#)
- [Setting Dental Hygiene Goals for Healthy Teeth](#)

Learn how to set goals to have a healthy smile.

eBook Vocabulary:

Tooth Enamel- covers the outer layer of each tooth and is very important in protecting your teeth from decay.

Cavity- tooth decay, which occurs when specific types of bacteria produce acid that destroys the tooth's enamel.

Tips and tricks for getting kids to brush their teeth:



Making Decisions to Have Fun With My Oral Health
By Alicia Graf & Valerie A. Ubbes



Setting Dental Hygiene Goals for Healthy Teeth
by Jess Bolton and Valerie Ubbes



Fun Facts:

In the early 1960s, fluoride began to be added to toothpaste. This also had a major impact on cavity prevention. Now almost all toothpastes contain fluoride, but adding fluoride to water systems has been the most successful cavity prevention method to date. Not all cities have fluoride in their water systems, though.

Learn More: <https://www.colgate.com/en-us/oral-health/basics/fluoride/what-is-fluoride>

How to Promote Oral Health Hygiene and Goal Setting at Home:

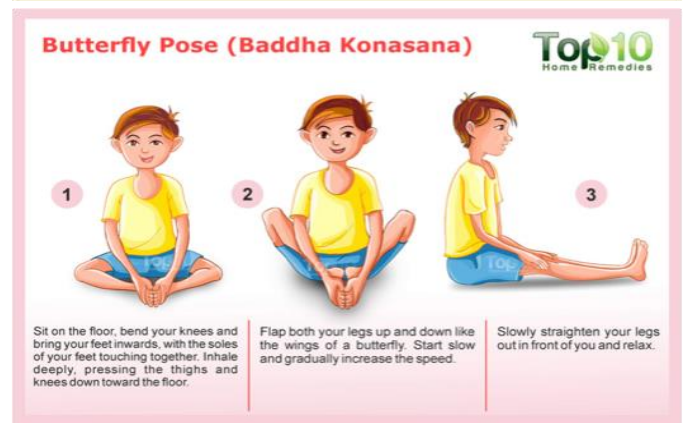
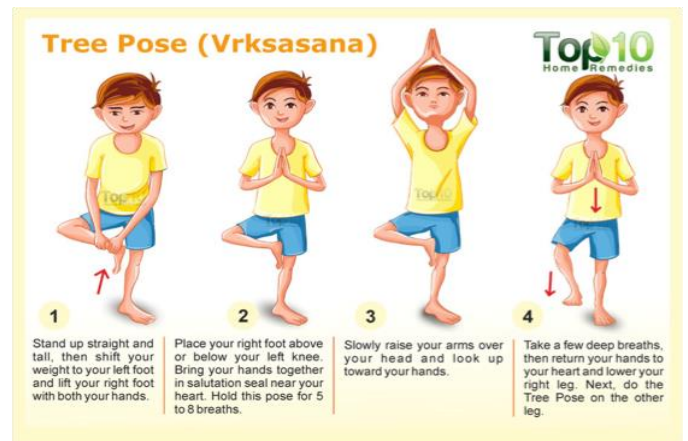
- 1) Make brushing fun by using kids toothpastes and toothbrushes.
- 2) When a child's tooth becomes wiggly, have your child wiggle it until it falls out on its own. This will minimize pain and bleeding.
- 3) Create a fun tooth brushing chart so that your child can get into the habit of daily brushing.

eMotion:

Try these yoga poses (shown to the right) to help regulate emotions and reduce fear when visiting the dentist!

Teachers- Try the Tree Pose in the classroom

Parents- Try the Butterfly Pose at home



Source: <https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html>

This Week's Plan of Action:

- I set a goal to buy toothpaste with fluoride, which helps strengthen my tooth enamel.
- I decide to brush to a song for 2 minutes, so I can have fun while cleaning my teeth, tongue, and gums.

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Source: <https://www.colgate.com/>

