

## **Knowledge and Skills First Grade**

### **Standard of Learning**

- 1.2 The student will explain that good health is related to health-promoting decisions.  
Key concepts/skills include:  
a) Personal hygiene, including the care of one's teeth;

### **Understanding the Standard**

The student will understand the purpose of toothbrushing and identify the causes of tooth decay and gum disease.

### **Essential Knowledge and Skills.**

The student will:

- explain what bacterial plaque is and how plaque causes cavities
- describe the appropriate toothbrushing technique for young children
- describe how many times a day should teeth be brushed

### **Instructional Strategies**

- Videotapes for the classroom from American Dental Association
- Take home brochures and parent education materials available from Division of Dental Health/VDH
- Dental health education kit: "Look Mom...No Cavities" by PDC Press Inc.

### **Sample Lesson**

**Discussion information for the presenter:** The purpose of toothbrushing is to remove bacterial plaque and food, thus reducing the risk for dental diseases: dental decay (cavities) and periodontal (gum) disease. Bacterial plaque is the causative agent for both diseases. Young children are at greater risk for dental decay. Dental decay is the most prevalent chronic disease of young children. There are three factors necessary for decay to occur: an erupted tooth, a carbohydrate source in the mouth and bacteria.

The mechanical action of toothbrushing adequately removes the sticky plaque and food from tooth and gum surfaces. Toothbrushes need to be replaced at least every 3 months or when the bristles become frayed. Always throw away a toothbrush after an illness or infection. A first grade student needs a smaller size brush head with soft bristles.

Fine motor skills are not fully developed with young children. Toothbrushing techniques may differ for different age groups. Most young brushers can handle a circular method of brushing. Students need to brush three surfaces of each tooth: the outside surface, the inside surface and the chewing surface. General concepts of front teeth, back teeth, top and bottom teeth need to be emphasized with young children. Encourage children to "tickle" their gums as they brush. Chewing surfaces of back teeth may be referred to as "wrinkles" – the chewing surfaces are at higher risk for dental decay because food and bacteria can hide in the crevices or "wrinkles." Cleaning the tongue during toothbrushing removes more bacteria. Children should gently brush the top of their tongue using a downward stroke.

Brushing should be done a minimum of twice per day. The most important time to brush is at night prior to bedtime. Young children need adults to assist with brushing once a day at home. Toothbrushing should take about 2 minutes. Children who frequently drink sugary beverages and eat sugary foods need to brush more often.

**Leading questions:**

- Why do we brush our teeth?
- How many times a day do you brush your teeth?
- How do you brush your teeth?
- Should you use anyone else's toothbrush?

What parts of your teeth do you brush?

**Additional Instructional Resources**

- [American Dental Association](http://www.ada.org) – [www.ada.org](http://www.ada.org)
- [American Society of Dentistry for Children](http://www.asdckids.org) - [www.asdckids.org](http://www.asdckids.org)
- [Cavity Busters](http://www.lookmom.com) – teaching packet, videotape - [www.lookmom.com](http://www.lookmom.com)
- [Colgate](http://www.colgate.com) - printable activity sheets, consumer information – [www.colgate.com](http://www.colgate.com)
- [Crest](http://www.dentalcare.com/drn.htm) – printable activity sheets, consumer information - [www.dentalcare.com/drn.htm](http://www.dentalcare.com/drn.htm)
- Virginia Department of Health – Division of Dental Health [www.vahealth/teeth.org](http://www.vahealth/teeth.org)

**Assessment Ideas**

The student will:

- Demonstrate brushing, if a sink is available. (toothpaste not necessary)
- Stand up and act as a tooth so that the entire class forms a row of top teeth or bottom teeth. Then with a large demo brush, a student demonstrates correct brushing. The waist could represent the gum line.
- Use typodonts or brushing models to demonstrate the correct brushing technique.
- Draw a picture of what happens when you do not brush your teeth.
- Write a class song about how to brush.
- View videotape on correct toothbrushing techniques.
- Develop a classroom brushing challenge and win prizes.
- Participate in a toothbrush exchange – bring in an old toothbrush for a new one.