



SESSION TITLE: DENTAL HYGIENE

Date:	Time:	Facilitator(s):
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Learning Objectives:
 1. Why it is important to brush my teeth
 2. How to brush teeth correctly

Facilitator Preparation:
Materials:

- **Equipment:**
- **Handouts:** Teeth Brushing Steps handout (Appendix 2)
- **Trainer Materials:** Tooth poster (Appendix 1), teeth brushing steps cut outs, toothbrushes, toothpaste, timer, mirror, clean water, tape

Step / Time / Facilitator	Instructional Sequence	Materials
Motivation 5 minutes	-Show the audience the tooth poster (Appendix 1) -Ask them what it is important to brush their teeth -Ask them what causes cavities -Ask how cavities can affect their health	-Tooth poster (Appendix 1) -Tape
Information 20 minutes	-Explain to the group the importance of brushing their teeth: The mouth has good and bad bacteria. The bad bacteria use the sugars to produce an acid which deteriorates the enamel on the teeth (the shiny part) which then causes cavities. -Explain to prevent this everyone should brush their teeth and parents should teach correct brushing techniques to their children. -Go over the correct teeth brushing technique (Appendix 2) -Go over the correct moments to brush teeth: After waking up, after each meal, before going to bed	-Teeth Brushing Steps handout (Appendix 2)
Practice 20 minutes	-Tell the participants to put their Teeth Brushing Steps handout under their seats -Distribute the teeth brushing steps amongst the group and have them put them in the correct order (Appendix 3)	-Teeth brushing steps cut outs (Appendix 3)



<p>Application</p> <p>20 minutes</p>	<p>-Have volunteers practice brushing their teeth with their kids (do not forget to count to two minutes)</p>	<p>-Toothbrushes -Toothpaste -Timer -Mirror -Clean water</p>
<p>Evaluation</p> <p>5 minutes</p>	<p>-Review the teeth brushing steps with the group by asking them to demonstrate how brush their teeth.</p> <p>-Ask:</p> <p>What are the critical teeth brushing moments? <i>Correct answer: After waking up, after each meal, and before going to bed.</i></p> <p>For how long should you brush your teeth? <i>Correct answer: For 2 minutes</i></p>	
<p>Notes</p>		



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APPENDIX 1





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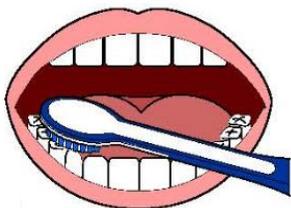
APPENDIX 2

I Brush My Teeth!



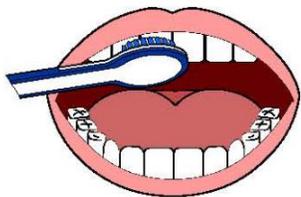
1. Put a pea-sized amount of toothpaste with fluoride on a small, soft toothbrush.

2. Brush the inside of your teeth using small circular motions. Be sure to go down to the gums.



3. Brush your molars using back and forth motions.

4. Brush the outside of your teeth using small circular motions. Make sure to go down to the gums.



5. Repeat steps 2-4 on your top and bottom teeth.

6. Don't forget to brush your tongue!



Brush your teeth for two minutes, after waking up, after each meal, and before going to bed.



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APPENDIX 3



Put a pea-sized amount of toothpaste with fluoride on a small, soft toothbrush.

Brush the inside of your teeth using small circular motions. Be sure to go down to the gums

Brush your molars using back and forth motions

Brush the outside of your teeth using small circular motions. Make sure to go down to the gums.

Repeat steps 2-4 on your top and bottom teeth

Don't forget to brush your tongue!

Brush your teeth for two minutes, after waking up, after each meal, and before going to bed.