

Tooth brushing



**We must brush
everyday for good oral
health.**



Brush twice a day for at least 2 minutes. A timer can be used for this.



We must follow all these steps to brush nicely

Get toothbrush & Toothpaste



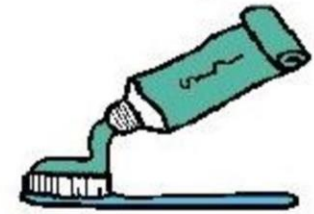
Rinse mouth



Wet toothbrush



Put on toothpaste



Brush front teeth
– up and down



Upper jaw – outer
side



Upper jaw –inner
side

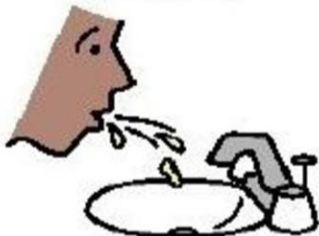


Lower jaw – outer
side



Lower jaw – inner
side

Spit in sink



Rinse mouth



Rinse toothbrush



Toothache



**If we don't brush
regularly, we will get a
toothache. It hurts a
lot.**



**Sometimes, we get
toothache when our
teeth have cavities.**



When we eat food that is too hot or too cold, our teeth may become sensitive and start hurting.



When there is toothache, we may feel very upset and irritated. We can take help. We must tell our parents that it is painful.



If brushing and gargling are needed, taking warm water, adding salt, gargling, and spitting it out can help.

This can help prevent toothache during the night.



If the toothache is too severe and gargling doesn't help, the next step is to go to the doctor who takes care of oral hygiene – a dentist.



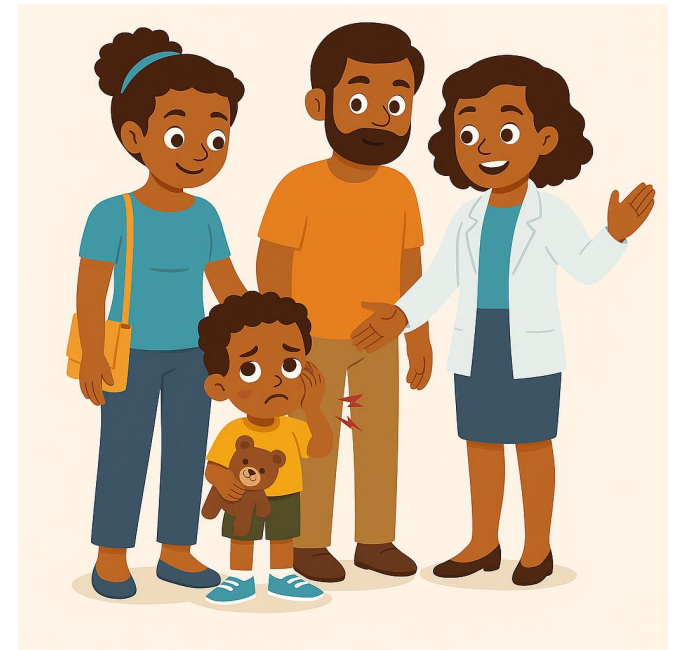
Activities



Activity 1

Read and discuss the book using the following questions. Use the printed word list and pictures to facilitate the discussion.

- 1. Do you brush everyday?**
- 2. How many times everyday do you brush?**
- 3. Do you like to brush?**
- 4. Who helps you to brush?**
- 5. What are the things you need to brush your teeth?**
- 6. How long should we brush?**
- 7. What can we use to make sure we brush for two minutes?**
- 8. How should we brush?**
- 9. What happens if we put too much pressure while brushing?**
- 10. What happens if we don't put any pressure while brushing?**
- 11. What happens if we don't brush?**
- 12. What is toothache?**
- 13. What will you say when your tooth pains?**
- 14. What will happen if we chew on ice?**
- 15. What will happen if you drink a very hot coffee?**
- 16. What should we do if the food is too hot or cold**
- 17. Who can you talk when your tooth is paining?**
- 18. How do people feel they have a toothache?**
- 19. Should we gargle when our tooth pains?**
- 20. What should we use to gargle?**
- 21. Which doctor will help us with taking care of our teeth?**
- 22. What is taking care of one's teeth and mouth called?**
- 23. When do our teeth stay healthy?**



Activity 1 – word list

Brush once a day	Brush two times a day	Timer	Mom
Dad	I do it myself	Toothpaste	Toothbrush
Water	Brush for 2 minutes	Toothache	My tooth hurts
Sensitive	We wait for the food to become warm	We wait for the food to become less cold	Tell my parents
Upset	Irritated	Salt water	A Dentist
Oral hygiene	Brush everyday	Follow all the steps of brushing.	Visit a dentist regularly
Gargle	Eat healthy foods	Avoid food that is too hot	Avoid food that is too cold
Gargle after eating sweets	Not eat too much sweets	Chew properly	Put only edibles in the mouth
Teeth remain dirty	Teeth hurt and gums bleed	Gently	

Activity 1 – word list with pictures

brush once a
day



brush two
times a day



Timer



Mom



Dad



I do it myself



Toothpaste



Toothbrush



Water



Brush for 2
minutes



Toothache



Tooth hurts



sensitive



wait for food
to become
warm



wait for food
to become
less cold



Activity 1 – word list with pictures

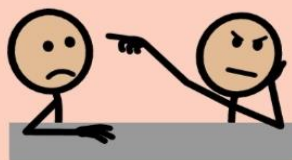
tell my
parents



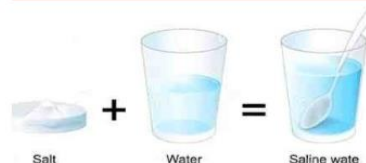
upset



irritated



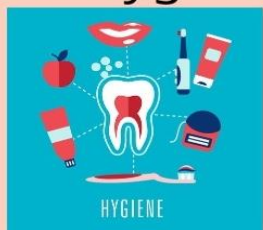
salt water



a dentist



oral hygiene



brush
everyday



follow all the
steps of
brushing



visit a dentist
regularly



gargle



eat healthy
foods



Avoid food
that is too hot



Avoid food
that is too
cold



gargle after
eating sweets



not eat too
much sweets



chew
properly



put only
edibles in the
mouth



teeth remain
dirty



teeth hurt
and gums
bleed



gently



Activity 2

Sorting what is Good for teeth versus Bad for teeth. Make word cards with habits that are good for teeth and bad for teeth based on the lesson as well as from the child's own life. Let them sort.

Pointers for conversation:

1. Ask the children to sort the word cards. Let them categorise.
2. Where does it go? (Let the children keep the word/picture in the correct pile)
3. Why? (Because it is ...let them give the correct reason -provide avaz or word card so that they can respond either verbally or by pointing)
4. In the end, give the cards 'Good for teeth' and 'Bad for teeth'
5. All these things are 'Good for teeth'
6. All these things are 'Bad for teeth'.
7. Consolidate by asking - 'What are the things we must do to have healthy teeth?'
8. What are the things we should avoid/not do?



Reflection: (Some of the words from the previous activities can be used.)

1. Do you like brushing teeth?
2. What will happen if we don't have healthy teeth?
3. Who can help us when we have a toothache?
4. What will you eat to have healthy teeth?
5. What will you do if you eat sweets?
6. What would you do if the food is too hot?
7. What can you do if the food is too cold?
8. How long will you brush?
9. How many times in a day will you brush?
10. What will you do to make sure you brush for two minutes?
11. Will you go to a dentist?
12. Would you like to have healthy teeth?

Activity 2 word list

Brush everyday	Brush in the morning and night	Brush for 2 minutes	Use a timer
Gargle after eating sweets	Don't eat food that is too cold	Don't eat food that is too hot	Eat vegetables
Eat fruits and nuts	Chew well	Chew for ten counts	Bite hard wood
Chew on ice	Does not brush everyday	visits a Dentist	Puts only edibles in mouth
Chews on pencil	Puts inedibles in mouth	No vegetables	No chewing
Does not follow steps for brushing	Does not brush properly	Toothbrush is dirty	Brush gently

Activity 2 word list with pictures

Brush
everyday



Brush in the
mornings
and nights



brush for 2
minutes



use a timer



gargle after
eating sweets



Don't eat
food that is
too cold



Don't eat
food that is
too hot



Eat
vegetables



Eat fruits and
nuts



chew well



chew for ten
counts



bite hard
wood



chew on ice



does not
brush
everyday



visits a
dentist



Activity 2 word list with pictures

puts only
edibles in
mouth



chews on
pencil



puts inedibles
in mouth



No
vegetables



No chewing



Does not
follow steps
for brushing



Does not
brush
properly



Toothbrush is
dirty



Brush gently





Tooth brushing **Certificate**

This is to certify that Mr./Ms. _____ has
mastered the art and science of brushing teeth and is an
accomplished master practitioner of the same.

Facilitator

Parent