

Teach Kids About Healthy Teeth



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how to lead a healthier
lifestyle, visit our website
GetHealthyCT.org



How Clean are Your Teeth?



Why Healthy Teeth Are Important

How does taking care of your teeth help with all those things? Taking care of your teeth helps prevent **plaque** (say: PLAK), which is a clear film of **bacteria** (say: bak-TEER-ee-uh) that sticks to your teeth.

After you eat, bacteria go crazy over the sugar on your teeth, like ants at a picnic. The bacteria break it down into acids that eat away tooth enamel, causing holes called cavities. Plaque also causes **gingivitis** (say: jin-juh-VY-tis), which is gum disease that can make your gums red, swollen, and sore. Your gums are those soft pink tissues in your mouth that hold your teeth in place.

If you don't take care of your teeth, cavities and unhealthy gums will make your mouth very, very sore. Eating meals will be difficult. And you won't feel like smiling so much.

Before Toothpaste Was Invented

We're lucky that we know so much now about taking care of our teeth. Long ago, as people got older, their teeth would rot away and be very painful. To get rid of a toothache, they had their teeth pulled out. Finally, people learned that cleaning their teeth was important, but they didn't have toothpaste right away.

While you're swishing that minty-fresh paste around your mouth, think about what people used long ago to clean teeth:

- ground-up chalk or charcoal
- lemon juice
- ashes (you know, the stuff that's left over after a fire)
- tobacco and honey mixed together

It was only about 100 years ago that someone finally created a minty cream to clean teeth. Not long after that, the toothpaste tube was invented, so people could squeeze the paste right onto the toothbrush! Tooth brushing became popular during World War II. The U.S. Army gave brushes and toothpaste to all soldiers, and they learned to brush twice a day. Back then, toothpaste tubes were made of metal; today they're made of soft plastic and are much easier to squeeze!

Today there are plenty of toothpaste choices: lots of colors and flavors to choose from, and some are made just for kids. When you're choosing a toothpaste, make sure it contains fluoride. Fluoride makes your teeth strong and protects them from cavities.

When you brush, you don't need a lot of toothpaste: just squeeze out a bit the size of a pea. It's not a good idea to swallow the toothpaste, either, so be sure to spit after brushing.

How You Can Keep Your Teeth Healthy

Kids can take charge of their teeth by taking these steps:

- **Brush at least twice a day** — after breakfast and before bedtime. If you can, brush after lunch or after sweet snacks. Brushing properly breaks down plaque.
- Brush all of your teeth, not just the front ones. Spend some time on the teeth along the sides and in the back. Have your dentist show you the best way to brush to get your teeth clean without damaging your gums.
- Take your time while brushing. Spend at least 2 or 3 minutes each time you brush. If you have trouble keeping track of the time, use a timer or play a recording of a song you like to help pass the time.
- Be sure your toothbrush has **soft bristles** (the package will tell you if they're soft). Ask your parent to help you get a new toothbrush every 3 months. Some toothbrushes come with bristles that change color when it's time to change them.
- Ask your dentist if an antibacterial mouth rinse is right for you.
- Learn how to floss your teeth, which is a very important way to keep them healthy. It feels weird the first few times you do it, but pretty soon you'll be a pro. Slip the dental floss between each tooth and along the gumline gently once a day. The floss gets rid of food that's hidden where your toothbrush can't get it, no matter how well you brush.
- You can also brush your tongue to help keep your breath fresh!

It's also important to visit the dentist twice a year. Besides checking for signs of cavities or gum disease, the dentist will help keep your teeth extra clean and can help you learn the best way to brush and floss.

It's not just brushing and flossing that keep your teeth healthy — you also need to be careful about what you eat and drink. Remember, the plaque on your teeth is just waiting for that sugar to arrive. Eat lots of fruits and vegetables and drink water instead of soda. And don't forget to smile!

Source: <https://kidshealth.org/en/kids/teeth-care.html>

Que tan limpios estan tus dientes?



¿Por qué es importante tener unos dientes sanos?

¿Por qué te interesa cuidarte los dientes? Si te cuidas los dientes, ayudarás a prevenir la formación de la **placa** dental, que es una capa muy fina que se pega a los dientes. Tal vez no te preocupe demasiado el hecho de tener placa dental, pero el problema es que es muy pegajosa y actúa como un imán para las **bacterias** y el azúcar.

Como las hormigas en un picnic, las bacterias se enloquecen por el azúcar que tienes en los dientes y lo descomponen en ácidos que destrozan el esmalte dental, provocando la formación de unos agujeros en los dientes denominados caries. La placa dental también provoca **gingivitis**, una enfermedad en la que las encías se enrojecen, inflaman y duelen. Las encías son el tejido rosa y blando que tienes en la boca y que sujeta los dientes. Si no te cuidas los dientes, no tardarás mucho en tener caries y dolor de encías. Lo pasarás mal al comer y, desde luego, no te apetecerá mucho sonreír.

Antes de que se inventara la pasta de dientes

Tenemos una gran suerte de saber tanto sobre cómo cuidarnos los dientes. Antigualmente, cuando la gente se hacía mayor, se le iban cayendo los dientes a trozos, lo que era muy doloroso. Para librarse del dolor de dientes, se los tenían que sacar. Al final, la gente aprendió que era importante lavarse los dientes, pero todavía no se había inventado la pasta de dientes. Mientras te lavas los dientes con tu pasta de dientes con sabor a menta fresca, piensa en las cosas que utilizaba antes la gente para lavarse los dientes:

- tiza o carbón en polvo
- zumo de limón
- ceniza (ya sabes, lo que queda tras un incendio)
- una mezcla de tabaco y miel.

¡Qué asco! No fue hasta hace unos 100 años que alguien inventó una especie de crema con sabor a menta para lavarse los dientes: la pasta de dientes. El tubo de pasta de dientes no tardaría mucho en inventarse, lo que permitió a la gente poner fácilmente la pasta en el cepillo de dientes. La conducta de lavarse los dientes se popularizó durante la segunda guerra mundial. El ejército de EE.UU. daba cepillos y pasta de dientes a los soldados, y éstos se lavaban los dientes dos veces al día. En aquel entonces, los tubos de pasta de dientes se fabricaban con metal; los de hoy son de plástico blando ¡y mucho más fáciles de manipular!

Hoy en día hay muchas pastas de dientes entre las que elegir, con multitud de colores y sabores, y hay marcas especialmente fabricadas para niños. Las personas que tienen los dientes bonitos anuncian pastas de dientes por televisión y en las revistas. A la hora de elegir una pasta de dientes, asegúrate de que contiene flúor. El flúor fortalece los dientes y los protege de las caries.

Para lavarte los dientes, no necesitas mucha pasta: con un poco de pasta, del tamaño de un guisante, basta. No es una buena idea tragarse la pasta, de modo que asegúrate de enjuagarte bien la boca después de cepillarte los dientes y de escupir cuando hayas acabado.

¿Cómo puedes tener unos dientes sanos?

Los niños pueden cuidarse los dientes siguiendo los siguientes pasos:

- **Lávatelos por lo menos dos veces al día** –después de desayunar y antes de acostarte por la noche. Si puedes, lávatelos también después de la comida y después de tomar un tentempié dulce. Lavarse bien los dientes ayuda a descomponer la placa dental.
- Cepíllate todos los dientes, no solamente los que están delante y se ven más. Dedica un tiempo a los dientes laterales y a la cara interna de todos ellos. No te cepilles las encías.
- Dedica tiempo a lavarte los dientes, por lo menos tres minutos cada vez. Si te cuesta calcular el tiempo, utiliza un cronómetro o ponte una canción que te guste para ayudar a pasar el tiempo.
- Pregunte a su dentista si un enjuague bucal antibacteriano de boca tiene razón para ti.
- Asegúrate de que tu cepillo de dientes es de **cerdas suaves** (en el envoltorio pondrá si es suave, medio o duro). Pide a tus padres que te cambien el cepillo de dientes cada tres meses. Las cerdas de algunos cepillos cambian de color cuando toca cambiar de cepillo.
- Aprende a utilizar seda dental, lo que es muy importante para mantener los dientes sanos. Las primeras veces que utilices seda dental tal vez te resulte extraño, pero en poco tiempo te harás un experto en su uso. Desliza la seda dental entre cada par de dientes adyacentes y a lo largo de la línea de las encías. La seda dental permite eliminar los restos de alimentos ocultos y llegar adonde no puede llegar el cepillo de dientes por muy bien que uno se lave los dientes.
- ¡También puede cepillar la lengua para ayudar a mantener el aliento fresco!

También es importante que vayas al dentista dos veces al año. Aparte de evaluar si tienes caries o enfermedades que afectan a las encías, el dentista te ayudará a mantener los dientes superlimpios y tal vez te enseñe a sacar el mejor partido del cepillo de dientes y de la seda dental.

Para mantener los dientes sanos no sólo tienes que lavártelos bien y utilizar seda dental -también tendrás que tener cuidado con lo que comas o bebas. Recuerda que la placa dental está siempre esperando a que llegue el preciado azúcar. Come abundante fruta y verdura y bebe agua en vez de refrescos ¡y no te olvides de sonreír!

5 Fun ways to Brush Teeth with Kids

Sweeping away the “sugar bugs.” Playing “beat the timer.” Making funny faces. These are just some of the silly but effective ways my husband and I got our two daughters excited about taking care of their teeth. Our hard work has paid off: now, the girls are happy to brush twice a day and show off their pearly whites to the dentist.



For many parents, teaching kids good dental hygiene is a twice-daily battle. But as experts point out, it's a fight worth having. Though it's largely preventable, tooth decay remains the most common chronic disease among children aged 6-19, according to the Centers for Disease Control and Prevention. Poor oral hygiene has been linked to everything from speech delays to dental pain and infections to diabetes.

“We know that oral health is closely linked to overall health,” explains Mary Lee Conicella, DMD, Aetna's chief dental officer. “If we make sure children receive proper dental education and care early on, it will help them to be healthy throughout their lives.”

Here are five ways to make brushing and flossing a fun — and regular — part of your child's daily routine.

Start the oral hygiene early.

It's never too early to make brushing and flossing a part of their morning and nightly routines. In fact, dentists recommend starting dental care even before your child's first tooth arrives. During infancy, wipe down their gums nightly with a soft, damp cloth. Switch to a toothbrush when their teeth come in (usually around 6 months of age), and floss once teeth start touching (typically around age 2 or 3). Schedule a visit to the dentist by the first birthday, regardless of how many teeth they have. (Simple mindfulness exercises can help soothe any pre-appointment jitters.) Check with your dental provider about benefits surrounding semi-annual checkups.

Set a good example.

When it comes to teaching good dental hygiene, practice what you preach. “A child emulates whatever a parent is doing,” explains Allena Willis Kennerly, DMD, owner of Smashing Smiles Orthodontics in Washington, D.C. “So if your child regularly sees you flossing, she's more likely to floss.” For added fun, pretend to be a mirror the next time you and your kid brush together, and encourage them to copy your every move.

Turn toothbrushing into a game.

Whether you're 6 or 66, dentists recommend brushing teeth twice a day, for two minutes at a time. That's because studies show that the longer you brush, the more plaque you remove, says Conicella. Try one of these creative games to help them meet the two-minute mark:

- Brush during commercial break. During each 30-second commercial, have your child brush a quadrant of their mouth. By the time they're done, Kennerly says, their show is back on. Just remember to turn off the TV at least a half hour before bedtime to ensure a good night's sleep.
- Set a timer. Overturn an egg timer filled with colorful sand, and challenge them to keep brushing until all the sand has reached the bottom. Or buy your child a toothbrush that blinks or plays music for two minutes.
- Play their favorite song. The free app Brush DJ plays tunes in your library for two minutes and – bonus – lets you set reminders to brush twice a day, floss, use a mouthwash, and visit the dentist.
- Offer incentives. What kid doesn't want to stay up a few minutes later at bedtime or be in charge of choosing the next movie for family night? Consider offering a simple reward or creating a rewards chart to encourage your little one to brush their pearly whites for two minutes. Don't forget to praise them afterward for their amazing technique or super sparkly teeth.

Tell a story.

It used to be a fight for Callie Rae McCarthy to get her 2- and 4-year-olds to brush. But when the Bloomfield, N.J., mom said there were animals hiding in their teeth, the kids popped their mouths wide open. Now, the children choose which animal to go after each night, and it darts all over the teeth and tongue while Callie Rae or her husband chases it with a toothbrush. At the end, she hands the brush to each child and tells them to finish the chase. "They laugh and they giggle — isn't that just what we want with everything?" she says.

In fact, experts say using something relatable, like a story, is a great way to get reluctant brushers to participate. You can also try reading an age-appropriate book about taking care of your teeth or letting your child practice brushing their stuffed animal's teeth.

Choose the right tools.

Brushing and flossing can be difficult for little hands. Opt for age-appropriate tools, such as toddler toothbrushes, flossers without sharp edges, and power toothbrushes, which experts say mimic little circles for accurate brushing. "Small kids don't have manual dexterity," Kennerly says. "A power toothbrush gives kids the boost to get that plaque off." Tip: If your child is hesitant to try one, let them feel the movement of the whirring bristles on the palm of their hand before starting. Also let your child pick out their favorite toothbrush and favorite flavor of toothpaste.

Creating a fun and engaging routine at home will ensure your child develops a lifelong habit of caring for their teeth. "[Brushing and flossing] should be fun and simple and pain free," says Tyra Manso, DDS, a mom and owner of Montclair Pediatric Dental Care in New Jersey. "If you introduce flossing and brushing at a young age, kids will start to feel yucky if they don't do it."

Source: <https://www.aetna.com/health-guide/kids-brush-teeth.html>

UNDERSTANDING ADDED SUGAR



Added sugars are types of sugars or syrups added to foods during processing or preparation.

4 grams of sugar = 1 teaspoon

This is important to remember when looking at food labels.

You can usually tell when something is a sugar because it has the ending **"ose"** like **maltose or sucrose**. But many times added sugars are hidden in ingredient lists with names like:

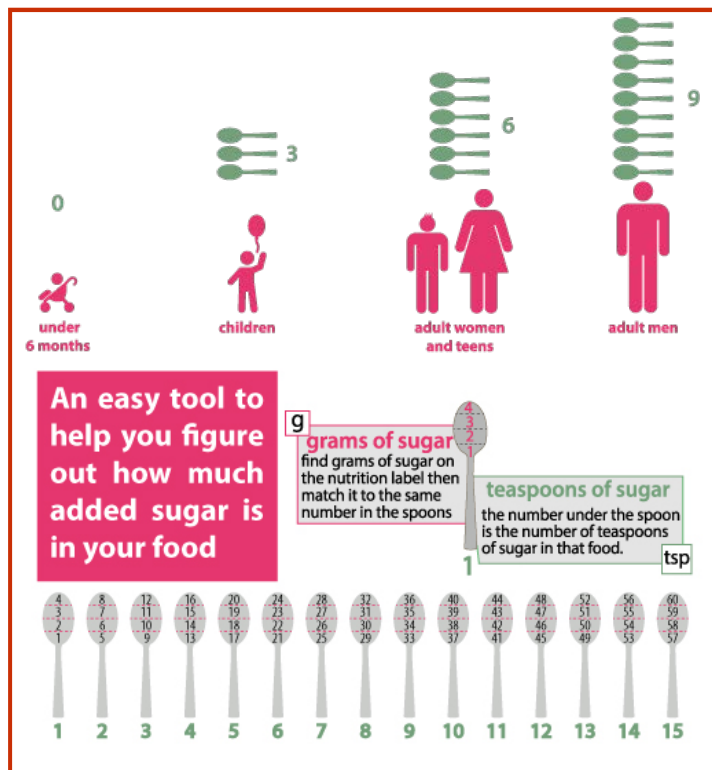
dextrose	raw sugar
molasses	syrup
cane sugar	nectar
honey	fruit juice
high-fructose corn	concentrate
syrup (HFCS)	corn syrup
evaporated cane juice	cane crystals
corn sweetener	

HOW MUCH IS TOO MUCH?

The average American has about **22 tablespoons** of added sugar each day.

HOW MUCH ADDED SUGAR SHOULD YOU HAVE EACH DAY?

The American Heart Association recommends:



WHAT'S SO BAD ABOUT SUGAR?

Eating or drinking too much sugar has been linked to obesity and weight gain. It is also associated with a higher risk of many chronic diseases such as diabetes, high blood pressure, and heart disease

Many people know soda is bad... **But what about "better" drinks?**

100% Fruit juice Even though 100% fruit juice is better than soda or fruit-flavored beverages, it still has a lot of sugar. Drinking juice in high quantities can have negative effects on children, such as weight gain and tooth decay.

The American Academy of Pediatrics recommends:

- Infants under 6 months of age should not be given juice.
- Children 1 to 6 years old: no more than 4 to 6 oz (one-half to three-quarters of a cup) of juice per day
- Children 7 to 18 years old: no more than 8 to 12 oz (1 to 2 cups) of juice per day.

Sports Drinks Many ads for sports drinks make it seem like everyone doing any type of physical activity should be drinking one. The reality is, that these are very high in sodium and sugars. The best way to hydrate during and after physical activity is always water.

Water is always the best option for drinks!

ENTENDER EL AZÚCAR AÑADIDO



Azúcares añadidos son tipos de azúcares o jarabes añadidos a los alimentos durante el procesamiento o preparación.

4 gramos de azúcar = 1 cucharadita

Es importante recordar cuando se mira las etiquetas de los alimentos.

Se suele saber cuándo un ingrediente sea azúcar añadido porque tiene la terminación “osa” como **maltosa o sacarosa**. Pero muchas veces, azúcares añadidos están ocultos en la lista de ingredientes, llamado:

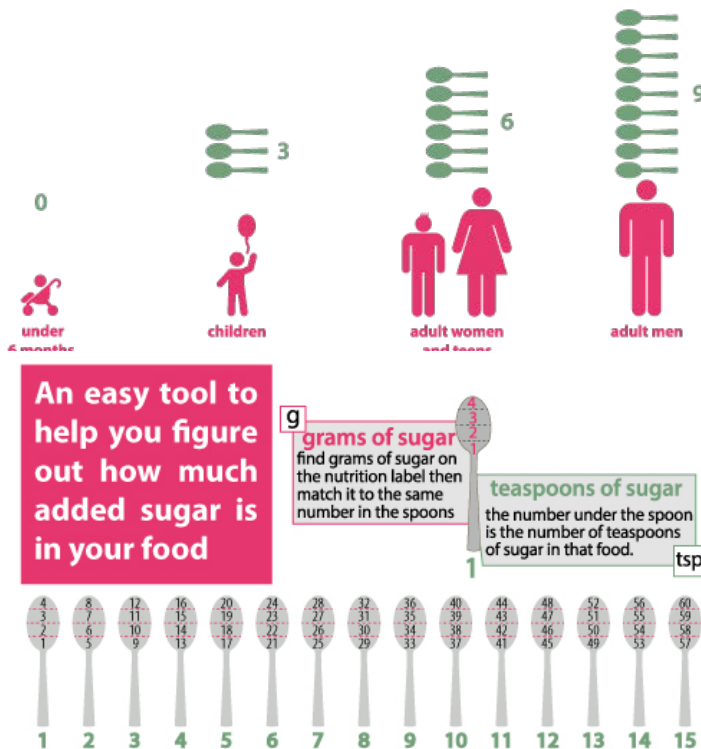
dextrosa,	edulcorante de maíz,
melaza,	azúcar,
azúcar de caña,	jarabe,
miel,	néctar,
jarabe de maíz de alta fructosa (HFCS),	jugo concentrado,
evaporado jugo de caña,	jarabe de maíz,
	caña de cristales

¿CUANTO ES DEMASIADO?

El estadounidense promedio toma alrededor de 22 cucharadas de azúcar añadido cada día.

¿CUÁNTO AZÚCAR DEBE COMER CADA DÍA?

El American Heart Association recomienda:



¿QUÉ TIENE DE MALO AZÚCAR?

Comer o beber demasiada azúcar se ha relacionado con obesidad y peso ganancia. También se asocia con un mayor riesgo de muchas enfermedades crónicas como diabetes, presión arterial alta y enfermedades del corazón.

Muchas personas saben que la soda es mala... ***Pero qué de las bebidas “mejores”?***

100% Jugo de Fruta

Aunque 100% jugo de fruta es mejor que soda o bebidas con sabor a fruta, todavía tiene mucha azúcar. Beber jugo en grandes cantidades puede tener efectos negativos en los niños, tales como ganancia de peso y caries dentales.

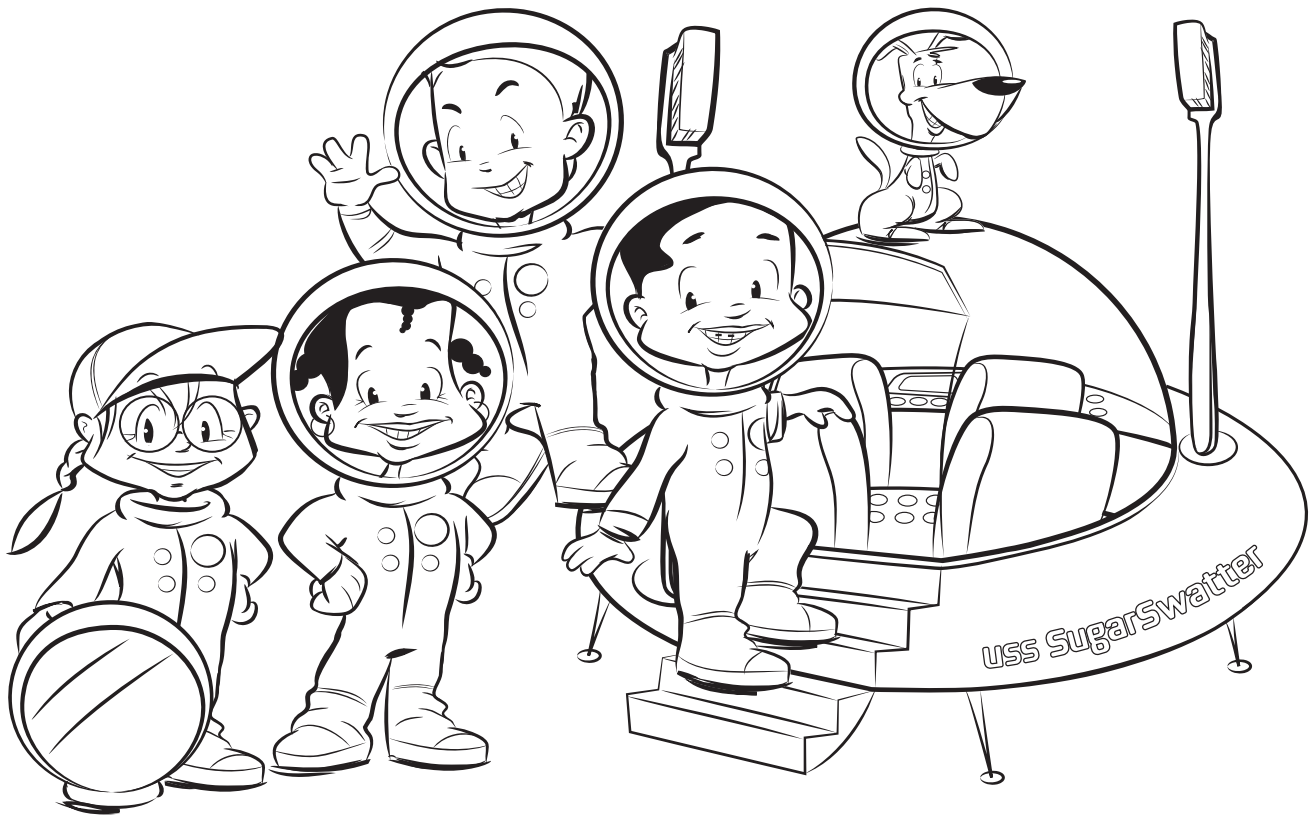
La American Academy of Pediatrics recomienda:

- Los bebés menores de 6 meses no se deben dar jugo.
- Niños de 1 a 6 años: no más de 4 a 6 onzas (una mitad hasta tres cuartos de una taza) de jugo por día.
- Niños 7 to 18 años: no más de 8 a 12 onzas (1 a 2 tazas) de jugo al día

Bebidas Deportivas

Muchos anuncios para las bebidas deportivas hacen parecer que todo el mundo tiene que beberlas si hace cualquier tipo de actividad física. La realidad es que jugo de fruta y bebidas deportivas son muy altos en sodio y azúcares. La mejor manera de hidratarse durante y después de la actividad física siempre es agua.

El agua siempre es la mejor opción!



The Adventures of the USS SugarSwatter!

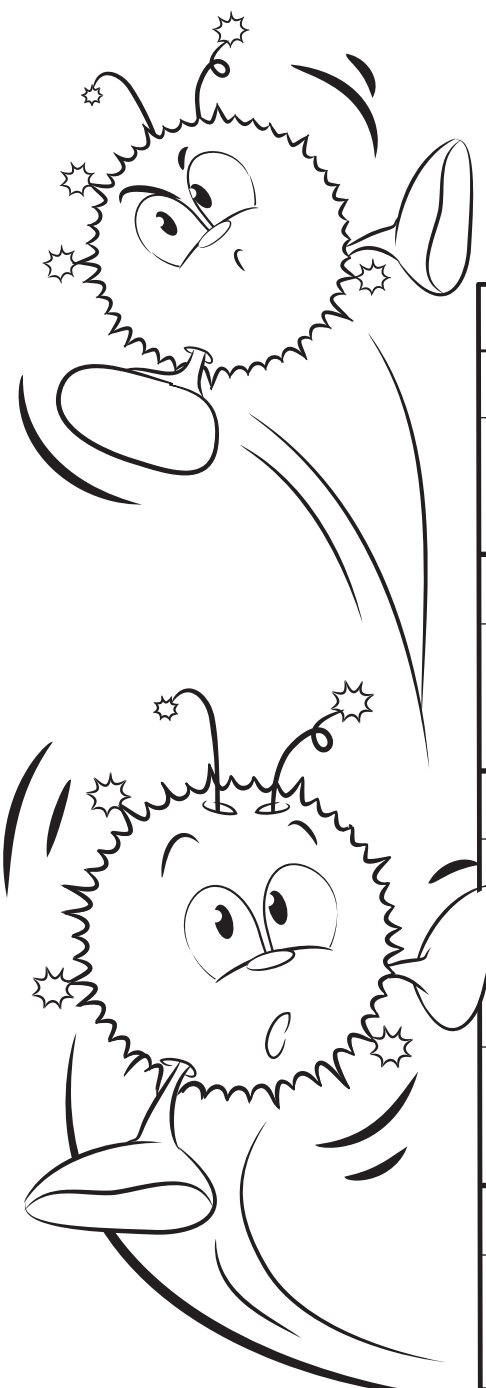
Sugars are everywhere and the crew of the USS SugarSwatter are climbing on board. Their mission? To eliminate sugars wherever they lurk!

Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are certainly up to the task. They know just how to fight the sugars that can cause cavities and poor oral health. First, it's important to avoid eating sugary snacks and instead make healthy food choices - like fruits, veggies, whole grains and lean proteins instead of sweet snacks like cookies, candy and cake. When our crew is thirsty, they opt for water to drink, rather than soda pop. Even so, they follow the "2min2x" rule. That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss once each day to clean the spaces in between their teeth. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Do you want to join the crew of the USS SugarSwatter and fight for good oral health? Join in the fun by playing the games and completing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.



Swat the Sugars!

Brush 2 minutes 2 times a day - 2min2x - to swat those pesky sugars out of your mouth and keep your smile healthy. Fill in the calendar dates in the corner and then check off each of the 2 boxes every time you brush. Make it a habit for a great smile!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Finders Keepers

Color the things that help you keep your mouth healthy.



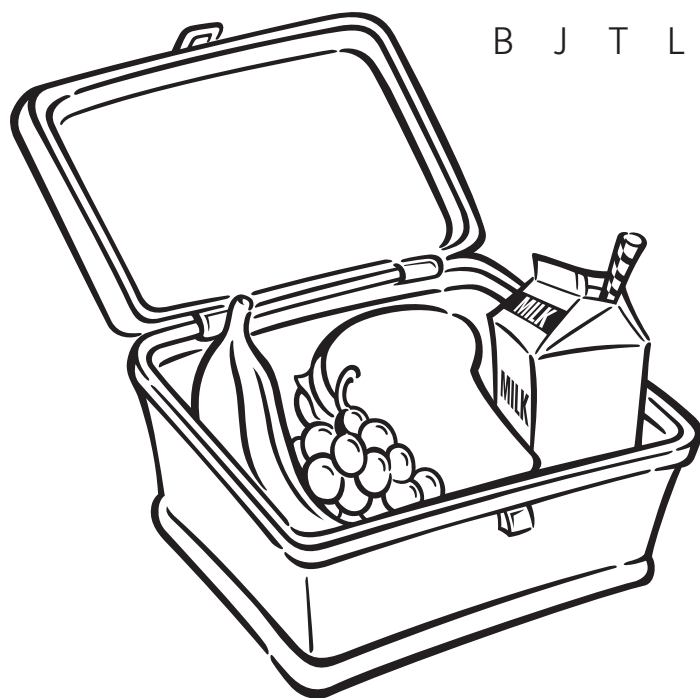
Word Search

To have a sparkling smile,
it helps to choose healthy
foods rather than sugary
treats.

Can you find all the hidden
words? Circle the healthy
foods and draw a line
through the sugary treats.

They can be up, down,
diagonal, backward
and forward!

O K O R A N G E E M W N R O S
R L B R E A D S H A U S Q C T
A I Z T S L T I T D C A P E R
N M Y A Q O J E G B D N R L A
G R E T R Y R K V A S A E E W
E F P R G M F O N E K N T R B
J S A Z E U A B I Y L A T Y E
U C M L P L C R E J A B U Z R
I Y O E M V R K E S V I B O R
C N X O W E R Y C E O C T T I
E G N A B U O A U P C H U O E
F D Q E T G H P T A A E N M S
S D U V U X C P T R D E A A H
I L K R S W B L E G O S E T X
B J T L M N U E L R W E P O T



TURKEY

PEANUT BUTTER

STRAWBERRIES

CARROTS

BANANAS

MILK

CHEESE

GRAPES

CELERY

BLUEBERRIES

ALMONDS

APPLE

AVOCADO

LETTUCE

ORANGE JUICE

TOMATO

YOGURT

BREAD

WATERMELON

ORANGE