

# Step-by-step guide to teaching preschoolers about oral health.

## Simplify Concepts

- Break down complex oral health topics into basic, relatable terms. Focus on:
- Why brushing is important (removing "sugar bugs" to protect teeth).
- When to brush (after meals and before bed).
- How long to brush (sing a song, like "Happy Birthday" twice).

## Use Visual Aids

- Large toothbrush models and stuffed animals with teeth to demonstrate brushing.
- Colorful pictures or pretend food showing healthy foods vs. sugary snacks to help preschoolers understand what's good for their teeth.

## Hands-on Demonstration

- Provide hands-on demonstrations using kid-friendly props. (Practice with another student first to build confidence in doing the demonstration.)
- Incorporate activities like letting the kids practice brushing a model's teeth or even their own with supervision.

## Incorporate Storytelling

- Tell short, simple stories about characters who take care of their teeth (or don't). Storytime can make the information memorable.

## Engage with Songs & Rhymes

- Preschoolers respond well to music and rhythm. Incorporate brushing songs or rhymes into lessons.

## Make it Fun with Games

- Use interactive games like "Tooth Detective," where children identify foods that are good or bad for their teeth.
- Organize a "brushing contest" where children practice brushing with oversized brushes and models.

## Encourage Questions

- Ask simple, engaging questions to preschoolers during the lesson, like:
- "Who brushed their teeth today?"
- "What happens when you eat too much candy?"

## Involve Parents

- Consider sending home a flyer or tips for parents, reinforcing the oral health habits the children learned.

