



# THE TOOTH BOOK

BY DR. SEUSS



## TIPS FOR THE READER

In this kit, you will find a wonderful children's book and practical resources you can use to help a child develop important lifelong skills. Use these tips to engage the child in talking about the story, further developing vocabulary, comprehension and a love of reading. Finally, use the provided materials and **Activity Instructions** to extend and practice new skills.

### THE TOOTH BOOK BY DR. SEUSS

Teeth. They come in handy when you chew or smile! In Dr. Seuss's hilarious ode to teeth, little ones will laugh out loud as they find out all the things teeth can do and how to take care of them so they last a lifetime! All the fun and charm of the original book are in this new board book version for the youngest readers.

**Themes covered:** Dental hygiene, good and bad uses for teeth, healthy foods

**Skills developed:** rhyming, vocabulary, dental hygiene, classification, counting, fine motor skills

#### Verbal Prompts

Before reading, ask...

- \* How many teeth do you have?
- \* Who has teeth at your house?
- \* What do you use your teeth for?

While reading...

- \* Talk about the pictures. Ask: What do you see in the picture? What else?
- \* Ask questions about what people or animals are doing in the pictures.
- \* What color are teeth? Are they smooth or rough?

After reading, ask...

- \* Which animals didn't have teeth? How do you think they eat?
- \* What happened to Billy Billings when all he ate was desserts and Kool-Aid?
- \* Are there foods that are good for teeth?
- \* How do you keep your teeth clean?



## PROP/PUZZLE/GAME 1 PREPARATION INSTRUCTIONS

# COUNT AND COLOR

Help extend children's learning with this counting/coloring activity!

### Supplies You'll Need

- Count and Color toothbrush template
- Crayons
- Large plastic bag(s) or other container

### Kit Assembly Instructions

1. Make a copy of the template for each child.
2. Put the template and crayons in bags.
3. Include the book and **Tips for the Reader** in the kit.

# Count and Color

Chris has been very busy drawing pictures of toothbrushes!  
Count the toothbrushes. Draw a pea-sized ball of toothpaste on  
each toothbrush. Color the toothbrushes bright, happy colors!



**ADA** American Dental Association®  
America's leading advocate for oral health



## PROP/PUZZLE/GAME 1

### ACTIVITY INSTRUCTIONS

# COUNT AND COLOR

Help extend children's learning with this counting/coloring activity!

### Follow These Steps

1. Give each child a copy of the template and crayons.
2. Ask them to count the number of toothbrushes and write the number on the page.
3. Ask them to color some toothpaste the size of a pea on each toothbrush, and then color each brush.



## PROP/PUZZLE/GAME 2 PREPARATION INSTRUCTIONS

# IDENTIFYING HEALTHY AND UNHEALTHY FOODS

Help children build knowledge about healthy and unhealthy foods with this sorting game!

### Supplies You'll Need For Classroom Activity

- Two poster boards, 22x28
- Marker
- Grocery store flyers and/or grocery advertisement inserts from newspaper and food magazines
- Scissors for children
- Glue sticks
- Large plastic bag(s) or other container

### Supplies You'll Need For Individual Activity

- Healthy/Unhealthy Foods template
- Template with food images
- Marker
- Crayons
- Children's scissors
- Glue sticks
- Large plastic bag(s) or other container

### Kit Assembly Instructions For Classroom Activity

1. Gather all supplies into large plastic bag.
2. Include the book and Tips for the Reader in the kit.

### Kit Assembly Instructions For Individual Activity

1. Make one copy of the template.
2. Place template in a bag with crayons and a pair of children's scissors.
3. Include the book and **Tips for the Reader** in the kit.

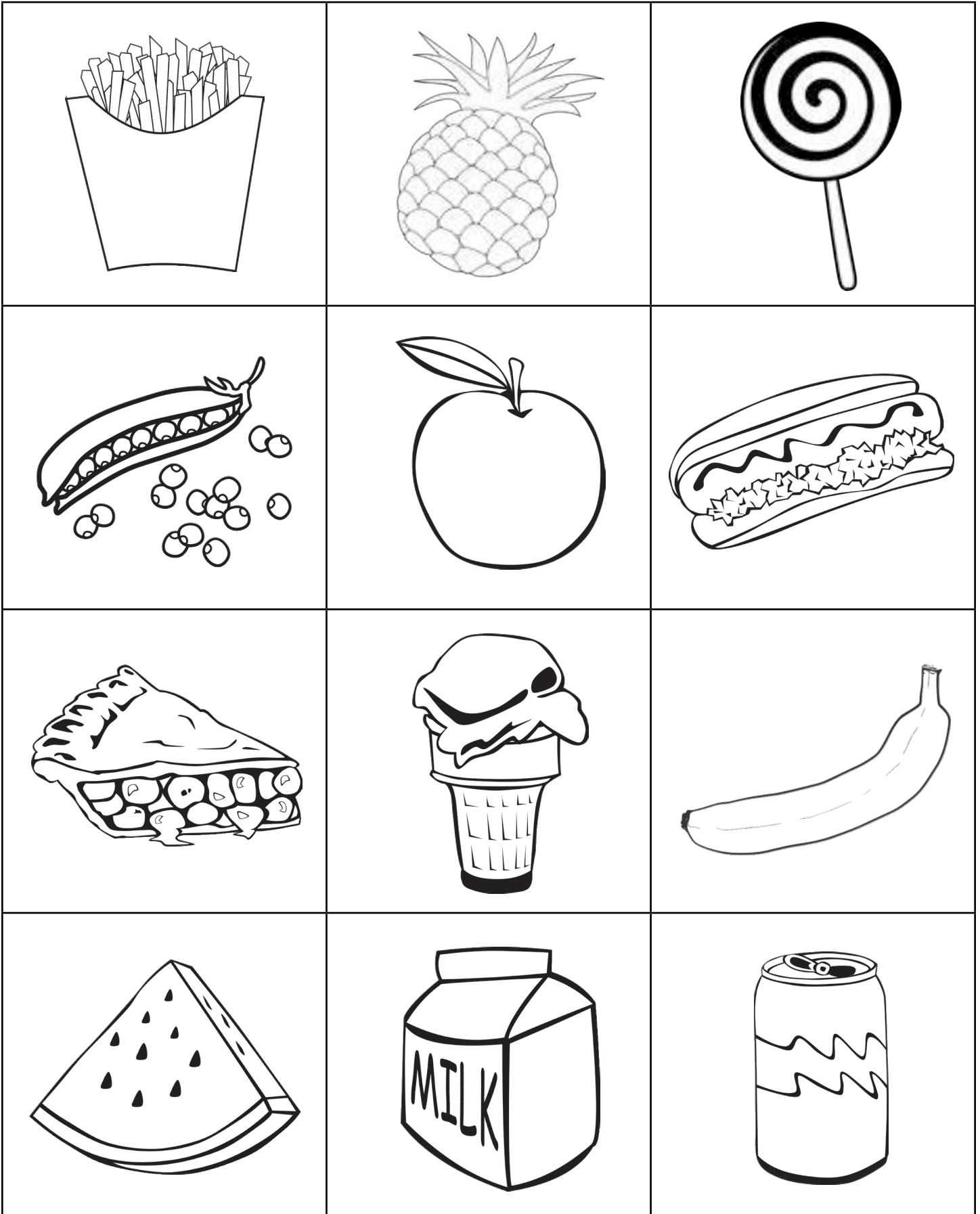
# PROP/PUZZLE/GAME 2

TEMPLATE

<b>Healthy Foods (Good for Teeth)</b>	<b>Unhealthy Foods (Bad for Teeth)</b>

# PROP/PUZZLE/GAME 2

TEMPLATE







## **PROP/PUZZLE/GAME 2** **ACTIVITY INSTRUCTIONS**

# **IDENTIFYING HEALTHY AND UNHEALTHY FOODS**

Help children build knowledge about healthy and unhealthy foods with this sorting game!

### **Follow These Steps For Classroom Activity**

1. Use the marker to write “Healthy Foods (Good for Teeth)” on the top of one poster and “Unhealthy Foods (Bad for Teeth)” on the other.
2. Set up tables with scissors, copies of the template, and flyers, inserts, and magazines.
3. Ask the children to find and cut out four pictures of healthy food and four pictures of unhealthy food.
4. As they finish, let them glue their pictures on the appropriate poster.
5. Point out and name the unhealthy foods then ask kids to name the different healthy foods.

### **Follow These Steps For Individual Activity**

1. Let the children color the pictures. Talk with them about the foods as they color.
2. Ask the children to sort the pictures of healthy food and four pictures of healthy and unhealthy food.
3. As they finish, let them glue their pictures in the appropriate category on the template.
4. Ask kids to name the different healthy and unhealthy foods.



## TAKE HOME ACTIVITY KIT 1 PREPARATION INSTRUCTIONS

# CARING FOR TODDLER'S TEETH (AGES 0-2)

Help young children learn to keep their teeth clean!

### Supplies You'll Need

- Tip sheets for toddler dental care

### Kit Assembly Instructions

1. Copy tip sheets for each child.
2. Include the book and **Tips for the Reader** in the kit.



## **Tips for Taking Care of Your Toddler's Teeth**

- Visit the dentist within six months after baby's first tooth appears, but no later than the child's first birthday. Then, maintain regular visits.
- Brush twice a day. If you have an infant, wash their gums twice a day with gauze or a clean washcloth.
- No baby bottles in the bed or crib.
- Limit the amount of juice your child drinks.
- Only use pacifier during times of distress.
- Limit sugar in your child's diet.
- Be a good role model by eating healthy foods and brushing regularly.
- Make the routine of brushing teeth fun with songs, counting, etc.

# TEETHING 101: TIPS FROM A DENTIST AND DAD

By Edward Moody, D.D.S., American Academy of Pediatric Dentistry

When my first daughter started teething, my wife and I had some of our most stressful nights as young parents. After emerging from the blur of the newborn stage, we were confident that we were in a groove with the sleep schedule when teething threw a wrench in our plans for regular sleep. In fact, teething is a top cause of frequent night waking during the second six months of a baby's life and through the age of two.

Teething typically begins when a baby is between six and eight months old, although some children don't have their first tooth until 12 to 14 months. The two bottom front teeth (lower incisors) usually come in first and next to grow in are usually the two top front teeth (upper incisors). Then, the other incisors, lower and upper molars, canines, and finally the upper and lower second molars typically grow. All 20 baby teeth should be in place by the time a child is around two and a half years.

In preparation for teething, it's best to educate yourself on what to expect and what you can safely do to help your child. Starting at the age of six months, signs to look for are irritability, accompanied by a lot of biting or chewing on hard objects and drooling. Other signs include gum swelling and tenderness; refusing food; and—as mentioned earlier—disrupted sleep.

Teething affects babies differently, but here are a few things I recommend to parents to help their babies with the discomfort and potential pain of teething—and to help everyone at home get more sleep:

- Give your baby a firm rubber teething ring to chew on. Avoid liquid-filled teething rings, or any plastic objects that might break.
- Gently rub the gums with a cool, wet washcloth, or (until the teeth are right near the surface) a clean finger. You may place the wet washcloth in the freezer first, but wash it before using it again.
- Feed your child cool, soft foods such as applesauce or yogurt (if your baby is eating solids).
- Use a bottle, if it seems to help, but only fill it with water. Formula, milk, or juice can all cause tooth decay.
- Topical pain relievers and medications that are rubbed on the gums are not necessary, or even useful, because they wash out of the baby's mouth within minutes.

Most importantly, take your baby to a pediatric dentist by age one to ensure that you are armed with the right information to help comfort your little one—and to set them up for a healthy smile for a lifetime.

Visit [www.mychildrensteeth.org](http://www.mychildrensteeth.org) to find a nearby pediatric dentist and to learn more about the importance of early oral care for kids.



## TAKE HOME ACTIVITY KIT 2

### PREPARATION INSTRUCTIONS

# TOOTHBRUSH KIT (AGES 3-5)

Help children develop a healthy brushing habit with this toothbrush kit!

### Supplies You'll Need

- Child-size toothbrushes (these are often free from the Health Department or local dentists)
- Travel size toothpaste
- Floss
- Tooth brushing chart template
- Template about helping preschool children brush their teeth
- Large plastic bag(s) or other container

### Kit Assembly Instructions

1. Make one copy of the template per child.
2. Place a toothbrush, toothpaste, floss, and a set of instructions in bag.
3. Fill enough bags for each child in the classroom.
4. Include the book and **Tips for the Reader** in the kit.

MY NAME: \_\_\_\_\_



# BRUSHING CHART



Brush 2 minutes, 2 times a day!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							



Use this chart to keep track of your daily brushing habits.  
Color a sun when you brush your teeth in the morning  
and a moon when you brush at night!



# TAKE HOME ACTIVITY KIT 2

TEMPLATE

## How to Help Your Preschool Children Brush Their Teeth



**Toothpaste  
on toothbrush**



**Tap on**



**Water on toothbrush**



**Brush teeth**



**Spit**



**Rinse toothbrush**



**Drink of water**



**Floss between teeth**