

A GUIDE FOR PA PROGRAM STUDENT  
SOCIETIES

# Pediatric Oral Health Outreach Toolkit



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# Introduction

So you are interested in oral health outreach? You have come to the right place! In this document, you will find a comprehensive toolkit that was assembled with PA students in mind. Whether or not you have ever put on an oral health outreach event, this toolkit can serve as a template for ideas! The purpose of this toolkit is to provide simple and accessible information that is broken down in a step-by-step format in order to assist PA students in initiating their own oral health outreach program. We hope you will find these resources helpful, and we encourage all students to maintain active involvement in the PA oral health initiative!

The Student Academy of AAPA Leaders would like to extend a special thanks to the PA students who created this resource:

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**Show us your smile!**

## 1. Introduction of Yourself

- Who are you?
- What school are you from?
- What is a PA?
- Why are you there?
- Invite children to name words they think of when they hear the word "smile."

## 2. Introduce the "Sugar Wars"

- Print posters (Sheet A)
- Explain "Sugar Wars" (Sheet B)
- Introduce characters
- Tell the story
- Explain "2min2x"
- Ask children what they learned from the story

## 3. Discuss How to Build Good Oral Health Habits

- Why are healthy teeth important? For eating, speaking, smiling
- When should we brush our teeth? Twice a day; after breakfast & before bedtime
- How many times should we visit the dentist every year? Twice
- How do we brush our teeth properly?

### Top Toothbrushing Tips *to share with kids*

- Brush away plaque!** Brush *all* surfaces of the teeth: top, bottom, front, back, inside and outside. Make sure to brush the tongue, too!
- Take care of your baby teeth.** They save space for permanent teeth and help them come in straight. Brushing them thoroughly is important!
- Brush wa-a-ay in the back.** Make sure to reach *all* of your teeth, including those at the very back. This is where the six-year-molars will come in – your first adult teeth!



#### 4. Group Activity

a. Before the class make a “Happy Tooth Sad Tooth” felt board with Velcro pieces of good and bad food for our teeth. Have children come up to place pieces in the happy or sad tooth.



#### 5. Individual Activity Options

- a. “Sugar Wars” coloring sheet (Sheet C)
- b. “Sugar Wars” Maze (Sheet D)
- c. “Sugar Wars” Crossword Puzzle (Sheet E)
- d. “Sugar Wars” Hidden Sweets Activity (Sheet F)
- e. Guessing Game – have kids write on a paper with their names how many teeth we have as adults. Whoever is closest will get a prize (toothbrush, floss, etc)

#### 6. Conclusion

- a. Ask children what they learned today?
- b. Ask children if they have any questions about today?
- c. Hand out any additional worksheets for kids to do at home for fun
- d. Hand out “Sugar Wars” certificate in recognition of their great work today (Sheet G)



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# SUGAR WARS



**ADA.org/ncdhm**

Brush two minutes, two times a day.

Clean between your teeth daily.

Limit snacks, eat healthy meals.

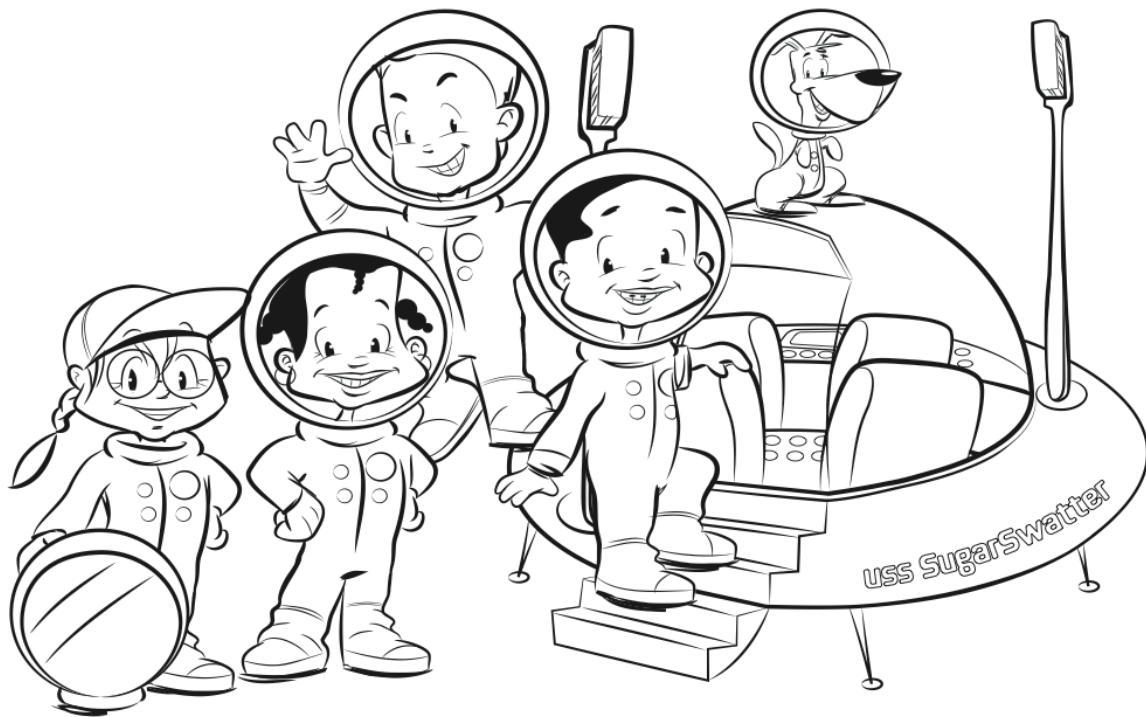
Visit your dentist regularly.

**ADA Foundation**  
 Charitable Assistance | Access to Care | Research | Education

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

## 2min2x!

Brush 2 minutes 2 times a day  
 AND eat healthy for  
 a healthy smile!



## 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.

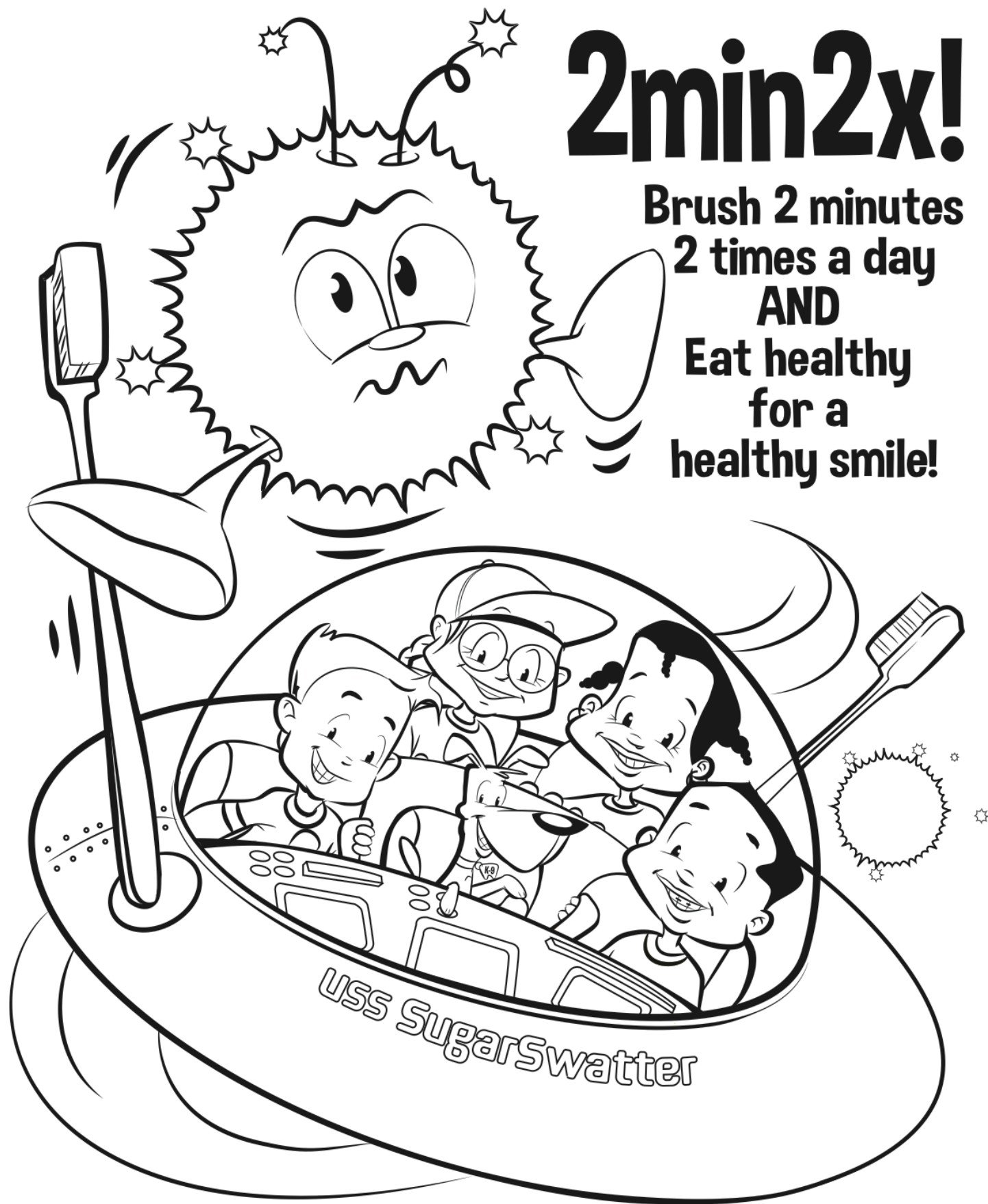
Do you want to join the crew of the USS SugarSwatter and fight for good oral health? Join in the fun by playing the games and completing the activities to learn how to take good care of your teeth.

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

C

# 2min2x!

**Brush 2 minutes  
2 times a day  
AND  
Eat healthy  
for a  
healthy smile!**



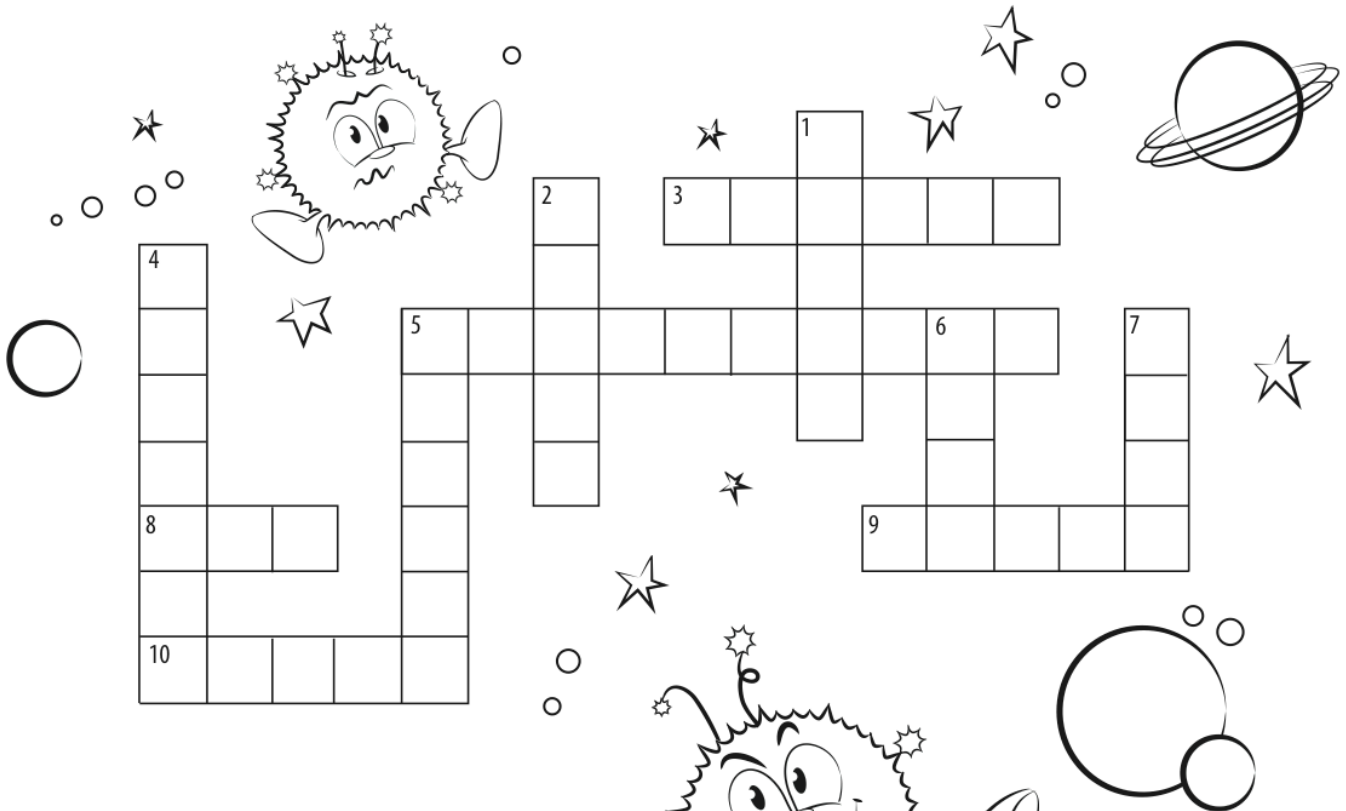
# K9 is searching the galaxy for Sugars!

Can you help him?  
Find a path into the center  
of the planet and then  
through to the other side.





# This crossword is out of this world! Use the words in the list to complete the puzzle!

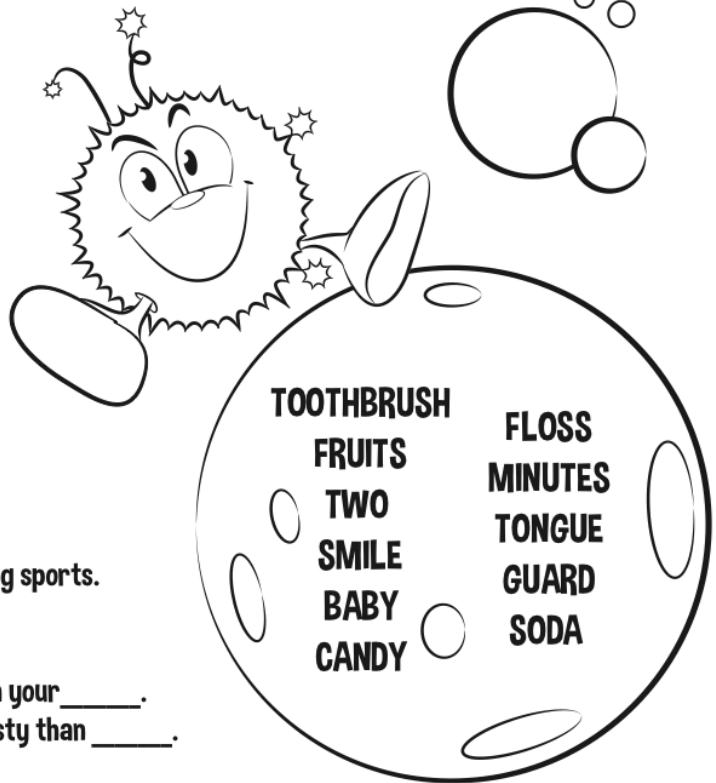


## ACROSS

3. Eat lots of healthy \_\_\_\_\_ and vegetables.
5. Use a \_\_\_\_\_ to clean your teeth.
8. Visit your dentist \_\_\_\_\_ times a year.
9. For a healthy smile don't eat a lot of \_\_\_\_\_.
10. Another word for grin.

## DOWN

1. Don't forget to wear a mouth \_\_\_\_\_ when playing sports.
2. Use \_\_\_\_\_ to clean between your teeth.
4. Brush your teeth two \_\_\_\_\_ two times a day.
5. When you brush your teeth, don't forget to brush your \_\_\_\_\_.
6. Better to have a drink of water when you're thirsty than \_\_\_\_\_.
7. Your first teeth are called \_\_\_\_\_ teeth.



TOOTHBRUSH

FRUITS

TWO

SMILE

BABY

CANDY

FLOSS

MINUTES

TONGUE

GUARD

SODA

ACROSS: 3. FRUITS; 5. TOOTHBRUSH; 8. TWO; 9. CANDY; 10. SMILE  
DOWN: 1. GUARD; 2. FLOSS; 4. MINUTES; 6. TONGUE; 7. BABY

The Crew of the USS SugarSwatter are sweeping the galaxy to keep it free of hidden sugars. Can you circle these sugary sweets hidden in the picture?

LOLLIPOP



COTTON CANDY



CANDY BAR



COOKIE

TAFFY

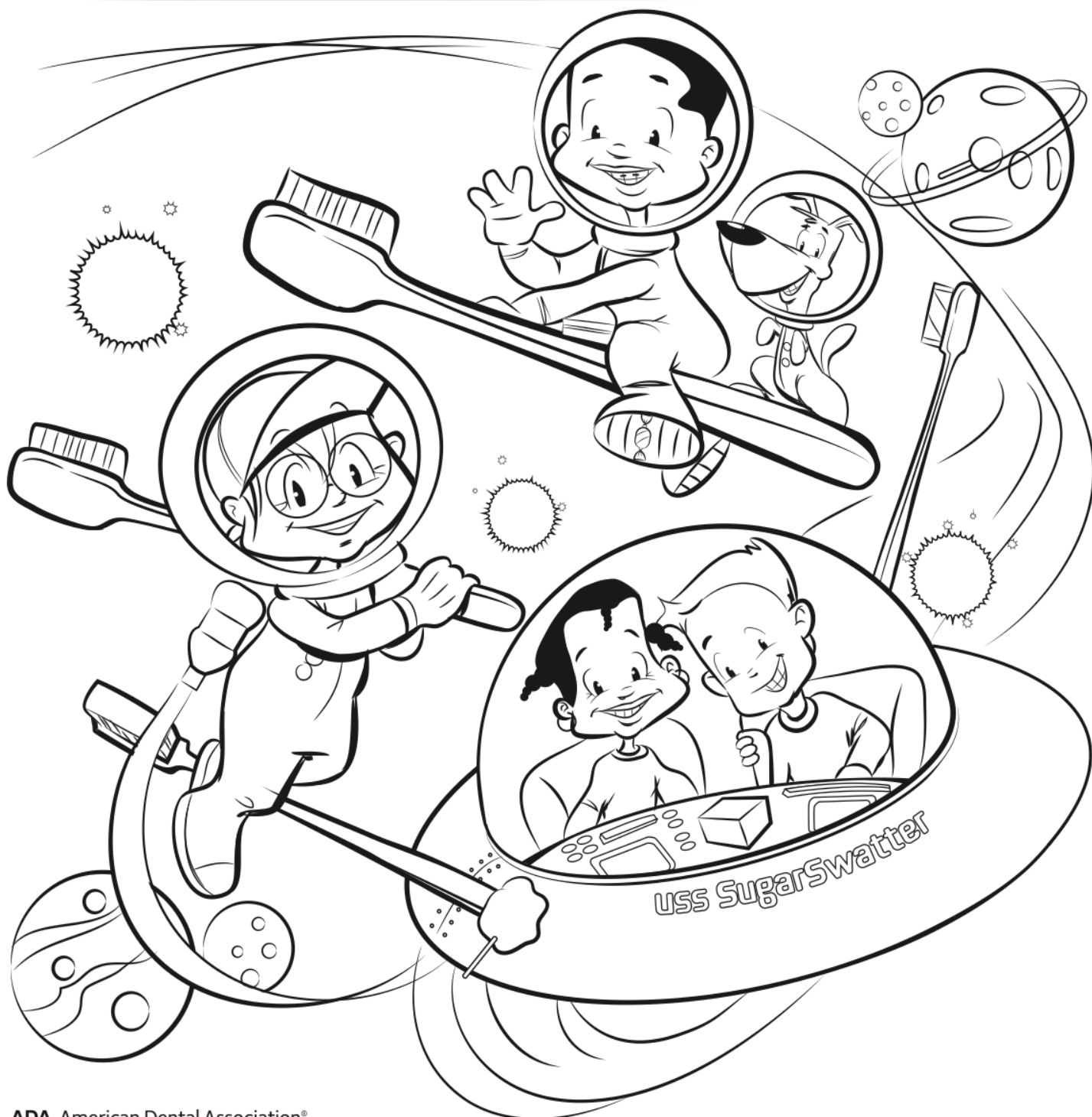


CAKE



BROWNIE

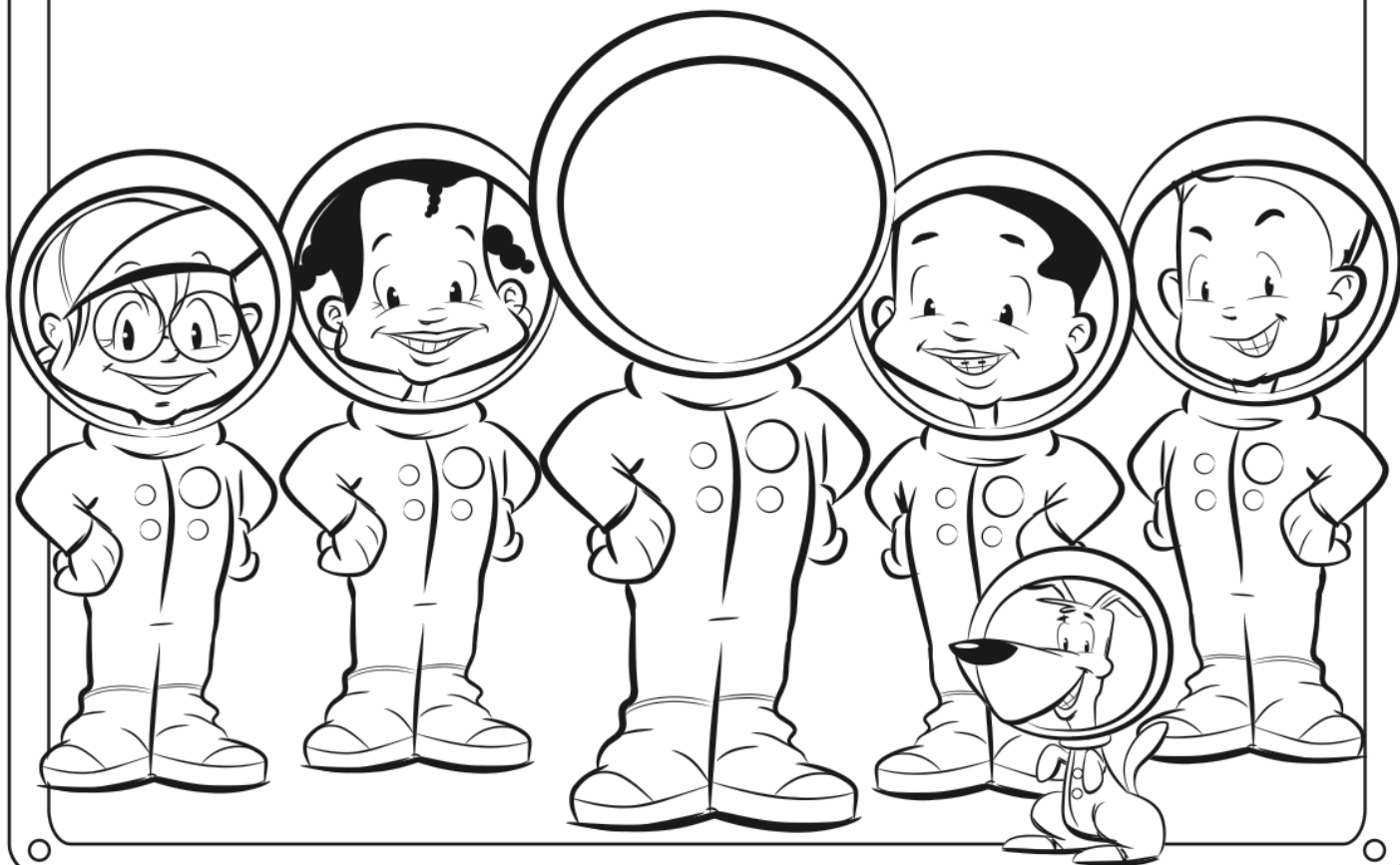
SODA



# Congratulations!

\_\_\_\_\_

**is an official crew member of the USS SUGAR SWATTER**  
**dedicated to keeping smiles sparkling by**  
**limiting sugary treats, eating healthy foods,**  
**and brushing 2min2x!**



(Paste or draw a picture of yourself in the circle above!)