

Oral Health Teaching Tool for Elementary School-age Children

Purpose

This oral health teaching tool was created by Manitoba dental hygienists to bring a fresh, live action resource for providing basic oral health techniques and education via digital content. The videos and resources are tailored for learners around 7 years old (grade 2-3), however the package could be used for an array of ages and different learning environments. Learning objectives and “knowledge check” resources have been created alongside the videos for a complete package.

Mission

Our mission is to have easily accessible, fun, and relatable resources for educators, to assist with providing oral health education and encouraging young learners to prioritize their oral and overall health by building healthy habits.

Once the content has been delivered, we hope you can complete a short [3-minute survey](#) to help us evaluate and plan more oral health teaching resources.

Learning Objectives for Videos

1. Flossing - *Learner will be able to describe the “c-shaped” method for flossing. Learner will understand importance of flossing once a day and why tooth brushing alone is inadequate.*

Find video link here: [Flossing \(subtitles\) MDHA CDHM \(0:54 min.\)](#)

Find the Activity here: [Flossing - Q&A](#)

Note: C-Shape flossing, or “hugging the tooth” refers to the way the floss is pulled around the tooth in a “C” shape to touch as much in-between tooth surface as possible.

(Image credit: Colgate Professional)



2. Brushing - Learner will be able to describe brushing all areas of their teeth (top teeth, bottom teeth, tongue-side, cheek-side, and tops/chewing surface). Learner will understand brushing steps and technique for their age and the recommended length of time to be brushing teeth for removing bacteria/plaque.

Find link here: [Brushing \(subtitles\) MDHA CDHM \(0:52 min.\)](#)

Find the Activity here: [Brushing - Fill in the Blanks](#)

3. Visiting the Dental Hygienist - Learner will understand importance of seeing a dental team. Learner will be introduced to the role of the dental hygienist and dentist and tasks required for a preventative maintenance appointment.

Find link here: [Dental Hygienist Visit \(subtitles\) MDHA CDHM \(0:52 min.\)](#)

Find the Activity here: [A Visit to the Dental Hygienist - Word Find](#)

4. Nutrition - Learner will understand what “sugar bugs” and germs are and their relationship to the teeth at their age level. Learner will know the importance of water with meals and snacks to help prevent decay. Learner will understand the difference between retentive and non-retentive food choices at their age of understanding.

Find link here: [Nutrition \(subtitles\) MDHA CDHM \(1:11 min.\)](#)

Find the Activity here: [Nutrition - Good Food Maze](#)

Bonus Activity! [I'm a Part of My Oral Health Team! - Colouring Page](#)

We hope this resource is useful and welcome teacher/educator feedback/evaluation for future projects! Please complete this [3-minute survey](#).

Thank you!

