



### Oral Health Tips for Kids from a Registered Dental Hygienist

Oral health begins at birth. And taking care of your smile as a kid can set you up for a lifetime of good oral health. That's because establishing a good oral hygiene routine when you're young, like brushing, flossing, and visiting the dentist, can help you avoid problems like cavities later on.

In this video, kids will learn directly from a current registered dental hygienist all about some of the best ways they can take care of their teeth and mouths.

First, kids will learn why it's so important for moms to wipe down a baby's mouth (even before they have teeth!). Sugar from milk and other drinks can sit inside a baby's mouth and contribute to cavities even at a young age.

Next, kids will hear the hygienist talk about why it's important to make their morning and evening oral hygiene routine fun. During this portion of the video, you could consider pausing the video to talk with the class about some of their regular hygiene routines. For example, what do your students do to make brushing and flossing part of their daily habit?

Next, the hygienist will talk about some of the ways that sugar can impact young teeth, and even give a great visual demonstration that shows how much sugar is typically found in certain juices and drinks.

Last, using a creative DIY model of the mouth, the hygienist will demonstrate how food and plaque can stick to the teeth and she'll show how cavities erode our teeth's enamel.

To make this video resource even more engaging, you could consider recreating the DIY mouth activity she presents in the video and have your class turn this video into a hands-on lesson.