

Building Families' **Early Childhood Oral Health** **Knowledge Through**





Regional KidsFirst provides services across Saskatchewan in smaller towns and cities for all families with young children aged prenatal to age 6.

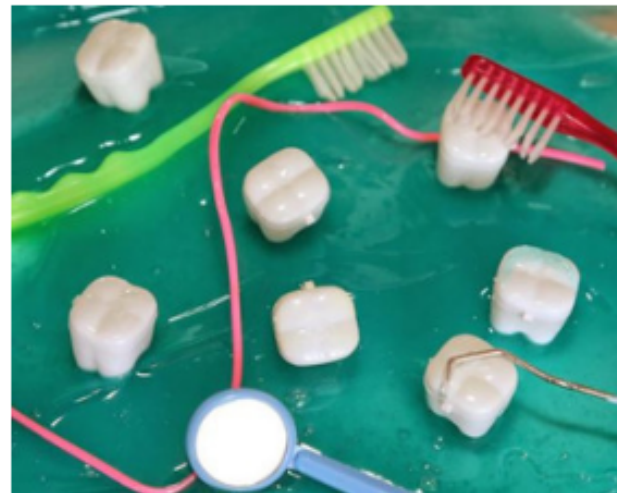
How We Work

- Community development
- Play-based
- Parents/caregivers and children together
- In partnership with local organizations/groups



Dental Sensory Play

- Sensory bins are awesome hands-on tools for children to learn about their world and their senses! Sensory play may calm, focus & engage a child.
- Sensory bins let a child explore, discover & create play.
- Sensory bins increase language development from experiencing with their hands all there is to see and do which leads to conversations & opportunities to model language.



This activity supports early child development in these areas:

- **Awareness of Self & Environment**
- **Language & Communication**
- **Development of Fine Motor Skills**



Pretend Dentist Play

- Encourage your child to dress up & play dentist to the crocodile patient
- Take the opportunity to talk with your child about dental health & the importance of visiting a dental health professional. You can use the dental checklist as a guide.



This activity supports early child development in these areas:

- Awareness of Self & Environment
- Cognitive Skills
- Social Skills
- Language & Communication
- Development of Fine Motor Skills

DENTAL CHECKLIST FOR YOUNG CROCODILES



BRUSH TEETH TWICE A DAY USING
FLUORIDATED TOOTHPASTE.

- Before teeth appear, clean baby's gums daily with a clean, moist cloth or infant toothbrush.
- Once teeth appear, use toothpaste the size of a grain of rice for children under 3 and the size of a green pea for children 3 and older.



ONCE TEETH APPEAR, START FLOSSING
ONCE A DAY.



HAVE AN ADULT HELP YOU BRUSH
AND FLOSS YOUR TEETH UNTIL YOU
ARE 8 YEARS OLD.



DON'T CARRY AROUND OR SLEEP
WITH A BOTTLE OR SIPPY CUP WITH
JUICE, MILK OR OTHER SWEETENED
DRINKS AS IT MAY LEAD TO CAVITIES.



LIMIT FOODS AND DRINKS THAT HAVE
LOTS OF SUGAR (E.G., CANDY,
COOKIES, CHOCOLATE, SOFT DRINKS).



VISIT A DENTIST BY AGE ONE AND EVERY
6 MONTHS TO A YEAR AFTER THAT
("FIRST TOOTH, FIRST VISIT").



Patient Info

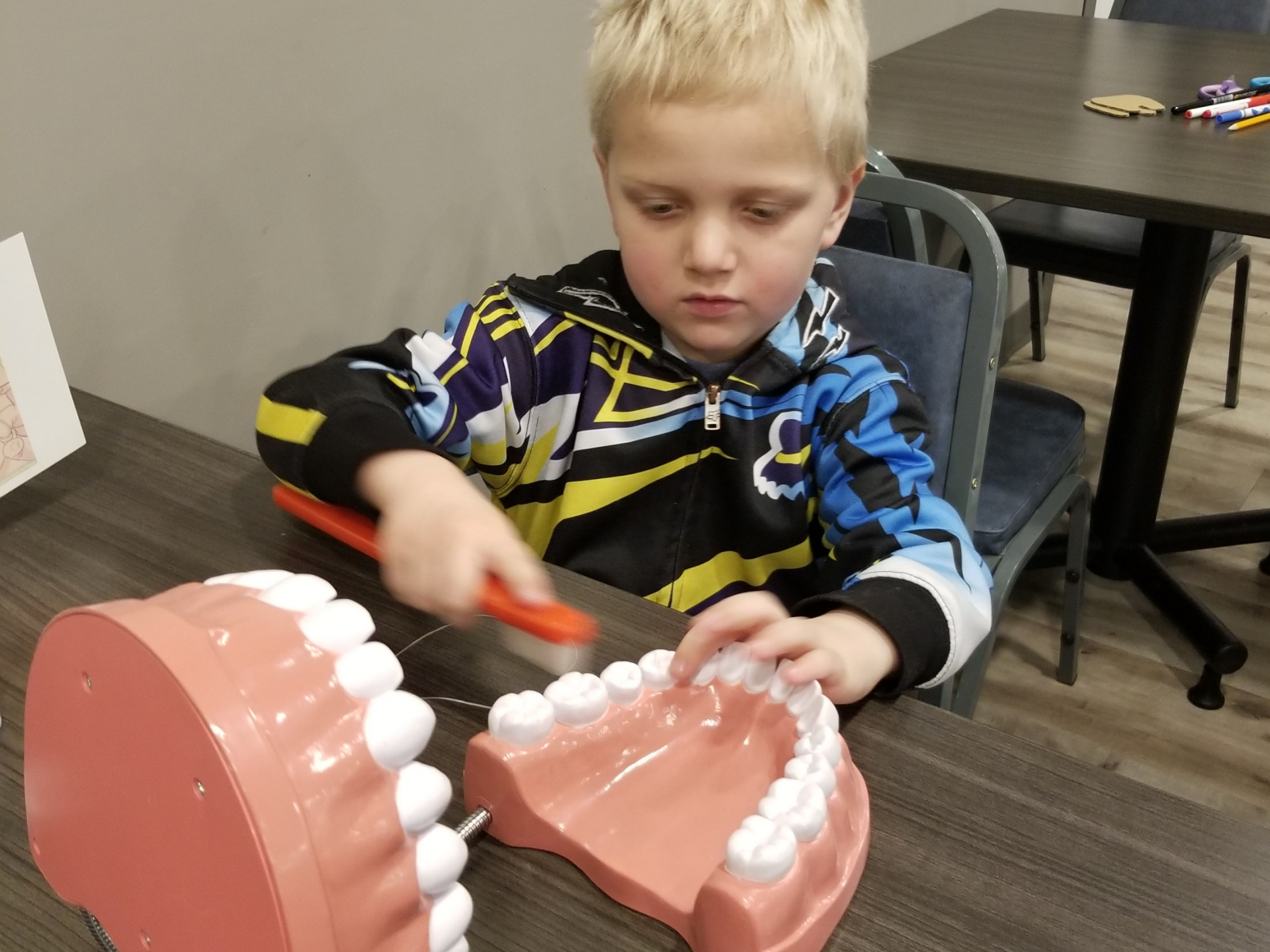
Name:

Age:

Date:

Dental Health:





Learn to Brush and Floss

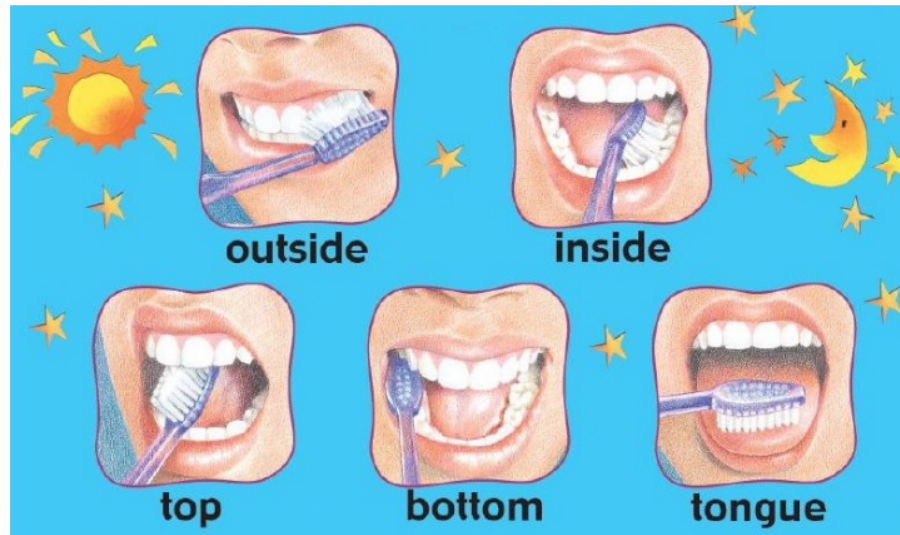
- In order for children to grow up to have strong & healthy permanent teeth, it is important children have healthy primary (baby) teeth. This includes eating good foods, eating less sugary foods, drinking water that contains fluoride, brushing their teeth and flossing every day.
- Using the "How to Brush" and "How to Floss" posters, talk with your child about how to brush & floss properly.
- Use the giant toothbrush & the floss to practice brushing & flossing the giant teeth.
- Use the timer which lasts 2 minutes. This is the amount of time it is recommended to brush teeth for.



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- **Language & Communication**
- **Development of Fine Motor Skills**

How to Brush



How to Floss





Make a Tooth Fairy Pillow

- Lay the tooth template on a piece of felt and trace it. Repeat so you have 2 tooth shapes.
- Cut out the 2 tooth shapes.
- Have an adult use a glue gun to glue the 2 shapes together. Do not glue the top so there is an opening for a tooth to go inside.
- Draw on eyes and a mouth. Or have an adult use a glue gun to add googly eyes.
- If you want, add a piece of yarn for hanging. Use a hole punch to make holes at the top and thread a piece of yarn through. Tie the yarn at the ends.



This activity supports early child development in these areas:

- **Cognitive Skills**
- **Social Skills**
- **Language & Communication**
- **Development of Fine Motor Skills**