



NATIONAL CHILDREN'S DENTAL HEALTH MONTH

FUN IDEAS FOR CHILDREN, FAMILIES, & EDUCATORS



The American Dental Association (www.ada.org) has designated February as *National Children's Dental Health Month*. Here are some fun ways that parents, educators, and other adults can teach children about good dental health.

MATERIALS AND FUN ACTIVITIES

✓ Visit the American Dental Association Web site at <http://www.ada.org/public/news/ncdhm/index.asp> to download word jumbles, puzzles, coloring sheets, a healthy smile certificate, and other fun activities.

✓ Try toothbrush painting. Instead of painting with a regular paintbrush, let children explore what happens when they use an old toothbrush, dipped in paint, as their medium.

✓ Visit DLTK's Printable Crafts for Kids Web site at http://www.dltkids.com/crafts/miscellaneous/dental_health_month.htm for dental health coloring pages, songs such as "The Lost Tooth Song," and hands-on "tooth" crafts adults can do with children.



✓ Integrate **literacy** with **dental health** by reading books with children about visiting the dentist, brushing and flossing, and eating healthy snacks--all components of good dental health. Here are some suggested titles, listed by age range. Some books incorporate concepts in mathematics and history, and others have Spanish editions or an accompanying audio-tape. In addition to promoting literacy, some of the books may help children overcome their fear of the dentist, and inspire them to brush and floss their teeth daily. The books can be a springboard for discussion about dental health.

BABY TO PRESCHOOL (0-4 YEARS)

◆ *Brush Your Teeth, Please* by Leslie McGuire and Jean Pidgeon. Reader's Digest; Pop-Up edition, 1993. (12 pages)

◆ *Doctor De Soto Goes to Africa (Book and Tape)* by William Steig; Read by Bebe Neuwirth. Audio with book. HarperCollins Publishers, 1995. (32 pages)

◆ *Does A Tiger Open Wide?* by Fred Ehrlich and Emily Bolam (Illustrator). Handprint Books, 2003. (32 pages)

◆ *Freddie Visits the Dentist (Little Barron's Toddler)* by Nicola Smee. Barron's Educational Series, Inc., 2000.

◆ *Going to the Dentist (First Experiences)* by Anne Civardi, Michelle Bates and Stephen Cartwright. Educational Development Corporation; Revised edition, 2001.

◆ *Me at the Dentist's (Under Fives)* by Jan Godfrey, Paul Granger, and Ruth Owers. Chariot Victor Publishers, 1989. (23 pages)

◆ *Meet Michael's Dentist (Fisher-Price Little People)* by Lori Froeb. Reader's Digest; Board edition, 2002. (10 pages)

◆ *Molly at the Dentist* by Angie Sage. Peachtree Publishers; 1st edition, 2001. (12 pages)

BABY TO PRESCHOOL (0-4 YEARS)

◆ *My Friend the Dentist (A Read-Together Book for Parents & Children)* by Robert E. Switzer. Knopf Books for Young Readers; 1st edition, 1987.

◆ *Zack at the Dentist* by Jonathan London and Jack Medoff. Cartwheel Books, 2004. (32 pages)

AGES 4 TO 8 YEARS

◆ *At the Dentist* by Carol Greene and Penny Dann. Child's World Inc., 1998. (32 pages)

◆ *A Visit to the Dentist (Little Bill)* by Eleanor Fremont and Andy Mastrocinque (Illustrator). Simon Spotlight/Nickelodeon, 2002. (24 pages)

◆ *Barney Goes to the Dentist* by Linda Cress Dowdy and Dennis Full. Barney Publishing, 1997. (24 pages)

◆ *Brush Well: A Look at Dental Care* by Katie S. Bagley and Lori Gagliardi. Capstone Press, 2001. (24 pages)

◆ *Brushing Well* by Helen Frost and Gail Saunders-Smith. Capstone Press, 1999. (24 pages)

◆ *Caillou at the Dentist (Out and About)* by Johanne Mercier. Chouette Editions, 2004. (24 pages)

◆ *Curious George Goes to the Dentist* by Margaret Rey and Alan J. Shalleck. Houghton Mifflin Company, 1989.

◆ *Danny Goes to the Dentist* by Barbara Taylor Cork and Barbara Cork. Peter Bedrick; 1st edition, 2002. (32 pages)

◆ *Dr. Kanner, Dentist With a Smile (Our Neighborhood)* by Alice K. Flanagan. Children's Press (CT), 1998. (32 pages)

◆ *Fang the Dentist* by Mike Thaler and Jared Lee (Illustrator). Troll Communications, 2000. (32 pages)

◆ *First Visit to the Dentist (My First)* by Monica Hughes. Rebound by Sagebrush, 2003.

◆ *Food for Healthy Teeth* by Helen Frost. Capstone Press, 1999. (24 pages)

◆ *Going to the Dentist: A Picture Social Skills Story Book (Social Stories, 1)* by Cindy A. Bailey. Drl Books Inc.; Board edition, 2002. (22 pages)

◆ *Going to the Dentist (A Mister Rogers' First Experience Book)* by Fred Rogers and Jim Judkis. Putnam Publishing Group, 1989. (32 pages)

◆ *Going to the Dentist (Heinemann Read and Learn)* by Melinda Beth Radabaugh. Heinemann Library, 2004. (24 pages). **Spanish:** *Voy Al Dentista (Heinemann Lee Y Aprende)*.

◆ *How Many Teeth? (Let's-Read-and-Find-Out Science 1)* by Paul Showers and True Kelley (Illustrator). HarperTrophy; Revised edition, 1991. (32 pages)

◆ *I Know Why I Brush My Teeth (Sam's Science)* by Kate Rowan and Katherine McEwen. Walker Books, 2000.

◆ *Just Going to the Dentist* by Mercer Mayer (Illustrator). Golden Books; Reissue edition, 2001. (24 pages)

CONTINUED ON FOLLOWING PAGE...

AGES 4 TO 8 YEARS (CONTINUED)

- ◆ *L'il Tooth Visits the Dentist* by Sylvie S. Stinziani. Junior Med Publishing, 1998. (32 pages)
- ◆ *Make Way for Tooth Decay (Hello Reader! Science Series)* by Bobbi Katz and Steve Bjorkman (Illustrator). Scholastic, Inc., 2002. (32 pages)
- ◆ *My Dentist, My Friend* by P. K. Hallinan. Ideals Publications, 2002. (24 pages)
- ◆ *My Dentist Makes Me Smile* by Leslie Craig. (This is an activity book for parents and children). 1st Books Library, 1998. (128 pages)
- ◆ *My Little Friend Goes to the Dentist* by Evelyn Finnegan and Diane R. Houghton. Little Friend; 1st U.S. edition, 1995. (32 pages)
- ◆ *Open Wide!* by Tom Barber and Lynne Chapman. Chrysalis Books, 2004.
- ◆ *Open Wide! A Visit to the Dentist* by Cecile Schoberle and Barry Goldberg (Illustrator). Simon Spotlight/Nickelodeon, 2000. (24 pages)
- ◆ *Open Wide: Tooth School Inside* by Laurie Keller. Henry Holt and Co., 2000. (40 pages)
- ◆ *Rotten Teeth* by Laura Simms and David Catrow. Houghton Mifflin, 2002. (32 pages)
- ◆ *Show Me Your Smile! A Visit to the Dentist (Dora The Explorer)* by Christine Ricci and Robert Roper (Illustrator). Simon Spotlight/Nickelodeon, 2005. (24 pages)
- ◆ *Take Care Of Your Teeth (Rookie Read-About Health)* by Don L. Curry. Children's Press, 2005. (32 pages)
- ◆ *The Berenstain Bears Visit the Dentist* by Stan and Jan Berenstain. Random House Books for Young Readers, 1981. (32 pages)
- ◆ *The Crocodile and the Dentist* by Taro Gomi. Scholastic, 1996. (32 pages)
- ◆ *The Dentist's Office (Visit to)* by Patricia J. Murphy. Pebble Plus, 2004. (32 pages)
- ◆ *Esos sucios pegajosos olorosos causantes de caries pero... Invisibles germenés (Those Icky Sticky Smelly Cavity-Causing but...Invisible Germs)* by Judith Anne Rice and Julie A. Stricklin (Illustrator). Redleaf Press, 1997.
- ◆ *Throw Your Tooth on the Roof: Tooth Traditions from Around the World* by Selby Beeler and G. Brian Karas (Illustrator). Houghton Mifflin, 2001. (32 pages)
- ◆ *Vera Goes to the Dentist* by Vera Rosenberry. Henry Holt and Co.; 1st edition, 2002. (32 pages)
- ◆ *What to Expect When You Go to the Dentist* by Heidi Murkoff and Laura Rader. HarperFestival, 2002. (32 pages)
- ◆ *When I See My Dentist* by Susan Kuklin. Simon & Schuster Children's Publishing, 1988. (32 pages)
- ◆ *Your Teeth* by Helen Frost and Gail Saunders-Smith. Capstone Press, 1999. (24 pages)

AGES 8 TO 10 YEARS OLD

- ◆ *Dilly Goes to the Dentist* by Tony Bradman and Susan Hellard (Illustrator). Viking Press; 1st American edition, 1988. (52 pages)
- ◆ *Doctor De Soto* by William Steig. Sagebrush Education Resources, 1990.
- ◆ *Doctor de Soto (Edición En Español)* by William Steig and Maria Puncel (Translator); Read by David Cromett. Live Oak Media, 1998.
- ◆ *Dr. Jekyll, Orthodontist (Zack Files Series #5)* by Dan Greenburg and Jack E. Davis (Illustrator). Grosset & Dunlap, 1996.
- ◆ *Kweku Goes to the Dentist* by T. A. Richardson. Afram Pubns Ghana Ltd., 1993. (34 pages)
- ◆ *Tooth Decay and Cavities (My Health)* by Alvin Silverstein, Virginia Silverstein and Laura Silverstein Nunn. Franklin Watts, 2000. (48 pages)
- ◆ *The Dentist and You* by Diane Swanson. Annick Press, 2002. (32 pages)
- ◆ *George Washington's Teeth* by Deborah Chandra, Madeleine Comora and Brock Cole (Illustrator). Farrar, Straus and Giroux (BYR), 2003. (40 pages)
- ◆ *What's Up, Doc?: Doctor and Dentist Jokes* by Charles Keller. Prentice Hall, 1984. (29 pages)

9-12 YEARS

- ◆ *Spencer's Toothbrush: An Adventure in Preventive Dental Health, Vol. 1* by Diane Tuggle. Forerunner Press, 1999. (48 pages)

TEENS AND YOUNG ADULT

- ◆ *Taking Care of Your Smile: A Teen's Guide to Dental Care* by Autumn Libal, Christopher Hovius and Mary Ann McDonnell. Mason Crest Publishers, 2004.

PARENTS, GUARDIANS, AND EDUCATORS:

- ◆ *Protecting Our Children's Teeth: A Guide to Quality Dental Care from Infancy Through Age 12* by Malcolm S. Foster. Kluwer Academic Publishers, 1992. (228 pages)
- ◆ *Good Mouthkeeping: Or How to Save Your Children's Teeth, and Your Own Too While You're About It (Oxford medical publications)* by John Besford. Oxford University Press; 2nd edition, 1985.

RESOURCES FOR TEACHERS:

The American Dental Association has a myriad of classroom ideas and resources posted on their Web site at:
<http://www.ada.org/public/education/teachers/ideas.asp>.

Sources: The American Dental Association at www.ada.org; book titles were gathered from a variety of sources, including www.amazon.com, the Barnes and Noble Web site at www.barnesandnoble.com and an article, "Children's Books about Dentistry" by Kim Loos at www.parentsplace.com. The Toothbrush Painting craft idea is from Family Crafts at www.familycrafts.about.com.