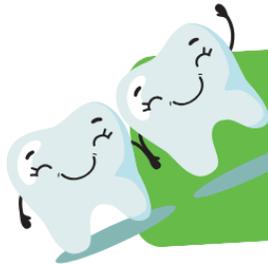


ArkansasFoundation

**ORAL HEALTH****ACTIVITY****LET'S GET FLOSSIN'!**

- Take an oversized Lego and fill the crevices with some Play-Doh.
- Explain to student the bumps in the Legos are just like teeth, and the spaces between each tooth are like gums.
- Take a toothbrush and have the student brush the Lego teeth. They should not be able to remove the Play-Doh with the toothbrush.
- When he's done, show him the Play-Doh remaining on the Lego and teach him that this is what happens if you only brush. Then introduce the idea of flossing.
- Unravel a piece of yarn and show your child how to wrap the floss around his fingers and work it in between each Lego tooth, loosening and removing the Play-Doh.
- When he's done, he should have a close-to-clean Lego or a clean smile.
- In addition to proper oral health care routine of brushing twice a day and flossing once a day, seeing the dentist twice a year is extremely important to maintain a healthy SMILE.