

ArkansasFoundation

## ORAL HEALTH

# ACTIVITY

## DENTIST FOR THE DAY



- Send a message to children that visiting the dentist is a positive and never scary experience that is important to their health throughout their entire lives.
- Allow children to pretend to be a dentist for the day.
- Give the child a plastic mirror and dental plush character as their patient.
- Have the child to give the patient an oral health screening.
- A healthy tooth is white and clean.
- Healthy teeth grow straight and strong. Healthy gums are pink and fit snugly around teeth.
- A tooth with a cavity may have a dark spot and sometimes cause pain.
- Teeth that need to be cleaned will have a yellow buildup called plaque.
- Have child to remind patient to see a dentist for regular cleanings and exams.
- Have child to remind patient to get dental sealants to keep back teeth healthy and strong.
- Have the child to brush the patient teeth and remind the child this should be done twice a day for two minutes.