



Tooth Tutors

Hi Parents,

Today your child's class was visited by a very special guest; a tooth tutor. These tooth tutors are volunteers who have been trained to present basic oral health techniques in the classrooms. They are dedicated to helping all children learn proper oral health. Good oral care is very important and has not only been linked to better physical health, but also increased self-esteem and school performance.

Using a puppet with a giant set of teeth, your child was instructed on the proper way to brush their teeth; in soft circles making sure to reach all surfaces including the very back teeth, the inside of the teeth and the tongue. Your child should also remember that they need to brush their teeth at least twice a day. The tooth tutor also did an experiment using chalk (the tooth) to demonstrate how a fluoride sealant would work on teeth. Before the chalk was covered with rubber cement, the food coloring could easily penetrate it. But after the chalk was covered with the "sealant", the food coloring didn't penetrate the chalk. Fluoride treatments and sealants from the dentist can work like this to protect your child's teeth.

At the end of the class, the tooth tutor presented your child with a new toothbrush and toothpaste. We encourage you to talk to your child about the things they learned in this class and to remind them to brush their teeth after breakfast and before bed in order to maintain healthy teeth and gums. We also recommend that your child see a dentist twice a year. If you have a Medicaid ID card, please call us and we will be happy to refer your child to a dentist.

Sincerely,

Vicky Cochran
Tooth Tutor Coordinator
(509) 397-6280