

Hi Children, My name is \_\_\_\_\_. I am here today representing the Whitman County Health Department and the Tooth Tutor Program.

I am going to talk to you about brushing your teeth. Can any one tell me when the best time of day is to brush your teeth? (Choose a student to answer). It is important to brush you teeth at least once per day and the best time is before going to bed.

How many of you already brush your teeth at least once per day? Count the hands that are raised. Good! Today we are going to show you how to properly brush your teeth and we will be using my friend \_\_\_\_\_ (give the puppet a name) He has also brought his toothbrush. His teeth look really big so that you can watch me brush his teeth. He also has a very big toothbrush so that they well brush all of his big teeth.

Demonstrate how to brush or wait until closer to the end. Talk about brushing the tongue.

Can anyone tell me what teeth are used for? (Choose one student to answer for you).

It is important to brush your teeth after each meal and before going to bed each day because food sticks to our teeth and we need to clean that off to keep them healthy. Also be sure to brush your tongue to keep your mouth clean and fresh, this makes your mouth feel clean.

You can talk about foods that cause decay especially if it is not brushed off after you eat. Brushing keeps bacteria from forming on the teeth and causing the teeth to break down.

For older children you can discuss sealants, how much toothpaste is appropriate for brushing. All you need is a pea size dot of toothpaste. Sealants you can demonstrate with half a piece of chalk, you can dip the chalk in food color and water and it will turn the chalk color. If you put on the rubber cement on the second half of the chalk and let it dry then dip it you will not get color. This shows what a sealant does for the tooth it keeps the tooth from getting food in it and causing a cavity.

These are just some ideas. It is important to introduce yourself and demonstrate how to brush properly and you can read the book to them, watch the video then discuss it or you can talk about the pictures you have chosen and let them draw pictures for you. Be sure to hand out the evaluations and complete one yourself. Also to hand out the items you have chosen or maybe the teacher will do that at the end of the day just before they go home. Make sure you check with the teacher on how she wants to do it. Your presentation should be no longer than 20 minutes and that includes their questions. And your time with the teacher.

Be sure to collect all your items especially the tape when you are done. You may leave extra brushes, floss and toothpaste for the other children that may be absent. Be sure to thank the class for having you come, and the teacher.

## Tooth Tutor Program Evaluation

Now that you have completed the schedule of requests for this year we would like to evaluate how we did and how this program fits into class schedules. Please explain your yes or no answers so that we can get a feel for what is needed from us for the next year. Please feel free to add any additional comments or problems you faced this year.

1. Did you find you had enough time in your day to do the tooth tutor presentations?
2. Did the training sessions fit well into your schedules?
3. Was the e-mail system timely and appropriate for communication between all the students involved?
4. Did you require more assistance from the coordinator at the Health Department?
5. Were you able to meet the requests for Tooth Tutors?
6. Would it be better if schedules were set up in the fall of the year so that when you return from the Christmas break you are ready to begin rather than needing to wait for requests?
7. Were you able to go to outlying schools to provide trainings?

8. If there are things that you could change what would they be?
  
9. Did you use the evaluations for teachers, students and instructors that were provided in the packets?
  
10. Was it convenient to pick up the supplies you needed at the Health Department in Pullman?
  
11. What do you feel would make this experience easier and more educational for you?
  
12. Did you feel you were prepared for the presentations? If not, what further education would you find helpful?