

**COHAP MEETING #3**

**CHILDREN'S ORAL HEALTH**

**ADVOCACY PROJECT**



# PURPOSE OF THIS TRAINING

By the end of this session, you will be able to:



- Deliver age-appropriate oral health education
- Facilitate interactive games effectively
- Manage a classroom confidently
- Communicate key oral health messages clearly

# UNDERSTANDING YOUR AUDIENCE

## K-2 (Ages 5-8)

- Short attention span (10 minutes max per activity)
- Concrete thinkers
- Learn best through play
- Respond to enthusiasm and repetition



## 3-5 (Ages 8-11)

- Can follow multi-step directions
- Competitive and social
- Can understand basic cause and effect
- Ask more “why” questions



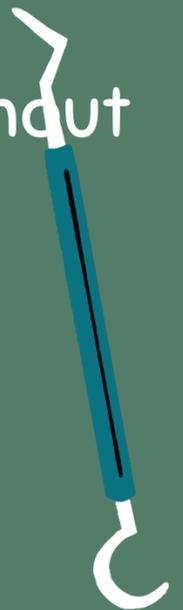
# HOW TO SPEAK TO ELEMENTARY STUDENTS

## DO:

- Use simple, clear sentences
- Ask interactive questions
- Use positive reinforcement
- Demonstrate physically

## DON'T:

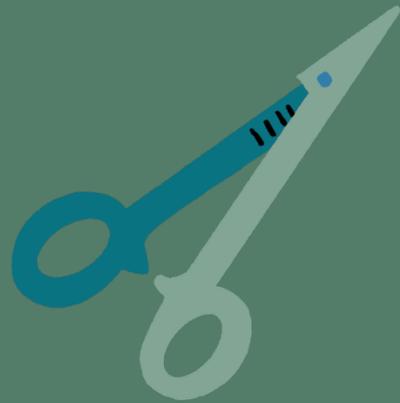
- Lecture
- Use dental jargon (avoid “enamel demineralization”)
- Talk longer than 3-4 minutes without interaction



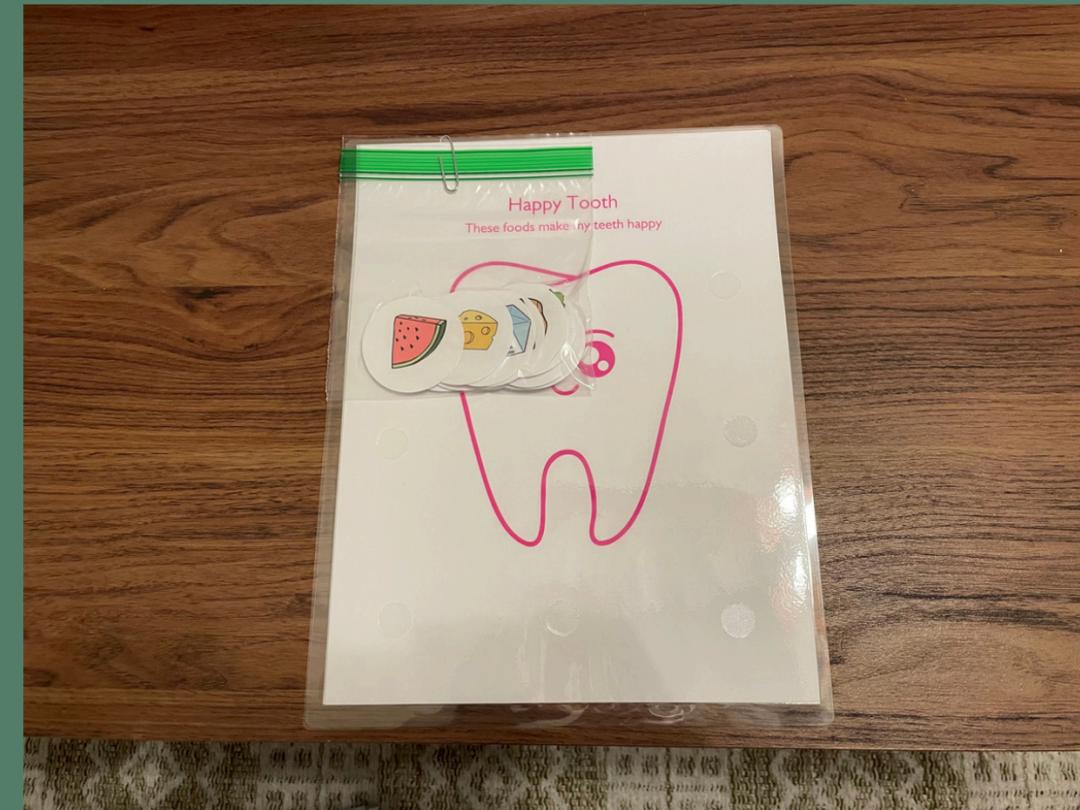
# CORE MESSAGES THAT MUST BE DELIVERED

Regardless of grade level, every group should leave knowing:

- Brush 2 times a day
- Floss once a day
- Drink water
- Visit the dentist every 6 months
- Sugar feeds germs that cause cavities



# K-2 GAMES OVERVIEW



## HAPPY TOOTH VS. SAD TOOTH



# K-2 GAMES OVERVIEW

Objective: Teach food categorization.

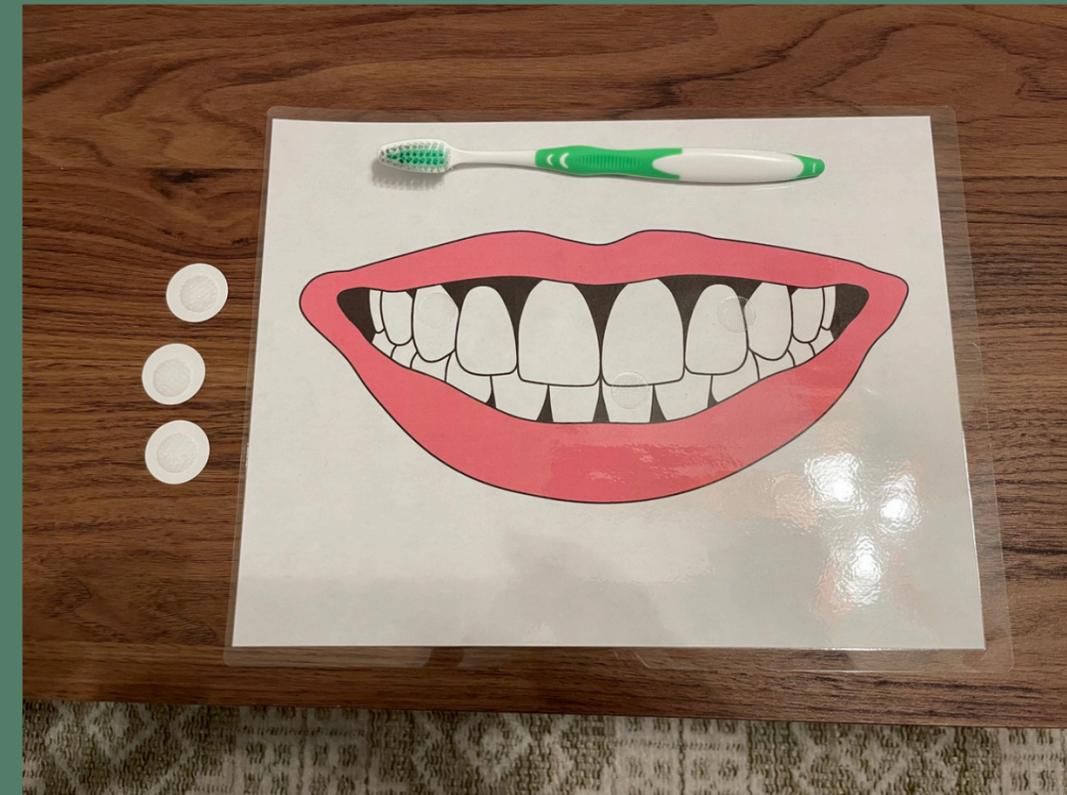
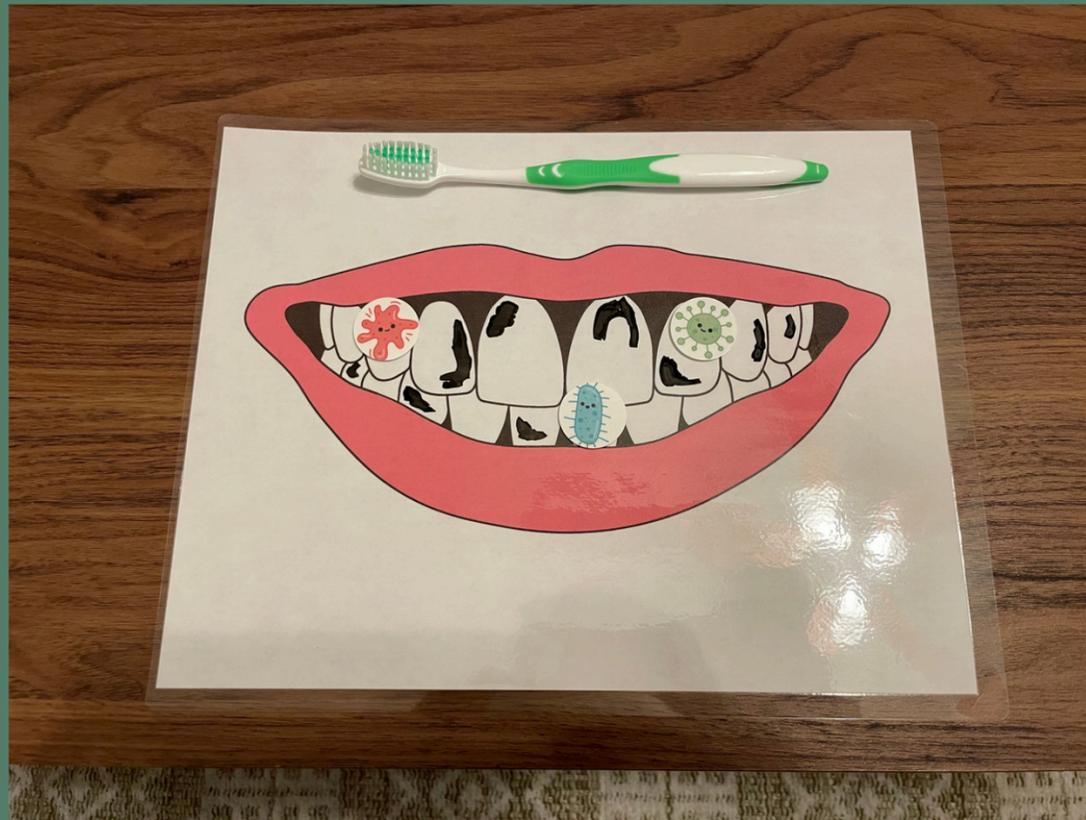
Key Teaching Point: It's about frequency, not banning foods.

Avoid saying: ✗ "Candy is bad."

Instead say: ✓ "Candy is okay sometimes, but we brush after."



# K-2 GAMES OVERVIEW



**BRUSH AWAY AND FLOSS THE GERMS**



# K-2 GAMES OVERVIEW

## Objective:

Teach how brushing and flossing remove plaque and prevent cavities.

## Key Teaching Point:

Germs stick to teeth every day; brushing and flossing remove it before it turns into cavities.

## Avoid Saying:

- ✗ “Cavities mean you didn’t brush well and you have bad teeth.”
- ✗ “Sugar causes cavities.” (Oversimplified and inaccurate)

## Instead Say:

- ✓ “Brushing helps sweep those germs away.”
- ✓ “Germs love sugar and stick to your teeth.”

# 3-5 GAMES OVERVIEW



## RACE TO CLEAN TEETH



# 3-5 GAMES OVERVIEW

- Objective:

Reinforce proper brushing habits, consistency, and the importance of brushing thoroughly.

Key Teaching Point:

Brushing isn't about speed; it's about cleaning all tooth surfaces completely and consistently.

Avoid Saying:

- ✗ “The fastest team wins.” (Encourages rushing.)
- ✗ “You missed a spot – that’s bad.”

Instead Say:

- ✓ “It’s not about being fast – it’s about being thorough.”
- ✓ “Let’s make sure every part of the tooth gets cleaned.”

# 3-5 GAMES OVERVIEW



**FLOSS THE BUILD UP**



# 3-5 GAMES OVERVIEW

## Objective:

- Demonstrate how plaque builds up between teeth and why flossing is necessary.

## Key Teaching Point:

Toothbrushes clean surfaces, but floss is needed to remove buildup between teeth where plaque hides

## Avoid Saying:

- ✗ “If you don’t floss, your gums will get infected.”
- ✗ “Flossing is optional.”

## Instead Say:

- ✓ “Plaque likes to hide between teeth.”
- ✓ “Floss helps remove what your toothbrush can’t reach.”

# CLASSROOM MANAGEMENT STRATEGIES

- Establish rules
- Use call-and-response (“If you can hear me, clap once!”)
- Stay animated and engaged
- Work with the teacher present; always introduce yourself and thank them for letting us come
- Time management: 20–30 minutes max



# PROFESSIONALISM & REPRESENTATION

- Remember: You represent Children's Oral Health Advocacy Project

Be:

- Professional
- Positive! High five them!
- Inclusive
- Respectful



Avoid:

- Shaming / comparing children
- Commenting on visible dental issues
- cursing
- giving one kid more attention than another



# WHY DOES ANY OF THIS MATTER?

- Tooth decay is one of the most common chronic childhood conditions.
- Many children lack consistent dental access.
- Prevention education reduces long-term health disparities.
- Most parents do not have time to teach their kids how to brush their teeth properly
- You are part of preventive public health.

