

A Smiling and Healthy Me

A Campaign on Oral Hygiene
for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization

Western Pacific Region

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

A Smiling and Healthy Me

A Campaign on Oral Hygiene
for Health Promoting Schools



Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Give reasons why children should take care of their teeth and gums
- List ways of keeping teeth and gums healthy
- Demonstrate proper brushing of teeth

In addition, schoolchildren **ages 10 to 12** will be able to:

- Name common dental problems and their causes
- Discuss how poor oral health affects overall health

Key Messages

For ages 5 to 9

- Children with healthy teeth and gums have more reason to smile.
- Avoiding sweets and proper brushing of teeth keep dental caries away.

In addition, for ages 10 to 12

- Unhealthy gums and dental decay eventually lead to loss of teeth.
- Poor oral health (such as bad breath and loss of teeth) can affect one's nutrition and social interactions.
- Proper brushing of teeth is essential to

healthy gums and teeth.

- Choosing what foods to eat and what foods to avoid (such as sweets) is important in keeping gums and teeth healthy.
- If possible, visit the dentist at least twice a year.

Activities

For ages 5 to 9

- Demonstration of proper tooth brushing
- Classifying foods that are good and bad for the teeth

For ages 10 to 12

- Demonstration of proper tooth brushing
- Classifying foods that are good and bad for the teeth
- Personal Journal: eating habits that might affect oral health

Materials/Resources

For ages 5 to 9

- Hand mirror
- Tongue depressors
- Mouth model showing teeth and gums
- Toothbrush
- Flash cards of different types of foods

In addition, for ages 10 to 12

- Personal journal

What should children **know** about oral hygiene?

Teaching children the importance of good oral hygiene will help prevent oral diseases now and in adulthood.

It is important to keep the mouth healthy.

A healthy mouth has the following characteristics:

- The color of the gums is coral pink.
- The gums are firm.
- There are no areas of redness or swelling.
- There are no sores or wounds on the gums, tongue, cheeks and lips.
- There is no bleeding during daily tooth brushing.
- There is no pain (toothache).

It is important to keep the mouth healthy because:

1. It is where the process of digestion starts. In the mouth, food is broken into pieces and mixed with saliva. The tongue allows us to taste food, and helps in moving food around the mouth and down into the throat. If there are problems in the mouth, then there will also be problems in nutrition.
2. The mouth is the organ most involved in the production of speech sounds. The tongue, lips and teeth allow us to speak clearly.
3. The mouth contributes to good facial appearance. A child with shining, wholesome teeth looks happy and attractive.

Prevent tooth decay and gum disease by cleaning the teeth and gums properly and eating the right foods.



There are two types of teeth: the front ones are for biting, the back ones are for chewing. A person gets only two sets of teeth. The first set (milk teeth) starts appearing a few months after birth. These fall out between the ages of 5 and 8. The second set (permanent teeth) is the last set! If they are damaged, the body can't replace them.

Don't think that the milk teeth are less important, just because they will be replaced by permanent teeth anyway. Decaying milk teeth can cause a lot

of pain to a small child, and tooth extraction may not be a pleasant experience. Also, loss of milk teeth too early can disturb the tooth-forming parts of the gums, leading to problems with the formation and alignment of permanent teeth.

Dental plaque is the soft, white or yellow layer of material that sticks to the teeth. Plaque is produced by bacteria. If bacteria are not removed, the plaque continues to grow. Plaque usually builds up in the area where the gum meets the neck of the tooth, in the grooves of the chewing surface of the teeth, and in the spaces between the teeth. Calcium from saliva fuses with plaque, making it solid and even harder to remove. Hardened plaque is called **tartar**.

When plaque develops close to the gums, it might cause gum disease. If the gums are diseased, the teeth become loose and later drop out. Normal gums are pale pink and resist pressure well. Sick gums are deep red, swollen, glossy and bleed easily. One sign of gum disease is bleeding when you brush your teeth.

The bacteria that form plaque are also the cause of **tooth decay**. If there is sugar in the mouth, bacteria digest it and turn it into acid. It is this acid which dissolves the teeth. If a child continuously eats a lot of sweets then the teeth are exposed to acid all the time. Eventually, a tooth cavity or hole will develop. It is therefore important to regularly brush the teeth especially right after eating sweets.

When you see a milky-white, brown or black spot on your teeth, that's a sign of decay. Cavities are small at first, but if they are not filled, they turn into big holes. That's when you feel pain, and pus might even form in the gums. Sometimes, dental diseases lead to serious infections in other parts of the body. You might be able to drink medicine to take away the pain but that doesn't stop the tooth from decaying.

If a tooth already has a cavity, prevent pain and enlargement of the cavity by:

- Visiting a dentist so that the cavity can be filled.
- Avoiding sweet food and drinks.
- Brushing well after every meal.

As soon as you see a cavity, you should have it filled right away. Don't wait until it starts to hurt.



Smoking is bad for your mouth.

Smoking is unhealthy for the mouth. It causes:

- Periodontitis - inflammation of the tissue around teeth
- Brown staining on the teeth
- Darkening of the lips
- "Smoker's palate" - red inflammation on the roof of the mouth
- Sores in the gums and other parts of the mouth which take longer to heal
- Bad breath
- Receding gums
- Oral cancer

For more information about smoking, see the materials on "A Smoke-free and Healthy Me".

Use fluoride

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27728

