

Presentation Script



Slide 1. Hello everyone! Today we're going to learn how YOU can be a Healthy Mouth Hero, keeping your mouth strong and clean.

Did you know small habits—like brushing and choosing healthy snacks—can make a BIG difference for your smile? Every healthy habit helps your smile stay strong and bright.

Slide 2. Our mouths are part of our bodies. When our mouths are healthy, it helps our whole body stay healthy too. Healthy mouths help us do things every day—like talking, smiling, and chewing.

Slide 3. Let's think about this together!

- What do you like to talk about with your friends or family?
- What makes you smile the biggest smile ever?
- And what is your favorite food to chew?

[pause for 2-3 answers]

All of these things need a healthy mouth! That's why taking care of our mouths is so important. Our teeth and gums help us enjoy life—so we want to take great care of them every day.

Slide 4. There are four big steps to keeping our mouths healthy:

1. Brush teeth 2 times a day for 2 minutes.
2. Clean between our teeth—this means flossing!
3. See a dentist regularly.
4. Choose healthy foods and drinks.

We're going to learn about each one.

Slide 5. The first step is brushing. We brush in the morning and at night—two times a day for two minutes.

Use toothpaste every time you brush.

- If you're 0-2 years old: just a tiny rice-sized smear.
- If you're 3 or older: a pea-sized amount.

Brush every side of every tooth, and don't forget your tongue!

Use small circles and gentle pressure."

[Interactive moment: Let's practice brushing circles with our fingers in the air—ready? Circle, circle, circle!]

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Slide 6. Brushing is great—but it can't reach between your teeth. That's why flossing is so important!

Floss once a day.

Slide the floss gently between teeth, then make a 'C' shape around each tooth.

If you have braces, floss threaders or tiny brushes help get between the wires."

[Interactive moment: Who has tried flossing before? Raise your hand!]

Slide 7. We don't wait until something hurts to see the dentist. We go two times a year, even when everything feels fine. The dentist checks for cavities and helps clean your teeth. Going regularly keeps your mouth healthy and strong.

Slide 8. What we eat and drink matters for our teeth.

Good for teeth: fruits, vegetables, cheese, healthy meats... and especially water.

Harder on teeth: soda, energy drinks, chocolate milk, and candy.

These sugary drinks and snacks can make teeth weaker over time."

Here are some handy Tooth Tips to remember:

When you're thirsty, choose water first! And if you want a sweet treat, save it for mealtime—it's easier on your teeth.

Slide 9. Who's ready for a quiz? Let's play Tooth Truth!

Say 'True!' or 'False!' after each one.

You should brush your teeth two times a day for two minutes.

→ *Kids: True!*

Soda is very safe for teeth.

→ *Kids: False!*

Floss cleans between teeth where a toothbrush can't reach.

→ *Kids: True!*

A pea-sized dollop of toothpaste is enough

→ *Kids: True!*

Great job! You're on your way to being Healthy Mouth Heroes!

