



## Expanded Learning Activities for “Open Wide”

Brought to you by the  
Early Childhood Dental Network

For children ages  
6 and older

Here are some fun activities to aid you in learning the concepts shared in this book:

### Understanding the importance of baby teeth:

Line four children shoulder-to-shoulder to represent baby teeth. While explaining aloud, gently “knock” one “tooth” out. Continue to describe how, “baby teeth hold the place for permanent teeth, but when a baby tooth falls out too soon, the teeth next door lean into the space and all become crooked.” Have the neighbor “teeth” lean in, then have another “permanent tooth” try to squeeze in where there is no room.

### Food consistency or stickiness:

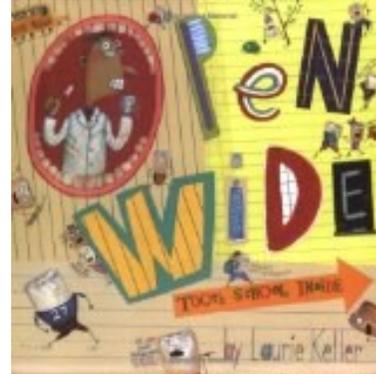
It’s not just the sugary foods and drinks that we need to control for our oral health. Many carbohydrate-based foods, especially those where flour is the main ingredient, provide feed for tooth decay germs they need to make acid, which leads to cavities.

Offer samples of foods—sticky and not so sticky (fresh fruits and vegetables, crackers, raisins, bread, candy, peanut butter, cheese.) Predict before you try them on the stickiness.

**\*Make sure to brush or rinse your mouth after this activity.**

### Germs cause cavities:

Pour a small pile of glitter in your hand. Explain to the child(ren) how you have cavity-causing-germs and shake the “tooth’s” hand next to you. Now that “tooth” shakes hands with the “tooth” next to them, and so forth. How many become decayed because they have the germs? What can be done? Wash your hands with soap and water. Describe how washing hands is like brushing teeth, washing the germs away.



### **For the adult caregiver reading this book:**

This colorful and educational book takes you through tooth school, a fun twist on oral health facts.

While you read, go through page by page, making sure to read the captions and conversation bubbles, along with the regular text. Does the child(ren) understand the humor? If not, help them with a quick, simple explanation.

After you have read the book, help the child(ren) go through the quiz. How many did you get correct? If the child struggles with the concepts, help them connect the question and where it was discussed in the book.

Brought to you by:



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