

# DENTAL HEALTH: A VISIT FROM THE TOOTH FAIRY

## CREDIT AND EVALUATION

This health program was developed in partnership with the National Network of Libraries of Medicine (NNLM). Your feedback is encouraged. <https://nnlm.gov/Zkj>

## AGES

Children 4+ years

## PROGRAM DESCRIPTION

Promote children's dental health with help from the tooth fairy and local partners! Scale this program down to a single storytime, or partner with a local dentist or oral health organization to create an oral health fair for children and families.

## ACTIVITY IDEAS

- Explore how different cultures experience tooth loss with books *Throw Your Tooth on the Roof: Tooth Traditions from Around the World*.
- Include stories about beasts of the oceans with shark titles such as *Nugget and Fang* and *If Sharks Disappeared*.
- Select a puppet with large teeth, such as a shark or walrus.
- Purchase a giant toothbrush and demonstrate good brushing habits during the storytime song.
- Create a "Who's Tooth" guessing game. Print examples of teeth of teeth from humans, animals (real or mythical), or dinosaurs.
- Offer a simple craft using coloring pages from the ADA's Mouth Healthy website.
- Run a contest to see who can dress up as the best tooth fairy.
- For older children, consider a counting guessing game. For example, humans start with 16 baby teeth, then grow 32 adult teeth! Questions to ask: How many teeth do sharks have? How about dinosaurs?
- Play the online Tothsavers Brushing Game, in which children save a fairy tale kingdom with their toothbrush.

## STORYTIME SONG

### “Brush Your Teeth”

Adapted from “Brush Your Teeth” by Raffi Cavoukian

<https://youtu.be/3dup3lArSNs>

When you wake up in the morning at a quarter to eight

The first thing you do is something great

You brush your teeth ch ch ch ch, ch ch ch ch

You brush your teeth ch ch ch ch, ch ch ch ch

(repeat)

## MATERIALS

- Storytime books and supplies, such as a whiteboard and a large toothbrush
- Dental health information handouts for caregivers
- Tooth fairy costumes for children or staff
- Art supplies (optional)

## SPACE

Meeting room

## PERSONNEL

One to two staff members or volunteers

## RESOURCES

### Web

NNLM: Summer health programming

<https://nnlm.gov/initiatives/summer-reading>

Toothsavers Brushing Game

<http://2min2x.org/toothsavers/index.html>

MedlinePlus: Child dental health

<https://medlineplus.gov/childdentalhealth.html>

American Dental Association: Activities and resources

<https://www.mouthhealthy.org/en/resources>

**Children's Nonfiction**

Beeler, Selby and G. Brian Karas. *Throw Your Tooth on the Roof: Tooth Traditions from Around the World*. Houghton Mifflin Harcourt, 2001. 978-0618152384.

Less, Emma. *Dentists (Real-life Superheroes)*. Amicus Ink, 2018. 978-1681522746.

Rudko, Che. *Ready, Set, Brush*. SFI Readerlink, 2018. 978-0794440633.

Williams, Lily. *If Sharks Disappeared*. Roaring Book Press, 2017. 978-1626724136.

**Children's Fiction**

Sauer, Tammi and Michael Slack. *Nugget and Fang*. Turtleback Books, 2015. 978-0606368254.

Ziefert, Harriet and Emily Bolam. *Does a Tiger Go to the Dentist?* Blue Apple Books, 2014. 978-1609054519.