

Activities for *the Whole Family*

Teaching kids about the importance of taking care of their mouths can be fun! These family-friendly activities encourage proper oral health habits and show what happens when you don't take care of your teeth.

“A Rainbow Bright Smile”

- To show the importance of brushing and rinsing

What you'll need:

- Food coloring
- Water
- Measuring spoons

Do the activity:

1. Mix three or four drops of the child's choice of food coloring into a few tablespoons of water.
2. Have your child swish it around in their mouth for 10 seconds, then spit it out.

Show your child where the food coloring stuck to their teeth, indicating plaque buildup. Have them brush and rinse their teeth, and then swish with the colored water again, noting how much less plaque there is after brushing and using mouthwash.

“Why Did the Chicken Floss Her Teeth?”

- A memorable way to demonstrate how to floss

What you'll need:

- Egg carton
- Yarn

Do the activity:

An easy way to show kids how to floss is to demonstrate the proper technique using an upside-down egg carton (the “teeth”) and a piece of yarn (the “floss”). Once your child has mastered the egg carton flossing technique, you can show her why it's important to floss with the “Hand in Hand” activity (see next page).





“Hand in Hand”

- See why brushing alone isn't enough to get rid of plaque

What you'll need:

- Disposable rubber glove
- Washable finger paint
- Paper towel or washcloth
- Yarn

Do the activity:

1. As the adult, put a rubber glove on your hand, and coat it in paint.
2. Next, hold your fingers tightly together and, using a wet paper towel or washcloth, wipe the paint off your hand. This represents brushing your teeth.
3. Show your child all the paint left between your fingers that brushing alone doesn't reach. Then you can practice together “flossing” between your fingers with yarn.

“Hard-Boiled Science”

- Reveal the true effects that soda pop can have on teeth

What you'll need:

- 2 hard-boiled eggs, shell on
- Soda pop
- Two glasses or cups large enough to hold one hard-boiled egg each, with room
- Fluoride toothpaste

Do the activity:

1. Take one hard-boiled egg and place it in a glass filled with soda pop.
2. Take a second hard-boiled egg and coat it with the toothpaste, then place it in a second glass of soda pop.
3. After one or two days, take the eggs out of the soda pop and note how the shell of the first egg is brown but that the toothpaste protected the second egg from being damaged by the chemicals in the liquid.



BONUS! Smiley Snacks

Healthy eating is just as important as brushing and flossing when it comes to maintaining a healthy mouth. Encourage kids to eat mouth-friendly foods by creating smiley faces out of healthy snacks. Take photos of your kids' creation and then let them enjoy their tasty – and healthy – snacks!

Snack suggestions include:

- Carrot slices
- Nuts
- Orange and apple slices
- Celery sticks
- Broccoli florets
- Red, yellow, orange or green peppers

Access and download all the available activities and resources at oralhealthamerica.org/fallforsmiles.