



Oral Health Education Talking Points

EARLY ELEMENTARY LEVEL

SLIDE 1: Introduction

SLIDE 2: Importance of teeth

- Ask students why they think teeth are important.
- Emphasize on the importance of teeth by asking what would happen if they have no teeth?

SLIDE 3: Parts of a tooth

- Enamel : Hardest and strongest part of human body. Outermost layer and white in color.
- Dentin : Second layer that is yellow in color. Considerably softer and responsible for sensitivity.
- Pulp : Inner-most part that contains blood vessels and nerves.
- Gums : Pink, soft layer around tooth.

SLIDE 4: Oral Diseases

- Ask students if they've ever had any pain in their mouth, bleeding when brushing, etc. and explain that it is a disease.

SLIDE 5: Tooth Decay

- Germs (Bacteria) present in the mouth act on food, especially sugar to form acid.
- The acid acts on a healthy tooth and leads to the formation of a cavity.

SLIDE 6: Bleeding gums and Bad Breath

- Bleeding gums are caused mainly because of plaque. Plaque is yellowish, sticky film of bacteria on tooth near the gum line. Bleeding gums can also be due to brushing too hard or using a hard bristled toothbrush.
- Bad breath is caused due to poor oral hygiene, bacteria and certain food on tongue.
- **Emphasize on how these oral problems, especially bad breath might be embarrassing and have an impact on their social lives.**

SLIDE 7: Good oral hygiene habits

- List the habits mentioned on the slide

SLIDE 8: Brushing

- Click on prompt to watch video on how to brush teeth effectively.



- **Emphasize on brushing twice a day (morning and before going to sleep)**
- Ask one or two students to demonstrate what they learnt in the video

SLIDE 9: Importance of Brushing

- Emphasize on the reasons mentioned in the slide

SLIDE 10: Flossing

- Inform students that flossing helps clean between teeth (areas where the toothbrush cannot reach).
- Encourage students to ask their parents about flossing.

SLIDE 11: Tongue cleaning

- Inform students that **tongue cleaning helps fight bad breath and improves taste sensation.**
- Encourage students to ask their parents for help with tongue cleaning.

SLIDE 12: Diet

- Good Diet includes fruits, vegetables, milk, fish, and nuts. These strengthen teeth.
- Bad Diet includes soda, cakes, toffees, and other sticky food substances.
- **Emphasize on how sugar has detrimental effects on teeth because of acid formation which in turn leads to cavities. Inform students that it is acceptable to consume moderate amounts of sugar but is important to practice good oral hygiene measures to combat oral diseases.**

SLIDE 13: Regular Dental Visits

- Open up a discussion about some of the fears that students might have regarding a dental visit.
- Encourage students to visit a dentist twice a year by emphasizing on the benefits.

SLIDE 14: Fluoridated Water

- Drinking fluoridated water is the easiest way to prevent cavities.
- Fluoride has the potential to protect teeth from cavities by making them stronger.
- Encourage students to find out more.

SLIDE 15: Final slide

- Quick recap of important points
- Brush twice a day and for two minutes
- Floss once a day
- Visit a dentist twice a year