

**EVERY SMILE
COUNTS!**

**DIGITAL
ORAL HEALTH
RESOURCES
FOR CHILDREN**



**BRUSH 2X/DAY FOR 2 MINUTES
VISIT THE DENTIST 2X/YEAR**

**SACRAMENTO
COUNTY**

Provided by Sacramento County Public Health

DEAR EDUCATOR,

Sacramento County is providing this list of digital oral health resources to support teachers and engage children in online distance learning. The materials provided contribute towards many of the required Health Education Standards set by the California Department of Education.

Healthy children and academic success go hand in hand. Cavities are preventable. Teaching children the power of 2; brushing twice a day and visiting the dentist two times per year can help prevent cavities and dental pain, keeping children in the classroom where they can learn.

By integrating these oral health resources into your curriculum, you can help your students develop healthy oral hygiene habits at an early age, which will benefit them throughout their life.

***Together we can be an unstoppable team
in the fight for healthy teeth!***



ORAL HEALTH RESOURCES



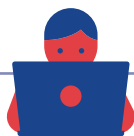
VIDEOS

For younger kids

- [Crawford brushes his teeth](#)
- [Crawford washes his hands](#)
- [Visiting the dentist](#)
- [Why brushing matters](#)
- [Tooth friendly foods](#)
- [Healthy teeth healthy me](#)
- [Dental hygiene](#)
- [How to have a bright smile](#)

For older kids

- [What are the different types of teeth?](#)
- [Why do we brush our teeth?](#)
- [Remember to brush your teeth – egg experiment](#)
- [What causes cavities?](#)
- [Dental defenders](#)



INTERACTIVE ORAL HEALTH WEBSITES

For all ages

- [My smile kids](#)
- [E-learning for kids: teeth](#)



QUIZZES

- [Teeth quiz](#)
- [Dental quizzes](#)
- [Molar madness](#)



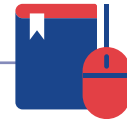
LESSONS

For younger kids

- [Healthy smiles](#)
- [Keeping teeth bright and healthy](#)
- [A visit to the dentist](#)

For older kids

- [Mouth and teeth](#)
- [Teeth – what are they?](#)
- [Milk teeth and adult teeth](#)
- [Brushing and flossing](#)
- [Anatomy of the tooth](#)
- [Names and types of human teeth](#)
- [Dental glossary](#)



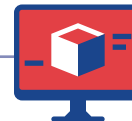
STORIES/PASSAGES

For younger kids

- [Dentist day](#)
- [Just going to the dentist – read aloud](#)
- [The tooth – read aloud](#)
- [Chompers – loose in tooth city](#)
- [Very loose tooth](#)

For older kids

- [Frogwarts and the tooth fairies](#)
- [Taking care of your teeth](#)
- [I am going to the dentist](#)
- [Chompers – loose in tooth city](#)



GAMES

For all ages

- [Brush those teeth!](#)
- [Dental puzzle:](#)
[Beginners](#) | [Intermediate](#) | [Advanced](#)
- [Dental word search](#)
- [Dental audio match words](#)
- [Dental match the sentence](#)