This is a curriculum guide for teaching dental health material to early elementary grade students. This outline emphasizes the prevention and treatment of dental diseases, and is designed to provide the knowledge and develop the habits necessary for a lifetime of good dental health. A list of seven pupil objectives is presented to develop good dental health, including personal care and proper diet. Each instructional topic is outlined under four headings: (1) reference; (2) major understandings and fundamental concepts; (3) suggested teaching aids and learning activities; and (4) supplementary information for teachers. This is followed by a bibliography of related books, charts and posters, filmstrips, and films. The major rationale for presenting this course is that while good dental health is recognized as one of the vital needs of children, dental diseases are almost universal and no infallible means of preventing them has been found. (Related documents for other grade levels are CG 007 695 and CG 007 696.) (Author/BW)
PROTOTYPE CURRICULUM MATERIALS FOR THE ELEMENTARY AND SECONDARY GRADES

STRAND I PHYSICAL HEALTH

Dental health for grades K-3

Special edition for teacher and discussion

THE UNIVERSITY OF THE STATE OF NEW YORK/THE STATE EDUCATION
THE CURRICULUM DEVELOPMENT CENTER/ALBANY, NEW YORK
PHYSICAL HEALTH

Dental health for grades K-3

Special edition for evaluation and discussion
K-3 DENTAL HEALTH

Pupil objectives:

Pupils in grades K-3 should be able to:

1. Develop good dental health habits including personal care and proper diet
2. Understand the relationship of dental health to general health
3. Appreciate the relationship of dental health to appearance
4. Encourage their parents to provide periodic professional dental treatment
5. Minimize accidents to their teeth
6. Improve their dental health status
7. Understand and avoid habits which adversely affect dental health
K-3 Dental Health

Overview

While good dental health is recognized as one of the vital n e's of children, dental diseas es are almost universal and no infallible means of preventing them has been found. This strand emphasizes the prevention and treatment of dental diseases, and is designed to provide the knowledge and help develop the habits necessary for a lifetime of good dental health.
THE UNIVERSITY OF THE STATE OF NEW YORK

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<table>
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<tr>
<th>Major Understandings and Fundamental Concepts</th>
<th>Suggested Teaching Activity</th>
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<tr>
<td><strong>I. Functions of Teeth</strong></td>
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<tr>
<td>Teeth help you to enjoy the food you eat.</td>
<td>Discuss how and why chowing prepares the food for digestion.</td>
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<td>Compare the teeth with other cutting and grinding machines.</td>
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<tr>
<td>Teeth help you to speak more clearly.</td>
<td>Have class members try to pronounce the &quot;d,&quot; &quot;s,&quot; &quot;th&quot; sounds without using their teeth.</td>
</tr>
<tr>
<td>Clean, healthy teeth help to make you better looking.</td>
<td>Have the class members collect pictures of famous people smiling. Compare and discuss the importance of clean, healthy teeth for a pleasing appearance.</td>
</tr>
<tr>
<td>Use pictures of class members smiling as a basis for the above comparison and discussion.</td>
<td>Have the children cut and/or collect pictures of foods which build strong, healthy teeth.</td>
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<tr>
<td><strong>II. Nutrition for Dental Health</strong></td>
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<tr>
<td>A well-balanced diet, including three or more glasses of plain milk, helps to build strong, healthy teeth.</td>
<td>Have the children cut and/or collect pictures of foods which build strong teeth.</td>
</tr>
<tr>
<td>MAJOR UNDERSTANDINGS AND FUNDAMENTAL CONCEPTS</td>
<td>SUGGESTED TEACHING AIDS AND LEARNING ACTIVITIES</td>
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<td>Have the children cut out and/or collect pictures of foods which build strong teeth.</td>
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REFERENCE

MAJOR UNDERSTANDINGS AND FUNDAMENTAL CONCEPTS

Sweet foods and drinks, such as candy, cake, and soda, are a primary cause of tooth decay.

SUGGESTED TEACHING AIDS AND LEARNING ACTIVITIES

Collect pictures of snack foods, such as fresh fruits and vegetables, nuts, milk, and juices, that make delicious substitutes for sweet snacks that are high in refined carbohydrates. Use them for a bulletin board display or a class scrapbook.

Have an occasional snack party using some of the above mentioned foods.

Discuss how some fresh fruits and vegetables help to clean the teeth. Emphasize the importance of cleaning the areas between the teeth.

Have the children list on the board foods that might be called "nature's toothbrushes."

Have the class cut out colored pictures and make a

SUPPLEMENTARY INFORMATION FOR TEACHERS

A diet containing all the elements for dental development is particularly important through the age of eight years, at which time the enamel of the unerupted teeth is almost fully formed.

Sticky candies that adhere to the surface of the teeth, hard candies with a citric acid base, and soda pop are extremely harmful because they are converted rapidly into acids which attack the enamel of the teeth.

The chewing of sugared gum contributes to the development of tooth decay.

Other foods which help to clean the teeth include lettuce, cucumbers, cabbage, and raddishes.
III. Maintaining Oral Hygiene

Bacteria are present in our mouth all of the time.

Some of these germs make acids from the food left between our teeth.

The acids injure the enamel of the teeth, causing decay and the formation of cavities. Brushing helps to remove the food from between the teeth so that

Compare the relationship between washing the hands with soap and water and brushing the teeth with an acceptable dentifrice.

Soak an unpeeled, hard-boiled egg in vinegar for two days, then have the children feel how soft the shell is. Relate this demonstration to the effect of the acid in our mouth on the calcium in our teeth.

Invite the dental hygiene
AIDS
TIES

MAJOR UNDERSTANDINGS AND
FUNDAMENTAL CONCEPTS

food:

SUGGESTED TEACHING AIDS
AND LEARNING ACTIVITIES

poster of cleansing foods.

Encourage children to bring
cleansing foods for part of
their lunches and to save
them for the end of their
meal.

SUGGESTED TEACHING AIDS
AND LEARNING ACTIVITIES

Foods high in refined carbo-
hydrates are readily con-
verted into acids by the
acid-forming bacteria pre-
sent in the mouth.

Dentifrices approved by the
American Dental Association
as effective in helping to
prevent dental cavities
often contain stannous
fluoride.

SUPPLEMENTARY INFORMATION
FOR TEACHERS

Compare the relationship
between washing the hands
with soap and water and
brushing the teeth with an
acceptable dentifrice.

Soak an unpeeled, hard-
boiled egg in vinegar for
two days, then have the
children feel how soft the
shell is. Relate this
demonstration to the effect
of the acid in our mouth on
the calcium in our teeth.

Invite the dental hygiene
the germs cannot make acids.

Teeth should be brushed immediately after eating and the mouth thoroughly rinsed to remove the debris.

Brush your teeth the way they grow - down from the top, up from the bottom.

While brushing your teeth, you should also massage your gums.

A toothbrush should be rinsed clean after use and placed in a holder to dry.

Have a collection of various styles of toothbrushes for demonstration purposes. Discuss the advantages and disadvantages of each in relation to size, style, and hardness of the bristle.

It is ideal for each child to have two toothbrushes of his own. A good toothbrush should have:

- a flat brushing surface
- a firm, resilient bristle, (the dentist can advise on stiffness)
- a head small enough to permit access to the surface of all the teeth.

Do you know how to brush your teeth?

The dentist said to brush the teeth the way they grow.
Brush the upper teeth down.
Brush the lower teeth up.
Brush the side next to the tongue.
Brush the side next to the cheek.
Brush the chewing surfaces of the big teeth in back.

Brushing helps to prevent cavities.
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<tr>
<td>For when teeth can't be brushed after eating, you should thoroughly rinse your mouth with water.</td>
<td>Discuss why rinsing your mouth with water after eating is a good health habit.</td>
<td>Replace the toothbrush when the bristles become frayed, soft, or loose.</td>
<td></td>
</tr>
<tr>
<td>Chewing on objects such as pencils, pens, thread, unshelled nuts, fingernails, and hard candy can break, crack, or wear down the enamel of the teeth and injure the gums.</td>
<td>Include the ideas that teeth can: crack like cement, chip like smooth china, become crooked like a tree.</td>
<td>Other reasons for keeping foreign objects out of the mouth include the possibility of: injury to the gums, infection, poisoning, accidental swallowing.</td>
<td></td>
</tr>
<tr>
<td>Thumb-sucking, lip-and-tongue-biting, and similar habits may cause the teeth to move out of place.</td>
<td>Prepare scrapbooks of pictures about teeth and oral hygiene drawn by children or obtained from magazines.</td>
<td>Thumb-sucking can cause serious malocclusion problems that adversely affect the appearance and general health of a child. These problems usually require expensive orthodontic repair.</td>
<td></td>
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<tr>
<td></td>
<td>Show the film from the New York State Health Department, &quot;Learning to Brush,&quot; [10 min.].</td>
<td>Don't embarrass children who suck their thumbs or have similar habits.</td>
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<td></td>
<td>Discuss the effect of poor dental health habits on</td>
<td>Each</td>
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IV. Dental Caries

Dental caries, commonly called tooth decay, destroys tooth structure, leaving cavities in the teeth.

Dental caries are caused by the action of bacteria on foods, in the mouth.

Dental decay begins with a small hole in the enamel and spreads rapidly into...

You must be careful to avoid injuring the teeth when drinking from a water fountain, standing in line, and playing games.

Have children make and name a toothbrush puppet and prepare a dental health message for him each week. Some of the messages could be on the substitution of good dental health habits for poor dental health habits.

Use a flannel board or a chalkboard to list safety precautions and the proper use of equipment and facilities in the school and at home.

Ask the children how many have had toothaches or know of people who have had toothaches; then relate them to dental caries, using posters or models showing the tooth structure. Study and discuss what is meant by a "decayed tooth," "germs," and "bacteria" and what makes a tooth decay.

Study a cross section of a...
MAJOR UNDERSTANDINGS AND FUNDAMENTAL CONCEPTS

SUGGESTED TEACHING AIDS AND LEARNING ACTIVITIES

personal appearance and general health.

SUPPLEMENTARY INFORMATION FOR TEACHERS

case should be dealt with carefully on an individual basis.

You must be careful to avoid injuring the teeth when drinking from a water fountain, standing in line, and playing games.

Have children make and name a toothbrush puppet and prepare a dental health message for him each week. Some of the messages could be on the substitution of good dental health habits for poor dental health habits.

Youth caries, commonly called tooth decay, destroys tooth structure, leaving cavities in the teeth.

Dental caries are caused by the action of bacteria on foods, in the mouth.

Dental decay begins with a small hole in the enamel and spreads rapidly into

Ask the children how many have had toothaches or know of people who have had toothaches; then relate them to dental caries, using posters or models showing the tooth structure. Study and discuss what is meant by a "decayed tooth," "germs," and "bacteria" and what makes a tooth decay.

Study a cross section of a

The extent of damage to the teeth depends on a number of factors, the most significant of which are:

- the presence of dental plaques
- the strength of the acids and the ability of the saliva to neutralize them
- the length of time the acids are in contact with the teeth
- susceptibility of the

Stress on the importance of:

- safety on skates and bicycles
- fastening of seat belts
- avoidance of pushing and shoving, especially at drinking fountains
- proper facial equipment for softball or baseball

Use a flannel board or a chalkboard to list safety precautions and the proper use of equipment and facilities in the school and at home.
REFERENCE

MAJOR UNDERSTANDINGS AND FUNDAMENTAL CONCEPTS

other parts of the tooth.

Reduction and control of dental caries can best be achieved by:

- a reduction in the daily consumption of sweets
- brushing the teeth correctly after eating
- regular professional dental care
- topical fluoride applications and/or fluoridation of water supplies

SUGGESTED TEACHING AIDS AND LEARNING ACTIVITIES

molar with decay resulting from neglect.

Discuss the relationship between a decaying tooth and nearby teeth with the old saying, "a rotten apple can spoil the barrel."

Watch the process of decay on an apple or banana from day to day. Let children observe and discuss to see how the decay progresses.

Have the students review and demonstrate the proper methods of brushing the teeth.

Present a summary of this unit as a skit for an assembly program or publish a summary in a class newspaper.

Write and illustrate a comparative life story of a neglected tooth and one given good dental and home care. This may be done by a small group or the entire class.

SUPPLEMENTARY INFORMATION FOR TEACHERS

teeth to decay

Dental plaques made up of food debris and acid producing bacteria are gluey, gelatin-like substances that adhere to and attack the teeth.

The foods most easily converted into acids are fermentable sugars. Reduction in the frequency of sugar intake is of even greater importance than a reduction in the amount of sugar consumed.

The fluoridation of water supplies as a safe and effective method of reducing tooth decay has been approved by the following groups:

- American Dental Association
- American Medical Association
- American Association for the Advancement of Science
- U.S. Public Health Service
- Association of State and Territorial Health Offices
- National Research Council.

Dental decay in teeth of children drinking fluoridated water since birth is
V. The Dentist and Dental Health

The dentist is a friendly partner who helps to keep teeth healthy by:
- thoroughly examining the teeth and taking X-rays to find hidden cavities and other problems of the teeth and gums so they can be treated
- cleaning your teeth to make them look and feel better
- filling cavities to prevent further decay

Ask leading discussion questions about the dentist as a part of good dental health:
- "How can the dentist take care of our teeth?"
- "How does the dentist check our teeth?"
- "What are some of the things you see in the dentist's office?"

Discuss or have children read about the work of the dentist.

Discuss reasons for visiting the dentist.

Have the children explain why it sometimes "tickles" when the dentist cleans their teeth and how this benefits them.
The dentist is a friendly partner who helps to keep teeth healthy by:

1. Thoroughly examining the teeth and taking X-rays to find hidden cavities and other problems of the teeth and gums so they can be treated.
2. Cleaning your teeth to make them look and feel better.
3. Filling cavities to prevent further decay.

Ask leading discussion questions about the role of the dentist as a partner in good dental health:

- "How can the dentist help us take care of our teeth?"
- "How does the dentist check our teeth?"
- "What are some of the things you see in the dentist's office?"

Discuss or have children read about the work of the dentist.

Discuss reasons for visiting the dentist.

Have the children try to explain why it sometimes "tickles" when the dentist cleans their teeth and how this benefits the gums.

All dental decay cannot be prevented, so there is no substitute for regular and frequent visits to the dentist. Benefits include:

- The early detection and correction of tooth defects and dental disease.
- Observation and correction of irregularities in the growth of teeth.
- Prevention of pain.
- Reduction in the cost of care.
- Prevention of absence from school for treatment of neglected mouths.
- Maintaining a good appearance and disposition by preventing infection and pain.

Up to 65 percent less than decay in teeth of children drinking fluoride-deficient water.

The outer covering of the exposed portion of the tooth is called enamel. Enamel is the hardest substance found in the body.
VI. Healthy Gums and Teeth

During your lifetime, you will have two sets of teeth, primary or baby teeth, and permanent teeth.

Most children have all 20 of their primary teeth in place by age three, and shed the last of them by age 12.

A primary tooth usually comes out when a permanent tooth is ready to replace it.

The first permanent teeth are usually the 6-year molars; two in the upper jaw, and two in the lower jaw.

Arrange a field trip to a dentist's office allowing plenty of time for observation and discussion of the use of various instruments and the role of the dentist in maintaining oral hygiene.

Have a child report on a regular visit to the dentist.

Show an appropriate film or filmstrip.

Show and discuss comparison models or charts of the eruption of the primary teeth and the permanent teeth.

Discuss and list on the chalkboard the functions of the primary and permanent teeth, including the 6-year molars.

Discuss the importance of taking good care of the primary teeth.

Using a ditto, make a diagram of primary and permanent teeth, or have each child draw a set of "baby" teeth and a set of permanent teeth. Have them
IDS

SUGGESTED TEACHING AIDS AND LEARNING ACTIVITIES

Supplementary Information for Teachers

UNDERSTANDINGS AND MENTAL CONCEPTS

- Arrive a field trip to a dentist's office allowing plenty of time for observation and discussion of the use of various instruments and the role of the dentist in maintaining oral hygiene.

- Have a child report on a regular visit to the dentist.

- Show an appropriate film or filmstrip.

- Show and discuss comparison models or charts of the eruption of the primary teeth and the permanent teeth.

- Discuss and list on the chalkboard the functions of the primary and permanent teeth, including the 6-year molars.

- Discuss the importance of taking good care of the primary teeth.

- Using a ditto, make a diagram of primary and permanent teeth, or have each child draw a set of "baby" teeth and a set of permanent teeth. Have them

Characteristic dentition of the 5- to 7-year old child:

- All 20 primary teeth are normally present.
- First permanent molars (6-year molars) are beginning to or have appeared behind the last primary molars.
- Primary incisors are being shed to be replaced by permanent incisors at approximately 7 years of age.
- Teeth are normally aligned in an oval shape and positioned vertically with edges of lower incisors touching the inside surfaces of the upper incisors.

- Children have all 20 primary teeth in age three, and the last of them by age six.

- Every tooth usually erupts when a permanent tooth is ready to replace it.

- First permanent teeth usually the 6-year molars.

- Two in the upper and two in the lower
Pupils should take extra good care of the 6-year molars because they help to determine the shape of the jaws, the face, and the position of the other teeth.

The front primary teeth are usually the first to be "lost."

The permanent teeth are developing and growing in the jaws long before you can see them.

The permanent teeth will be larger than the primary teeth.

Adults have 32 permanent teeth, 16 in each jaw.

If you take proper care of your permanent teeth and gums, they should last a lifetime.

Put an X on the "baby" teeth they have lost, and circle the permanent teeth. Have them put an F on any teeth that have been filled by the dentist. Using mirrors, have the children examine and count their teeth. See how many have their 6-year molars, which are the sixth teeth back from the center of the mouth.

You may have to explain to both the children and the parents that the 6-year molars do not replace primary teeth.

Show a film, "Billy meets Tommy Tooth," [4 1/2 min.]. A filmstrip with the same title is also available.

Using the chart found on page six of "Dental Health Facts for Teachers," discuss the eruption and shedding of primary teeth. Discuss why a dentist will often put in a space maintainer if a primary molar is extracted prematurely.

Show a movie, "What do we know about teeth?" [14 1/2 min.].

Characteristic dentition of the 8- to 9-year old child:
- primary incisors are being shed to be replaced by permanent incisors.
- the first permanent molars (6-year molars) should be well erupted.
- some of the eight permanent incisors, four in the upper jaw and four in the lower jaw, should have erupted.
- by age nine, the eight front permanent teeth should be well erupted; usually with some space between the upper incisors.
- after the age of 10 the remaining 12 teeth, three on each side of the upper and lower jaw are situated between the permanent incisors and the first permanent molars. The permanent molars including the 6-year molars, do not replace any primary teeth.

Primary teeth should ordinarily be retained until lost naturally because they are needed:
- for chewing
- for appearance
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<td></td>
<td>Use a model with removable teeth to illustrate the importance of the 6-year molars.</td>
<td>Discuss the meaning of the following words: germ permanent cavity dentist acid enamel primary calcium appearance caries digestion penetrates fluoride</td>
<td>to preserve space for the permanent teeth for normal growth and development of the jaws</td>
</tr>
<tr>
<td></td>
<td>The above words might be used in spelling contests or as extra spelling words.</td>
<td>Other commonly used names for primary teeth include baby teeth, deciduous teeth, temporary teeth, or milk teeth.</td>
<td>The 6-year molars are very important in helping to maintain the jaws in proper relation to each other while all the deciduous teeth are lost and the permanent successors take their places.</td>
</tr>
</tbody>
</table>
BOOKS

Green, Carla. I want to be a dentist. Chicago. Children's Press.

CHARTS & POSTERS

Armed to the teeth. Florida Citrus Commission. Lakeland, Fla.
Begin early. National Dairy Council, Program Service Dept., 111 N. Wacker Dr.
Big pains. Travelers Insurance Co., Hartford, Conn.
Brush your teeth, eat good foods, visit your dentist. National Dairy Council.
Elementary school posters. A.D.A. set of four, (16 1/4 x 12 1/2) & $2.50.
Look, Mom - no cavities. Procter and Gamble Co., Cincinnati 1, Ohio.
Swish and Swallow poster. A.D.A. paper - $0.25, laminated - $3.50.
Toothbrushing chart. American Dental Association. (21 x 25 1/2 inch)
Toothbrushing wall chart. Pepsodent Division, Lever Brothers Co., Ca

FILMSTRIPS

Billy meets Tommy Tooth. National Apple Institute, Washington 5, D.C.
Brush up on your teeth. Stanley Bowman Co. color. script. $5.
Ten little people and their teeth. Stanley Bowman Co. Valhalla, N.Y.
The loose tooth. Reed Clark Co., 4989 Jamesville Road, Dewitt, N.Y.
Dental Health Bibliography Grades K-3

Gator's toothache. Lothrop, Lee, and Shepard. 1962. $2.75.


Dentist in Maine. Viking Press. 1959. $2.25.


Citrus Commission. Lakeland, Fla.

Council, Program Service Dept., 111 N. Canal Street, Chicago.

Dental Health Program Co., Hartford, Conn.


A.D.A. set of four, (16 1/4 x 12 1/2) $0.60, (3 1/2 x 4 1/4) - free.

Procter and Gamble Co., Cincinnati 1, Ohio.

A.D.A. paper - $0.25, laminated - $3.50.

Dairy Council, 211 East Chicago Avenue, Chicago, Ill., 60611.

American Dental Association. (21 x 25 1/2 inches) $0.65.

Dental Association, Division, Lever Brothers Co., Cambridge, Mass.
FILMS

It doesn't hurt. Coronet Instructional Films.
Save those teeth. E.B.F.
Teeth are to keep. E.B.F.
Tommy's day. Young America Films.
Winky the watchman. American Dental Association.
Your teeth. Young America Films.
Dental Health (Grades 1 - 3)

BOOKS

McCloskey, Robert. One morning in Maine. The Viking Press. 1959. $2.25.

PAMPHLETS FOR CHILDREN - (Available from the American Dental Association, 211 East Chicago Avenue, Chicago, Ill., 60611.)

I'm going to the dentist.
A visit to the dentist.
The friendly ghost, Casper, and the friendly dentist. a 16 page, 5 x 7 comic book in color, (25 for $2.25) (50 for $4.), (100 for $7.).

FILMSTRIPS - (Available from American Dental Society, 211 East Chicago Avenue, Chicago, Ill., 60611.)

Billy meets Tommy Tooth. 40 fr. color.
Brush up on your teeth. 29 fr. color. guide.
Cutters, tearers, crushers, and grinders. 56 fr. color. guide. 33 1/3 record.
Johnny's magic toothbrush. 43 fr. color. speech notes.
Let's visit the dentist. 42 fr. color. guide.
Michael and the dentist. 23 fr. color. 45 record.
The tale of a toothache. 35 fr. color.
Ten little people and their teeth. 35 fr. color. speech notes.
Tips on tooth care. 31 fr. color. guide.
FILMS - (Available from American Dental Society, 211 East Chicago Ave., Chicago, Ill., 60611.)

Billy meets Tommy Tooth. b&w. sound. 4 1/2 min.
Dottie and her dad. b&w. sound. 4 1/2 min.
Dottie and the dentist. b&w. sound. 4 1/2 min.
Maxwell, boy explorer. color. sound. 4 1/2 min.
Taro's adventure in health. color. sound. 18 min.
The beaver's tale. color. sound. 4 1/2 min.
What do we know about teeth? color. sound. 14 1/2 min.

(Dental health: how and why. color. sound. 10 min.
Teeth are to keep. color. sound. 11 min.

CHARTS AND POSTERS - (Available from American Dental Society, 211 East Chicago Ave., Chicago, Ill., 60611.)

Elementary school posters. 16 1/4 x 12 1/2 in. set of four, $0.60.
Swish and swallow poster. paper - $0.25, laminated - $3.50.
Toothbrushing chart. 21 x 25 1/2 in. $0.65.

RESOURCE MATERIALS FOR TEACHERS - (Available from American Dental Association, 211 East Chicago Ave., Chicago, Ill., 60611.)

Teaching dental health to elementary school children. Perry Sandell. 32 pp. $0.75.
Toothbrushing. 1965. 6 pp.
You can prevent tooth decay. 1961. 12 pp.
Your child's teeth. 1962. 16 pp.
Your guide to oral health. 1964. 20 pp.
PERIODICALS - (Available from the American Dental Association.)

A.D.A. clipsheet. issued 2 or 3 times a year. free on request.
Fluoridation reporter. bimonthly. free on request.
The journal of the American Dental Association. monthly. $12. yearly.