As a provider dedicated to children’s health, you help families learn that healthy teeth—including first teeth or baby teeth—matter. To help get the word out, Sesame Street, in partnership with Sam’s Club Giving Program and MetLife Foundation, has created Healthy Teeth, Healthy Me. This multimedia initiative motivates families to care for children’s teeth early...and makes caring for them fun!

This guide supports the important work you do. With the help of the lovable Sesame Street characters, these materials communicate simple, preventive messages to children and caregivers. We’ve consulted with dental and medical experts to develop ideas to fit your needs, even if your time with families is limited.

Inside this guide, you’ll find a collection of reproducible handouts divided into two sections:

- Ideas for Visits (page 2)
- Keeping Connected (page 6)

Whether you work in a dental office, a pediatrician’s office, or another health care setting, you can choose the reproducible handouts that work best for you.

We hope these materials help you and the families you work with come together as a team to build strong teeth and bodies. Go Team Teeth!

More to Explore
More Healthy Teeth, Healthy Me resources are available at sesamestreet.org/teeth. Materials include:

- A Sesame Street video
- A family guide with tips and activities
- Online games and printable activity pages
Checkups and dental visits are great opportunities to visit with families and share important messages about how to keep children’s teeth healthy. The reproducible handouts in this section allow families to take home the information they need, even if your time together is limited.

- **Let’s Pretend** lets children know what to expect during a dental visit. As children act out a visit with Abby Cadabby, they will learn about the different sights and sounds at the dental office.

- **The Brushy Brush Chart** encourages healthy brushing habits through a fun routine. There’s also a special section for caregivers with answers to some frequently asked questions about caring for children’s teeth.

- **Tooth Café** invites children to “order” tooth-friendly foods from Grover. It also includes a try-at-home activity to encourage healthy eating.

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**Learning Spaces**

Some of these ideas may inspire new ways to help extend messages about oral health.

**Healthy Teeth Gallery:**
Children’s artwork can be a great way to spark some healthy-teeth talk. Provide paper and crayons in the waiting area, and encourage children to draw things they do to keep their teeth and bodies healthy. Post the pictures on the wall.

**Watch, Laugh, Learn:** If you have a DVD player or computer, you can play the *Healthy Teeth, Healthy Me* DVD on a continuous loop. Encourage children to sing along with Elmo and Abby Cadabby!

**Online Tools:** If you have a computer that children can use, you can display the *Healthy Teeth, Healthy Me* Web site (sesamestreet.org/teeth). Children can take turns playing games and watching videos.


“Hi! It’s me, Abby. Let’s pretend we’re getting a dental checkup. Act out the underlined words to get ready for your visit.”

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**let’s pretend**

**Pocket Fairy**
For your next visit, cut out Abby and take her with you to the dental office. Show Abby some of the dental tools she mentions in the story!

1. Here we are at the dental office! There’s the dental hygienist. Let’s wave hello. There’s a big chair in here. Cool!

2. The dental hygienist put on a mask and some gloves. Now she’s ready to count your teeth. Open wide! She’ll use a light and this cute, little mirror to look inside your mouth. Then she’ll touch every tooth.

3. Cleaning time! The dental hygienist has neat tools to clean your teeth. Can you feel the curved straw resting in your mouth? It helps get the water out. It goes gulp, gulp, gulp.

4. Now the hygienist will brush your teeth with a buzzy toothbrush and a bit of toothpaste. Buzz! Done? Let’s pretend to rinse. Get ready to open again so the dentist can look inside your mouth.

5. The dentist says your teeth look healthy! Smile and show off your clean teeth. Now let’s skip home. Thanks for pretending with me!
Questions and Answers for Grown-Ups

Check out these answers to some of the most common questions about caring for young children’s teeth:

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**Q: What kind of toothbrush should my child use?**

A: Look for child-size brushes with small heads. Bristles should be soft or extra soft. Let your child choose the color to get him excited about brushing.

**Q: How much toothpaste should children use?**

A: A smear for children under age 2; a pea-size amount for children ages 2 to 5.

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Use this chart every time you brush. Ask a grown-up to hang it somewhere that is easy for you to see. When you finish brushing, make a ✓ for a job well done. Fill in the chart to show your Super Brusher skills!

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sesamestreet.org/teeth

TM / © 2012 Sesame Workshop.
Hello, everybodeeee! Welcome to the Tooth Café, where teeth love to eat. I, cute and furry Grover, will be your waiter. Which crunchy fruits and vegetables would you like to order today? They all look delicious, do they not? They keep teeth and bodies healthy, too! Color them all.

Grown-Ups: Try This at Home!
You and your child can try your own "crunch test." Sample a few tooth-friendly fruits and vegetables such as the ones on this page. Which gets the loudest crunch?
Sesame Street wants to help you encourage families to continue their healthy habits and keep in touch with your practice. Try these ideas for staying connected:

- The **Super Teeth Certificate** congratulates children for working to keep their teeth and bodies healthy, and encourages them to keep up the good work. Remind families that you’re a part of “Team Teeth” by filling in your contact information right after a visit.

- With the **Reminder E-mail**, you can send out Sesame Street smiles when it’s time for families to visit again.

- The **Let’s Pretend** story on page 3 can be e-mailed in advance to help children know what to expect during a dental visit.

Let your families know that more free, bilingual (English/Spanish) **Healthy Teeth, Healthy Me** materials are available at sesamestreet.org/teeth.

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**Online: Quick Tips**

Social media sites such as Twitter and Facebook are great ways to stay connected with families.

Copy and paste these tips right into status updates or send them as text messages.

- Let a grown-up help brush your teeth every morning and night. Brushy brush!

- Teeth love crunchy fruits and vegetables such as apples and carrots. Try some healthy foods today! What sounds do they make?

- Keep your teeth and body healthy and strong! Drink lots of water and find a fun way to move today.

- Bring your child for her first dental visit within six months of her first tooth or by her first birthday.

- Say “cheese”! Encourage your child to show off his teeth. Have him flash a star smile every time he brushes!

- Every tooth counts! Help your child make sure to brush every tooth, every day and night.

- Dental checkups are important at every age. Schedule your child’s next visit today! *(Include your office phone number.)*

- Children should brush for about two minutes. Play some music or sing the “ABC” song four times to help keep track of time.
Way to go, ______________!

(child’s name)

You’re keeping your teeth and body healthy and strong.

Team Teeth  If you have any questions about caring for your child’s teeth, we’re here to help!

Provider’s name
Phone number

Address
E-mail
Send this e-mail template when it’s almost time for families to visit again. Fill in the date and time of the visit in the blank space below. Use the snapshot or screenshot tool to select and copy the area within the box. Paste the image into the body of your reminder e-mail and send.

Your next visit is ________________!

For healthy tips, visit sesamestreet.org/teeth.