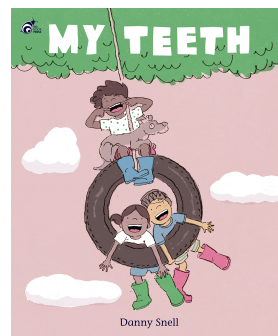


LEARNING TIME

My Teeth By Danny Snell

This cleverly written and superbly illustrated non-fiction picture book is designed to help children understand their teeth, why they are important and how to care for them. Full of fun facts wrapped around animal, insect and human teeth.



Key Message for Parents | Good nutrition, health and exercise are critical

Story Time provides an opportunity to share important factual information about health and wellbeing with parents and children. Parents may be seeking information, or reassurance, so we can support them by sharing how:

- Setting up healthy behaviours in childhood can lead to fewer problems later in life
- The quality of a child's diet has an impact on brain growth
- Its essential to teach children to care for their bodies through daily routines, as well as helping them be ready for regular health check-ups.

Australian Early Years Learning Framework | Outcome 3: Children have a strong sense of wellbeing

Educators are able to provide children with support:

- Learning about healthy life-styles, including nutrition and personal hygiene, which is integral to children's well-being and self-confidence
- Exploring with children how good nutrition enables them to be active participants in play
- Exploring with children how physical well-being (such a good dental health) contributes to children's ability to concentrate, cooperate and learn.

Welcome

Ask carers to write nametags for themselves and their children.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

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Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

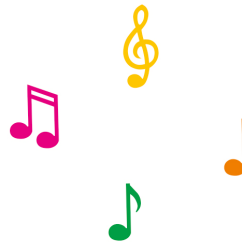
Good Morning

Good morning to you

Good morning to you

Good morning everybody

and welcome to you!



Song

Never Smile at a Crocodile

Never smile at a crocodile

No, you can't get friendly with a crocodile

Don't be taken in by his welcome grin

He's imagining how well you'd fit within his skin

Never smile at a crocodile

Never tip your hat and stop to talk awhile

Never run, walk away, say good-night, not good-day

Clear the aisle but never smile at Mister Crocodile

You may very well be well bred

Lots of etiquette in your head

But there's always some special case, time or place

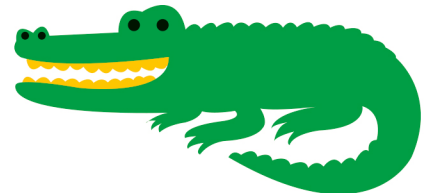
To forget etiquette

For instance

Never smile at a crocodile

No, you can't get friendly with a crocodile

Don't be taken in...



You can hear Jay Laga'aia singing this song on Youtube:

<https://www.youtube.com/watch?v=2sKoBxZy02s>

Welcome everyone! – You are going to love today's story, it is called My Teeth!

Before Reading

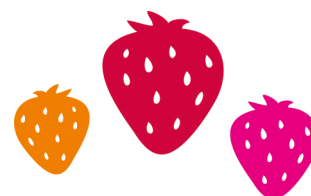
You might like to set up the story by talking about how today's book is not a 'story'. It's all true and we are going to learn facts about our bodies and real life. So, let's learn all about our TEETH!

- Say to the children: *Show me your teeth. What can you tell me about your teeth? Why do we need teeth? How do you look after your teeth? Has anyone had a loose tooth and had it fall out?*
- Ask the children some teeth questions. *What do you know about crocodile teeth? Elephant teeth? Mouse teeth?*

During Reading

This book is jam-packed with engaging illustrations and fun, interesting facts about teeth. How much you read in one sitting may depend on the engagement of the group.

- You could begin by reading all of the text on each page and then change the plan if the group appears distracted; it may be helpful to read just one sentence on each page and invite the children to investigate the pictures. Encourage children to comment on what they can see in the illustrations and then answer questions about those. Continue to gauge the level of engagement and concentration in the room and respond accordingly.
- When the book refers to human mouths encourage the children to point to their own mouthparts. They can mimic the text and the illustrations – e.g. touch their teeth with their tongue.
- When looking at the page with healthy and unhealthy foods invite the children to share their ideas of what foods are healthy and unhealthy.
- The children may also like to share their own stories of visiting the dentist.
- Finish the reading by asking all the children to show you their smile.
- Carers can be encouraged to continue sharing the book with their child at home. Explain to carers that children are often able to concentrate for longer periods in a cosy one on one situation. This is because they have more opportunity to ask question and participate in the conversation. The adult reader is also able to go at a pace that suits the child and gently redirect their attention. Books do not have to be read in one sitting. It might be that you read a few pages together and come back to it later.



After Reading

There are many ways to continue the engagement with the book and further learning:

- Discussion: Using a mirror ask each child to study their teeth. Ask them what they notice. Can they count their teeth? What shapes do their teeth look like? How do their teeth feel? Why do they think their teeth are that way?
- Art: Drawing teeth. This activity can be completed with white pastel crayons on black card.
- Using a mirror ask each child to draw their smiling mouth with their teeth inside using. It may be necessary to demonstrate this activity to the whole group first by drawing your own teeth. Alternatively, you can encourage the adults to model the drawing activity by drawing their own teeth.

- **Sorting:** Using two marked boxes ask the children to sort food into the boxes based on whether foods are healthy or unhealthy. You can use empty food boxes, pictures of various foods, or toy foods for this activity. Children can take turns as part of a group.
- **Role Play:** Set up a dental office for dramatic play. Display some photos of dentists at work in the area. Include a reception area with a desk, a computer, paper and pens. In the dental area provide a bib, facemask, tray of tools (a few tea spoons would be suitable), torch, reclining chair (could just be cushions). The children can help brainstorm what might be needed in a dental surgery. Friends, soft toys and dolls could be the patients.

Extension Ideas

Organise a visit from your local dental hygienist who can talk to the children and adults about caring for children's teeth and may possibly bring exciting large props for a demonstration.

Support children to prepare a healthy sandwich. Offer wholemeal bread and a choice of teeth-friendly ingredients such as sliced cheese, lettuce, mashed avocado, grated carrot, cottage cheese, thinly sliced apple, mashed banana and ocean-friendly tuna. **NOTE:** You **must** be aware of allergies, food sensitivities or preferences (vegetarian, vegan, etc) by checking with parents/carers beforehand.

Make a poster showing all the ways we can look after our teeth. Brainstorm a few ideas first to make a list, then illustrate them on your poster. Some ideas might include: brushing teeth, flossing teeth, visiting the dentist, choosing healthy foods and snacks, drinking water etc.



Tooth Decay Eggshell Experiment

NOTE: This is a great STEM activity to do over 24 hours or even longer. Alternatively, if you have time you may be able to prepare this 24 hours before your session and then show the children a 'before' egg and 'after' egg. Or encourage parents/carers to do this simple activity with their children at home.

Your will need:

- 2 Hard-boiled white-shelled eggs
- Cola (or vinegar)
- 2 clear plastic cups

Before you start, ask the children what they think happens to teeth when they drink cola and soft drinks. Explain to them how their teeth are very similar to eggshells, and that this experiment with cola will show them what happens when it's mixed with the eggshell. You can also ask them what other drinks/foods they think could hurt their teeth, and how they can protect their teeth.

Fill one plastic container with cola. Fill another with water. Leave enough room, so they do not overflow.

Add a single, hard-boiled egg to each cup.

Cover and let them sit at room temperature for 24 hours. (You might need to change the cola after 12 hours.)

Take the two eggs out, and observe your initial reactions. (The eggshell in the cola should have started to dissolve, leaving an egg that looks and feels more like a water balloon.) Discuss the changes you see in each egg and ask your child what he or she thinks happened.

If you leave the egg in the soda long enough (a few days), the entire shell will dissolve.

This experiment is from the Happy Tooth NC website, which has more information and some other great experiments using eggshells and toothpaste.

Reference: <https://happytoothnc.com/tooth-decay-experiment-with-eggshells/>

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session.

An Activity Time for this book is available to download for FREE from our website. This is a great resource to share with families, you are welcome to print and distribute as necessary.

Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (Here We Go Round the Mulberry Bush) or your preferred choice.

Goodbye

This is the way we say goodbye (use a waving action) Say goodbye, say goodbye

This is the way we say goodbye

To all our library friends (or) (to our friend.....)!