



Dental and Oral Health

Did you know that **April is Oral Health Month**? This is a great time to provide a lesson, activity, or unit on the importance of good oral health practices for students. Interior Health's [Dental Health Program](#) has compiled resources into a toolkit for teachers to easily incorporate into their math, science, art, or health education curriculum.

Elementary School:

The Canadian Dental Hygienists Association website, [Dental Hygiene Canada](#), is a resource for general oral health education; they provide colouring sheets, word searches, and [printable activity sheets](#).

The [Canadian Dental Association](#) website includes [experiments](#) and [activity sheets](#) for children.

[Centers for Disease Control and Prevention](#) offers an [activity book](#) with interactive ways to talk to children about caring for their teeth.

Elementary and Middle School:

The American Dental Association website, [Mouth Healthy](#), has the Smile Smarts Dental Health Curriculum, which includes:

- flexible, modular [lesson plans](#)
- classroom [demonstrations/experiments](#)
- oral health classroom [activities](#)
- student [activity sheets](#)

Middle and Secondary School:

The [Dental Hygiene Canada](#) website contains resources about the oral health and general health risks associated with [tobacco use](#) and [vaping](#).

[Mouth Healthy](#) has resources on the risks associated with [oral piercings](#), education on the importance of [mouth guards](#), and how to keep your teeth healthy if you are [sick or experience vomiting](#).

All Ages:

Discussions about the oral and general health risks of sugar are valuable to have. Interior Health's [Sugar Sense Display](#), supported by a [facilitator's guide](#), can stand alone in a library or the cafeteria. The site also provides [nutrition education](#) and resources.

Additional helpful tips and downloadable posters are available on Dental Hygiene Canada's [Tame that Sweet Tooth](#) page.

The [BC Healthy Kids Program](#) provides dental coverage for children of families receiving [MSP Supplementary Benefits](#)
