



Tooth Tutors

Hi Parents,

Today your child's class was visited by a very special guest; a tooth tutor. These tooth tutors are volunteers who have been trained to present basic oral health techniques in the classrooms. They are dedicated to helping all children learn proper oral health. Good oral care is very important and has not only been linked to better physical health, but also increased self-esteem and school performance.

Using a puppet with a giant set of teeth, your child was instructed on the proper way to brush their teeth; in soft circles making sure to reach all surfaces including the very back teeth, the inside of the teeth and the tongue. Your child should also remember that they need to brush their teeth at least twice a day; we tell them before they go to school and before they go to bed. As parents, it is very important that you monitor or help your child brush their teeth until they can thoroughly brush their teeth consistently (for most children, this happens during first grade). We also recommend that your child see a dentist twice a year. If your child has a Medicaid ID card, please call us and we will be happy to refer your child to an area dentist.

Vicky Cochran
Tooth Tutor Coordinator
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