

Ms. Stacey's

Newsletter

The Week of September 11th

Important Dates:

September 26th
Open house
5:30-7pm

Classroom Reminders

~Please check folders daily
~Please sign up for the
Remind app ASAP.

Contact Information

Phone: 701-227-3010

Email: Staceyh@dickinsoncap.org

Remind: Text @shecke to 81010

What we're learning...

Monday: Our nurse will be doing a toothbrushing activity with us.

Tuesday: We will be learning about our playdough center, sensory table, and art center. We will also be going over classroom expectations during work time.

Wednesday: We will be learning toy center, housekeeping, library, and block center.

Thursday: Our nurse will be doing a handwashing activity with us.

BRUSHING YOUR TEETH



Brush your teeth for 2 minutes every time so you can keep your smile bright!

DAY



Brush your teeth at least twice a day. Once when you wake up and again before bed. For a brighter smile, brush after every meal.

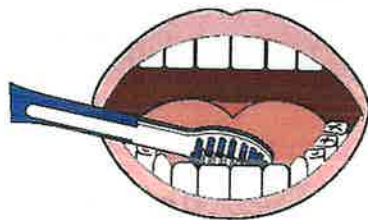


NIGHT



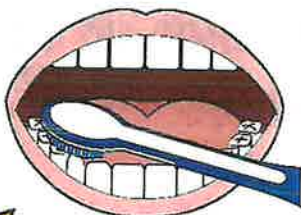
1

Ages 2-5, squeeze a pea-sized amount of fluoride toothpaste onto a small, soft toothbrush. Under 2, only a smear should be used.



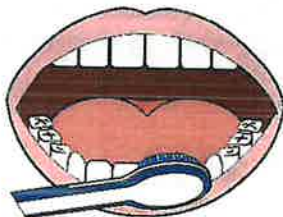
2

Using small circular motions, gently brush the insides of your teeth. Make sure to jiggle along every tooth down to the gums.



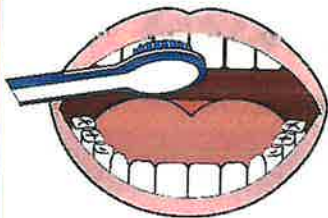
3

Using a back and forth motion brush along the chewing surfaces of your back teeth. (molars)



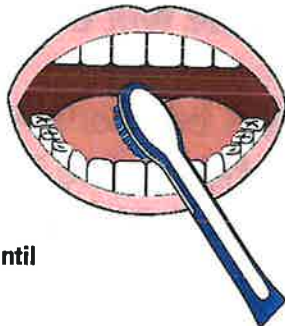
4

Using small circular motions again, gently brush the outsides of your teeth. Make sure to brush all the way down to the gums.



5

Repeat steps 2-4 on your top and bottom teeth. Be sure to brush every tooth until they are nice and bright!



6

Don't forget to brush your tongue! Germs and bacteria can be found anywhere in your mouth, so include your tongue when brushing.

- Parents should assist with tooth brushing until your child is approximately eight years old.

- Use a Brushing Chart (found on our website at www.alohakidsdds.com under Tooth Brushing) to help your child keep track of their daily brushing habits.

- The basis for this chart was provided by StarSmilez®