



Girl Scouts of California's Central Coast

Tooth Fairy Patch Program

Everyone must complete the following requirements:

Discover!

Pick three (3) of the following Discover activities:

- Research dental disease. Design a poster on how to prevent dental disease . Include all the components of a prevention: brushing and flossing, eating a balanced diet, dental checks, etc. Present at troop meeting, at health fair or in the community.
- Learn parts of the tooth and draw a poster.
- Interview three (3) people about their own daily dental hygiene practices. Document in a short report what you learned.
- It is important to brush and floss every day. Make a brushing and flossing chart. Keep a record of the time you brush and floss each day for two weeks. Share this information.
- Learn about mouth protectors for sports and share this information with others. Include information about the sports that need mouth protection.

Connect!

Pick two (2) of the following Connect activities:

- Conduct a water demonstration in your community highlighting the benefits of water for dental health & wellness/ Flavor the water naturally with fresh fruit & herbs.
- Visit a dental office for a lesson on the procedures dentists & dental hygienist do to ensure their patients have healthy teeth & gums.
- Conduct a healthy food demonstration in your community highlighting the impact of healthy food choices on dental health & wellness. Choose fresh fruit & vegetables for your demonstration.
- Research your community's water & whether or not it is fluoridated. Document in a report or poster presentation what you learned about the issues surrounding fluoridated water and its benefits to dental health.
- Interview a physical education teacher, athletic director, coach, and/or dentist about the best ways to prevent dental injuries while playing sports and what action to take if someone's tooth is injured.

Take Action!

Pick one (1) of the following Take Action activities:

- Host a health fair in your community promoting dental health awareness.
- Create a model of a tooth & toothbrush using household items & use them in a demonstration of proper dental care.
- Host a Smile Drive to raise dental health awareness & collect dental care products for children, adults and families in need.

- Create a tooth brushing program for a younger scout troop and show the proper way to brush teeth.
- Work with a local dental clinic/dentist office to create a children's oral health awareness advocacy event/day.
- Prepare an article on mouth protectors and sports for the school or local paper. Include information on types of sports that require protective equipment, possible sports injuries to teeth, etc.
- Develop guidelines on how people can go about finding a dentist if they move to a new community or need assistance in finding a new dentist. Distribute