



Smile Craft

Craft time in a great time to teach children about the healthy dental hygiene habits they need to grow up with a healthy smile.

Share your results with us! We'd love to see photos or videos of your students completing these crafts and hear what they learned! Tag us on social media or email to Programs@ncohf.org.



@ncohf



@America's ToothFairy



@americastoothfairy



@AmerToothfairy

Homemade Toothpaste

Kids will have fun making their own toothpaste while learning about the importance of brushing everyday to remove the bacteria that cause tooth decay.



TIP: Although we recommend that kids brush every day with a toothpaste containing fluoride, this activity is a great way to reinforce the lesson about the harmful microbes that live in the mouth and how healthy dental hygiene habits fight them! Find this fun Share Your Smile PowerPoint presentation at ShareYourSmileCampaign.org.

Option 1: What you'll need for each child:

- Paper bowl for mixing
- Spoon or popsicle stick for stirring
- Ziploc bag for storing
- 2/3 cup baking soda
- 1 tsp. sea salt (optional)
- 15-20 drops essential oil (any flavor)
- Tap water

Process:

1. Have each child measure the first three ingredients into their bowl.
2. Mix ingredients and gradually add water until the mixture reaches the consistency they prefer.
3. Scoop or pour mixture into the ziploc bag and seal tightly.

Option 2: What you'll need for each child:

- Paper bowl for mixing
- Spoon or popsicle stick for stirring
- Ziploc bag for storing
- 1/2 cup coconut oil (melted slightly to soften)
- 3 Tsp. baking soda
- 15-25 drops essential oil (any flavor)
- 1 tsp. xylitol (this natural sweetener fights cavities and is available at health food stores, at Walmart.com and Amazon.com.)

Process:

1. Have each child measure the ingredients into their bowl.
2. Mix ingredients and scoop or pour mixture into the ziploc bag. Seal tightly.



TIP: Have kids bring their toothbrushes (in a case to keep clean) so they can immediately brush their teeth!

**SHARE
YOUR
SMILE**



Brought to you by:



Sun Life®

DentaQuest®

The Oral Health Month campaign of America's ToothFairy. For more fun educational resources visit AmericasToothFairy.org.