

Basics of Oral Health 2

Germ Puppet Show!

Instructions: Ask for two volunteers to play the germs; the teacher is the toothbrush. Ideally, give volunteers the script to review a few minutes before performing.

Lactobacilli: Yup, yup, yup (notice audience) Hello! My name is Lactobacilli—isn't that a silly name? That's why people call me SILLY. Can you say my name with me? SILLY!

I am silly and sticky and I live on teeth. Yup, yup, yup. I do! I do! I live on that one, and that one, and that one waaaaay in back. I'm sticking real tight! But you can't see me. I'm tiny and invisible. And I love to stick on teeth! Hey! Who else is on that tooth?

Strepto: I'm Strepto—I have a tough name because I am tough! Can you say my name? STREPTO! Say it again! STREPTO! I'm tiny and invisible but I am tough. I live on teeth, too. I live on that one, and that one, and that one waaaaaaay in back. I like to eat the food that comes in. Food makes me STRONG.

Lactobacilli: Food makes me SILLY and STICKY.

Strepto: Together we do bad things to your teeth. We stick and make them weak.

Lactobacilli: If we stay on your teeth we can make holes in them. Yup, Yup, Yup. We do, we do!

Strepto: *(whisper)* But sometimes we don't get to stay on teeth!

Lactobacilli: *(whisper)* Sometimes we get brushed away! Sometimes, *(louder)* Oh, NO, here it comes!

Toothbrush: I'm tougher than germs! I'm brushing you down the drain! *(giant toothbrush brushes them away)*

Lactobacilli: Oh, no, here we go!

Strepto: *(weakly)* But we'll be back tomorrow.

Toothbrush: That's OK because I am going to brush you away. I brush EVERY day!

Supplies

- "Strepto and Silly" script.
- 2 germ puppets.
- 2 adult volunteers.
- Toothbrush.
- "Germs Make Cavities" handout.

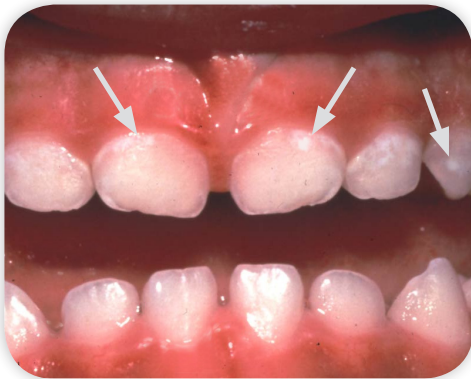
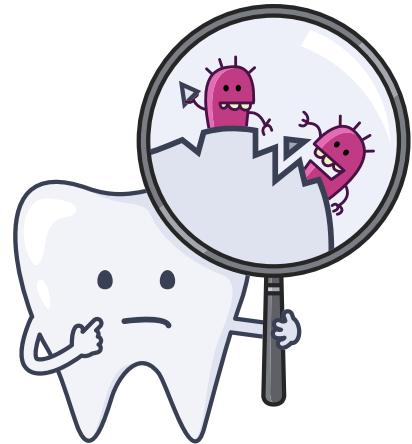
Discussion and Parent Practice Handout

- What questions do you have about what causes cavities?
- What are some ways that you could use this story with your children.
- Pass out the Germs Make Cavities handout.

Germs Make Cavities

Did you Know

- **Germs plus food and drinks** high in sugar or carbohydrates cause cavities.
- White or brown spots on teeth may be early signs of tooth decay and a black spot is probably a cavity.
- Cavities get bigger and bigger until the dentist fixes them.



White spots
(the start of cavities)



Tooth decay

Cavities can be prevented!

Take the Healthy Mouth Challenge!

I will:

- Check my child's teeth for white, brown, or black spots.
- Make an appointment with my child's dentist if I see any white, brown or black spots.

