

## Activity: Make a dental bib



### Key messages for children

- ★ **It's good to have your teeth checked by a dentist.**
- ★ **The dentist is a friendly doctor who helps you take care of your teeth. Visiting the dentist is an important part of having healthy teeth.**
- ★ **Your mum or dad can help you clean your teeth.**

Note: The term 'dentist' has been used for simplicity. Children could also be seen by a dental therapist or oral health therapist.

### What you will need

- ★ One large white napkin or paper towel (to be a bib around the neck of the "patient")
- ★ String
- ★ Textas, crayons, paint, colored paper, stickers (Option – Sunglasses and masks)

### What to do

Kids can make their own bib to wear for pretend. They can decorate them creatively.

### Ask children

Explain to the children that going to the dentist regularly is important. Dentists are the people who help us take care of our teeth and keep them clean and healthy. The dentist can also fix our teeth if they hurt.

The dentist wants to keep your teeth strong and healthy. The dentist and all the helpers wear gloves so their fingers are clean when they touch your mouth. They even wear masks over their faces but they are not scary masks!

Let the child decorate a paper towel using age appropriate art supplies like water colors, stickers, and markers.

Help the child make a hole in the paper towel and thread the yarn.

Take a photo of the child wearing the bib. Encourage the parent to show it to the dentist when the child goes to the dentist.