Learn it

Police officers are in our community not only to help people, but also to keep people safe by making sure everyone follows the rules. Sometimes we see police officers directing traffic and even solving crimes. Ask your little ones what else they think a police officer might do.

Make it

We can recognize a police officer because they all wear a uniform with a police badge. Using neutral colored card stock, cut out the badge shape for each child. Children can use their own imagination and an assortment of materials to decorate their badge.

Imagine it

In addition to adding a police hat and uniform to your dramatic play station, set up a little mystery for the children to solve. The children can use magnifying glasses and even brushes to resemble finger print brushes to solve the crime. An example of this might be who took the carrots from the garden? Have rabbit footprints leading from the garden into the room. The children can follow the footprints and look for other clues like bits of carrot (orange paper) or garden mud (brown paper) to lead them to the stuffed bunny you have hidden.

Read it

There are various books that your children will love about police officers. Start with Policeman Small by Lois Lenke and Richard Scarry’s A Day at the Police Station to learn about all of the duties a police officer might do on a workday.

Move it

When learning about police officers it is a great time to use two old-fashioned games to get the children to move: Red Light, Green Light and Tag. Red Light, Green Light is a game played with one person as the traffic light and the other children on the opposite side. The traffic light calls out green light and the children start running towards the light, freezing when the traffic light calls out red light. This repeats until one of the children reach the traffic light. For police man tag, one child will be the officer and try to catch the others. When the officer tags another child, that child has to sit out for court. After the officer has caught all of the others, a new officer is chosen.

Eat it

A police officer makes sure that we follow the traffic light rules. Make your own edible traffic lights using red, yellow, and green fruits and vegetables. Examples might be red strawberries, yellow bananas and green grapes or red peppers, yellow squash and green broccoli.
Police Officers keep people safe by making sure everyone follows the rules.

BECOME AN OFFICER OF THE LAW

Color in the badge, and then cut it out. Tape or safety pin to your shirt.

cacfp.org
Community Helpers | Good People Everywhere

MAIL

Learn it Postal workers are responsible for delivering mail and picking up mail to send to others. We see deliveries in snow, rain, sleet and sun. The mail is always there!

Move it It’s time for a post office delivery relay! You will need two large boxes for mail bins and at least one or two envelopes for each child to deliver. Divide the children into two teams. Place the large boxes on one side of the room, opposite of the teams. Each child will have to deliver their mail by running across the room and putting their envelope into the large box. When they are done, they run back to their team and the next child in line goes. The relay is finished when each team member has delivered all their mail to the mail bins.

Make it Postcards are a fun way to send a note through the mail about a trip you are on. Your children can design their own postcard with paint, markers and crayons. Using large blank index cards, ask the children to design a card on one side and write a few words on the other side with their name. Using a fun stamp, ask them to stamp the right corner and work on addresses by putting their address on the designated spot under the stamp.

Imagine it Gather various sorts of junk mail: magazines, advertisements, large postcard mailers, business mailers, different colored envelopes, etc. The children can play post office by sorting through the mail. Can they group all of the magazines together? All of the large postcards together? Add to the fun by asking them to group by colors.

Read it In the Post Office Book: Mail and How it Moves by Gail Gibbons is a fun book to help children learn how letters are sorted, transported and delivered after they are dropped off at the post office.

February

NATIONAL CACFP SPONSOR ASSOCIATION cacfp.org
Postal Workers deliver important mail and packages to people around the world.

COLOR A STAMP

Postal Worker with a package and a bag.

CACFP.org
Community Helpers | Good People Everywhere

Learn it Every day parents are able to leave their children in the trust and care of valued child care workers. Children need to know you as a helper and understand the important role you play in their lives, giving them the care they need to learn and grow. Show children various ways you care for them such as making healthy foods for meals, keeping a clean environment, and teaching them skills to read and write.

Move it Naptime is often a critical part of the day at preschool, but this nap game will have the kids up and moving instead of fast asleep! Use the sleeping song lyrics, “Sleeping, sleeping, all the children are sleeping. When they woke up they were all ____.” As you say the song, fill in the blank with animals or even objects. The children will jump up from “sleeping” and act out the word you have filled in the blank with. As the children become more familiar with the game, they can take turns filling in the blank.

Read it Do you have children who are new to child care and may be anxious about the days they spend away from home? Try out these books to ease some of that fear:

- What to Expect at Preschool by Heidi Murkoff
- The Night Before Preschool by Natasha Wing
- Rosie Goes to Preschool by Karen Katz

Eat it Kids love to make their own snacks. Set up different bowls of washed, cut fruit and cheese cubes. Ask the children to create their own patterns of fruit as they make fruit kabobs for their snacks. Healthy ideas include, but are not limited to: grapes, strawberries, colby cheese cubes, cheddar cheese cubes, blueberries, bananas, orange slices, and apple slices.

Make it Using individual pots, ask the children to decorate them with various materials and their imaginations: markers, paint, sequins, fabric, paper, etc. Once the pot is decorated, place a few small rocks in the bottom of each pot for drainage. After adding potting soil, plant a bean seed. As you plant the seed with the children, emphasize the importance of making sure the plant gets the right nutrients and has the best environment to help it grow. This is what you try to do at your child care to take care of them each day.

Now, the children will be the care taker of their plant. Each day they need to make sure the plant has enough water. You might show them how to add a little bit of plant food found at a nursery. Is their plant getting enough sunlight? As the plants grow, if space permits, help the children transfer their plant into a container garden or large garden. Use the analogy again of how you are helping them grow and are preparing them for kindergarten.

March
Child Care Providers care for children when their parents are away at work.

Get to know your provider. Ask her what her favorite things are, and then list them below.

Favorite Color? Use that color to color the crayon.

Favorite Animal? Draw a picture in the box below.

Favorite Number? Write the number on the line.
Libraries are the ultimate place for us to increase our knowledge about any topics we can. We are fortunate to have librarians to help us navigate through all of the books at our disposal. Preschoolers are just starting print awareness skills and learning about the books in the library. Pick a broad assortment from your own library or the local library and play an “I Spy” game to help further their awareness.

I spy:
- The spine of a book.
- The call number on the book.
- The title of a book.
- The authors name.
- A book with a ______ on the cover.
- A book about ________.

Children love to make believe that they are in the library and that they can be the librarian. Set up a dramatic play area with books, note cards, date stamps, pencils, and a little desk or table in the middle. One person can pretend to be the librarian while others check out books. The librarian will stamp their card next to their name as the others pretend to check out the books. You can set up little reading areas like a library might have so they can get cozy and read the books they have checked out.

Create your own picture mini book! Fold a blank piece of printer paper in half, and then in half again, to create a mini book for each child. Now let your children make their own mini picture book illustrating with crayons and markers something that might come easily to them such as: favorite parts of books they have heard or read, activities they do at child care, or activities they like to play.

Eat it Bookworms make a great snack before a trip to the library. Just thread some green grapes on a plastic skewer and add a cherry tomato or strawberry at the end for a head. Don’t forget the eyes. Dab a pinch of peanut butter and add raisins for eyes.

Let’s Meet a Librarian by Gina Bellisario, introduces the children to Mrs. Rios the librarian as she shows everyone how to use the library to find books on a range of topics. Your children will also enjoy a fun book about what not to do in the library with If you Ever Want to Bring a Circus to the Library, DON’T! by Elise Parsley.

April
Librarians help you find books to expand your knowledge. Books are often organized by letter.

ALPHABETICAL ORDER
Put words below in alphabetical order.

You  Dog  Book
Cat  Bee  Read

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________

DO YOU HAVE A LIBRARY CARD?
☐ Yes  ☐ No

cacfp.org
Learn it  Children are very familiar with the pediatrician. Some have real fears and questions about going to the doctor’s office. Take this time to reassure them that doctors are community helpers and are here to help us when we’re sick or hurt.

Read it  Often when we tell our children we have a doctor’s appointment, we are met with resistance. Try reading one of these selections first and perhaps it will ease some of the tension. *The Berenstain Bears Go to the Doctor* by Stan Berenstain and *My Friend the Doctor* by Joanna Cole both tell a reassuring and informative story about going to the doctor’s office.

Make it  In the 2019 National CACFP Sponsors Association Calendar, *Community Helpers Good People Everywhere*, the children decorate their own band-aids for a craft. Let’s take those band aids and help fix some imaginary boo boo’s. On construction paper draw the outline of human. Here the kids can color in facial features and clothing and apply band aids to any place that might need attention. For instance, maybe their person fell on the playground and has a hurt knee.

Move it  Children will love improving their fine motor skills with a doctor water table activity. Add plastic syringes (no needles) and eye droppers to the water table along with different containers to fill. While using the tools they can also practice counting – how many syringes of water will the container hold?

Imagine it  Using the doctor’s checklist and pretend or real doctors tools, let the kids become more familiar with doctors tools and what they are used for. Try finding or making these: stethoscope for heart rate, blood pressure cuff, low wattage flashlight for ears and temporal thermometer. Make sure to remind children that there should not be anything inserted into ears or noses and nothing should go in their mouths.

Read it

Often when we tell our children we have a doctor’s appointment, we are met with resistance. Try reading one of these selections first and perhaps it will ease some of the tension. *The Berenstain Bears Go to the Doctor* by Stan Berenstain and *My Friend the Doctor* by Joanna Cole both tell a reassuring and informative story about going to the doctor’s office.

**May**

[Access CACFP.org]
Doctors help you heal when you are sick or injured.

WHAT’S IN A DOCTOR’S BAG?

Circle or color all the items that belong in a doctor’s bag.
Nurses help doctors help patients. They get the patient’s vitals so the doctor can make the best diagnosis.

PATIENT CHECKLIST

Patient’s Name ______________________________

Heart Rate __________         Temperature __________

Boy         Girl

Weight ________

Height ________

How is the patient feeling today?

[ ] Smiley face
[ ] Sad face

NATIONAL CACFP SPONSOR ASSOCIATION

cacfp.org
Community Helpers

Learn it When we think of community helpers kids often think of firefighters and police officers, but one of our most important helpers is the sanitation worker. Without these helpers, our communities would be covered with trash and filth. Not only is it important to recognize sanitation workers as community helpers, but to also realize what we can do to make an impact on our Earth and keep it clean.

Imagine it You can create a sanitation worker community helpers’ sensory bin. In your sensory bin container, combine beans, bits of paper, bits of plastic, and marbles or acrylic rocks to represent glass. Now label cups with glass, paper, plastic, and trash. Children can separate and sort all of the trash into the correctly labeled cup. Can they put them in the correct container?

Make it Let’s practice our shapes and make a garbage truck! You will need a green or plain piece of construction paper, black construction paper, and one other piece any color, scissors and glue. With the green or plain piece of construction paper, make a large rectangle, a small square and an obtuse triangle. You can use the provided template attached. Ask the children to cut out the shapes and glue the rectangle in the middle of the third piece of construction paper. Now cut out the square and glue it in front of the rectangle. Glue the triangle on the back or opposite end of the square. Using the black construction paper, make three wheels and glue to the bottom of the truck. The children can color or decorate their truck with markers and crayons. If you have any bits of paper trash, they can glue this to the bin and top of truck.

Move it Fill two boxes with various cleaned trash items: egg carton, milk jug, plastic wrapping, cardboard food box, etc. Set up two trash cans on the opposite side of the filled boxes. Have the children split into two teams. Each team will form a line to individually dispose of the trash. The first team to throw all their trash away wins the race. For a variation you could ask them to work together to sort into recyclable or throw away items. You could also add a sort to the relay race if you are working with older children or you feel it would be age-level learning appropriate.

Eat it Trash Mix:

- 1/2 c. butter, melted
- 1 c. Cheerios
- 2 c. Corn Chex
- 1/4 tsp. celery salt
- 2 c. Wheat Chex
- 2 c. Rice Chex
- 1/4 tsp. garlic salt
- 1 c. pretzels
- 1 tsp. seasoning salt
- 1 c. nuts
- 1 1/4 tsp. seasoning salt
- 1 tbs. Worcestershire sauce

Preheat oven to 250. Mix the melted butter and seasonings in a cup with a spout. Mix all dry ingredients in a baking pan. Pour the butter and seasonings over the dry mix, stirring until each piece is coated. Bake for 1 hour, stirring every 15 minutes. Cool. Stir in an air tight container. Yields 9 cups.

June
Sanitation Workers keep our neighborhoods clean and safe for kids to play.

TIME TO SORT
Draw a line from each item to the right bin it belongs in, garbage or recycle.
LETS MAKE A GARBAGE TRUCK Practice cutting shapes. Color and then cut out each shape below or use them as stencils on construction paper. Follow the guide and paste to a piece of paper.
**Learn it**

The United States Military helps to keep the citizens of the United States safe by protecting our country. The military has played an important role throughout the history of the US. There are five branches that come together to make the US Military: Army, Navy, Air Force, Marine Corps, and the Coast Guard. The Army protects on land, the Navy and Coast Guard protect on water, the Marine Corps work through the Navy to help on land, and the Air Force protects using aircraft.

**Make it**

Sometimes as part of their job, soldiers jump out of airplanes. They must have a good working parachute to get them to the ground safely. Let’s try to make our own parachutes using a paper napkin, four 12” lengths of string, and a cork. You can add toy army soldiers if you have those available. Tie the four lengths of string to the four corners of the napkin. Then tie them all together around the cork. Hold the parachute by the middle of the napkin and drop it. Did it float down to the ground? You can tie a toy soldier in place of the cork and you could try allowing the children to safely drop it off a taller play structure like a playscape.

**Imagine it**

There are times soldiers have to find other soldiers or objects. Using a bag of army men, paint them four different colors and hide them around the child care center or playground. Children will see if they can be soldiers and find all of the colored toys. To add color and sorting skills, supply a bucket for each color. Can they match the colored toy soldier to the correct colored bucket?

**Read it**

There are many books you can read to your students when learning about the military. To learn about all five branches of the military read *Branches of the Military* (Scholastic Discover More Reader, Level 2) by Sean Callery or *Military Vehicles* by Jack Wesley.

**Eat it**

**Red, White and Blue Yogurt Pops:**

- ½ cup strawberries
- ½ cup blueberries
- 2 cups Greek yogurt
- 4 tbsp lemon juice
- 8 popsicle molds

In a blender, combine strawberries, ½ cup yogurt and 1 tbsp lemon juice. Set aside. Repeat with blueberries and set aside. Fill the molds with 1/3 strawberry mixture, 1/3 plain yogurt, 1/3 blueberry mixture. Freeze for one hour, add popsicle sticks and then freeze until solid.

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Military Members work hard to protect our country’s freedom.

CONNECT THE DOTS

HOW MANY STARS DOES THE AMERICAN FLAG HAVE?

______________
Learn it A construction worker might also be known as a jack of all trades. Construction workers build things that we use every day such as office buildings and homes, tunnels and roads, and parks. Not only do construction workers get to build things, but they also get to tear things down.

Experiment with it
In the construction field, measurement is used in every project. Showing the children how to use a balance scale, ask them to weigh different nuts and bolts – which is heavier, lighter, can you make the scale balance? For hands-on measurement, each child can record their own measurements found around the classroom using a tape measure and yard sticks. The children will love using their tools!

Make it Every construction worker needs their own toolbox! Using the template included, cut out a paper toolbox for each child. Ask the children to select pictures of items to go into their own toolboxes from magazines. Assist as needed as they cut and glue them into their toolbox.

Read it
Have you ever wondered about the steps in building? Follow a school being built for 12 months with A Year at a Construction Site by Nicholas Harris. You’ll see cranes, bulldozers, and loaders helping the construction workers make the foundation and walls, then put the roof on.

Imagine it
There is nothing better than a set of blocks and tinker toys. Add these items to a station or center in your child care and let the children’s imagination run wild with ideas to build. If you have toy construction vehicles add these to the center for the children to build their creations.
Construction Workers fix and build new roads, bridges, houses, and many structures.

FILL THE TOOLBOX.
Color the toolbox red. Then color all the items that go in the toolbox.
FILL THE TOOLBOX. Color the toolbox red. Then cut out pieces of newspaper ads to fill the toolbox.
**Learn it**

Most everyone has a favorite teacher from their childhood, and children love to hear stories about our favorite people. Using the provided silhouette, make a drawing of your favorite teacher. Use this to tell the children about the qualities that person possesses and what makes them special to you. This is also an appropriate time to talk about the variety of teachers. Teachers can be found at churches, craft stores, businesses where they are learning new skills and technologies, and universities. As humans we are constantly learning new skills, and ideas and teachers help us along the way.

**Eat it**

Kids love to cook and we can teach them easy, healthy snack recipes to make. Place sweet, salty and new ingredients in separate large bowls. Give each child a measuring cup and their own individual bowl or cup. Teach the children how to use the measuring cup and how to choose a healthy mix. Let their taste buds and imaginations take over as they create their own snack!

Salty suggestions: pretzels, nuts, sunflower seeds, pumpkin seeds, whole grain cereal.

Sweet suggestions: raisins, shredded coconut, banana chips, dried fruit.

Something new suggestions: roasted chick peas, pepitas, sesame sticks, Goji berries

*Some ingredients may be choking hazards and/or allergy prone.*

**Make it**

Using the silhouette provided, ask each child to create a vision of their favorite teacher. They can decorate with any craft supplies on hand: yarn, sequins, crayons, and markers. If the children are able, ask them to write down words that describe their favorite teacher. Assist children as needed and transcribe their description.

**Imagine it**

Children love to play school and be the teacher, but let’s take it one step further. Give the children the opportunity to be the teacher and teach you and the other children a skill, idea, or maybe a magic trick. Let the children and parents know that they have the opportunity and allow them time to prepare as some are nervous to talk in front of groups. It’s time to “Teach the Teacher!”

**Read it**

Follow Lilly’s day as she learns that even your favorite teacher might tell you no in *Lilly’s Purple Plastic Purse* by Kevin Henkes or learn about how Pete teaches a substitute teacher what being a teacher is all about in *Pete the Cat and the Surprise Teacher* by James Dean.

**Move it**

Children love to learn new dances! The Mashed Potato, The Twist, and the Hand Jive are a few fun ones. After the kids have learned their new moves, play “Freeze Dance”. Turn on the music and the kids will start dancing. When you say “freeze”, turn off the music and the kids will freeze in their poses. Have the children take turns saying freeze.
A Teacher’s job is to help people learn.

Practice your handwriting. Trace each letter in the words below.

TEACHER
READ
MATH
APPLE
CACFP is an indicator of quality child care.

Community Helpers

Good People Everywhere

Draw your favorite teacher.
Learn it

All kids love to learn about firefighters and especially to talk about the firetruck. It’s also very important for us as child care providers to take the opportunity to teach fire safety.

• Never play with matches or fire starters.
• Learn how to call 911 in an emergency with your address – practice with an unplugged, without service, or powered off telephone.
• What should you do if there is a fire – know your exits and stop, drop and roll!

Make it

Make an emergency poster for each child with important contact information. Using red construction paper, either have the child write the sections on the construction paper or have preprinted words to cut and paste onto the construction paper. Assist as needed with names, addresses and phone numbers. Ask parents to post this by a phone or keep in an easily accessible spot.

Move it

Firefighter limbo! With a fire hose (pool noodle) play limbo with the children with a firefighter twist. We want to crawl and stay low so instead of bending backwards like the regular limbo game, we are going to see how low and fast we can crawl under the fire hose.

Imagin it

There is not a better time to get out your toy firetrucks and pretend firefighter uniforms. Kids love to dress up and be the hero in this scenario. You can even use pool noodles to substitute as fire hoses. In addition to playing, teach the children to help others and themselves with stop, drop and roll and crawling low to the nearest exit.

Eat it

Turn up the heat with this fun snack. Take a slice of cheddar cheese and cut out flame like shapes. Put on a plate and add a couple pretzel sticks. This is a fire you don’t have to call 911 for.

Read it

There are a variety of books for children about firefighters and fire safety. Take a look at these from your local library:

- *Firefighters Help Us* (All About Community Helpers) by Aaron R. Murray
- *Curious George and the Firefighters* by Margaret Rey
- *Clifford The Firehouse Dog* (Clifford 8x8) by Norman Bridwell
- *Arthur’s Fire Drill* (Step-Into-Reading, Step 3) by Marc Brown
- *No Dragons for Tea: Fire Safety for Kids* (and Dragons) by Jean E. Pendziwol and Martine Gourbault
Firefighters put out fires and help rescue people.

CONNECT THE DOTS
Emergency What you need to know if you have to call...

Only call 911 when you need...

Police  Fire Department  Ambulance

You will need to know...

My name is ___________________________

My address is _________________________

My phone number is ____________________
BOOTS AND FIRE HELMET MATCHING
Cut out the cards below. Shuffle them and then turn over. Take turns turning two over and try matching the boots and helmets with the right number.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
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<td>9</td>
<td>10</td>
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</tr>
</tbody>
</table>
BOOTS AND FIRE HELMET MATCHING
Cut out the cards below. Shuffle them and then turn over. Take turns turning two over and try matching the boots and helmets with the right number.

THE BOOTS PAGE 2 OF 2
Community Helpers | Good People Everywhere

**WALK**

**Learn it** One way to learn about a crossing guard’s duties is to watch one in action. Do you have a safe spot in your neighborhood where you could take the children on a little field trip and watch a crossing guard? If so, take the kids and let them sit on a sidewalk to watch. What do they notice the crossing guard doing? What is the main job? Are there any tools they use on the job? If you do not have an opportunity to watch a real crossing guard in the neighborhood, there are many videos online. Again, as the children watch, ask them what they observe. Make sure to have a discussion about safety and that a crossing guard is a community helper who helps keep us safe when we are traveling on foot.

**Make it** All crossing guards wear a brightly colored safety vest. Start out with a large brown paper sack. With the open end down, cut one side up the middle to the closed side of the bag creating the front of your vest. On the closed side of the bag, cut a hole for the child’s head to fit through. You might make this in a V to look more like a vest. With the bag open, cut arm holes on each side. Now let the children decorate with orange and yellow paper strips you have precut or use orange and yellow reflective tape. You can add these to a dramatic play area where the kids can practice being a crossing guard.

**Read it** Often when we are learning about real life jobs and situations it is a good time to bring in non-fiction texts so the children can read about that profession. Check out *School Crossing Guards* by Terri DeGezelle and *Crossing Guards* (People in My Community) by JoAnn Early Macken.

**Move it** Up, Down, Stop and Go! This game is as easy as it sounds. Have all the children stand in a circle. The person that is in the center calls out Up, Down, Stop, or Go. The players do what the leader says just like they would if the crossing guard gave them a direction. If the leader calls up, children jump up and down. For down, the children will squat. When the leader calls go, they will run in place and stop means freeze. Have the children take turns calling out directions.

**Imagine it** Using painter’s tape on the floor, make a set of streets like you would find on a map of the city. Bring out your toy cars and toy human figures. If you have toy signs add these in, but if not help the kids make some for their pretend city. After the community is set up, let the kids practice and play with all of the safety rules they are learning as they pretend to get cars and people across the tape streets. If it is nice outside and you have a safe area for kids to ride bikes or scooter toys, let them make this game more realistic. The children can take turns directing traffic and allowing people to walk across the busy bike and scooter paths.
Community Helpers: Good People Everywhere

Crossing Guards help you cross busy streets safely.

HELP. Get this family home from school, safe and sound.
Learn it  Did you know that not only do our teeth help us chew food but they also help us speak properly? Take this opportunity to talk about the characteristics of our teeth and some different teeth facts. Teeth are hard and some are sharp with cutting edges. Children will have 20 teeth by the time they are four years old. These are the baby teeth that will eventually fall out when they need to be replaced by 32 bigger, stronger teeth that we will keep for the rest of our lives. It is important to take good care of our teeth so we can keep our smiles bright and shiny!

Make it  Let’s make our mouth. Cut a large pink paper into an oval shape. Fold it in half. Using red construction paper, make a tongue (oval with one straight side) to glue on the bottom half of the mouth. Then draw 10 circles on the top of the mouth around the edge and 10 circles on the bottom of the jaw around the edge. The children can glue white lima beans on each of the circles to make their mouth complete with 20 baby teeth.

Imagine it  Using egg cartons flipped upside down to represent the teeth, give the children toothbrushes and yarn to practice brushing teeth and flossing. You can add shaving cream to substitute for toothpaste or put this in your water table if you want to add a little messy fun.

Experiment with it  It’s important for children to visualize what would happen if they don’t take care of their teeth. You can perform a demonstration using 2 hard boiled eggs, vinegar and cola. Soak one egg in vinegar and the other egg in cola overnight. The cola egg will turn brown which demonstrates what happens if you don’t brush your teeth and the vinegar egg once rinsed, will lose its shell showing what happens overtime to the enamel on our teeth with acidity. If we don’t brush, the acidity builds and we lose the enamel on our teeth. It’s important to brush and floss everyday and not drink sugary drinks and sodas with too much acid.

Read it  If a child is nervous about going to the dentist or would like to learn more, it is always helpful to read a book to learn what to expect. For a book about visiting the dentist try Mary Schuh’s, At the Dentist or Curious George Visits the Dentist by H. A. Rey. If you’d like to learn some interesting facts about teeth read All About Teeth also by Mary Schuh.

Move it  Print out, cut and laminate the attached healthy, happy tooth image. Hide several teeth around your home, center or outside on the playground. Invite the children to go on a tooth scavenger hunt. If you want to increase physical activity, especially if you are able to be outside, call out movement directions such as jogging or skipping while they are searching for the next tooth.

December
Community Helpers  Good People Everywhere

A Dentist cleans and treats our teeth so we can smile big and eat healthy foods.

In the tooth below, DRAW a picture of yourself with a big smile.

cacfp.org
HEALTHY TOOTH SCAVENGER HUNT

Print out, cut and laminate the healthy, happy tooth below. Hide several teeth around your home, center or outside on the playground. Invite the children to go on a tooth scavenger hunt.