**Tooth Inspector: Color Reveal!**

Video Link: <https://youtu.be/LlhBhVyDuR4>

**Activity Summary**: Families will learn how and why we brush. Colors from the disclosing tablets will show us the plaque in our mouths and we will learn how to improve brushing techniques.

**Time**: 10 minutes

**Materials**:

* Family 😊
* One Tooth Dental Health packet
* Disclosing tablets
* Toothbrush
* Toothpaste
* Floss
* Empty plastic cup
* Cup of water
* Mirror (Handheld or bathroom mirror)
* Towels (if not in bathroom) can be used to cover clothing and protect from spit

**Steps**:

Gather all supplies and family members into a space where you all fit. This doesn’t have to be done in the bathroom! It is best to do this at night after dinner, before bed but AFTER you brush your teeth.

1. Guess which family member is the best brusher.
   * Why would you want to be the best brusher?! To get rid of all the germs in your mouth! The germs in our mouths are called plaque. When we leave plaque behind and eat unhealthy foods, we can get cavities.
2. Now, everyone should brush their teeth like they normally do. If you are not brushing your teeth in the bathroom – spit into cup.
3. Give each family member 1 disclosing tablet.
4. Chew the disclosing tablet and rub tongue around your mouth and on all your teeth. The tablets have dye in them that colors any plaque your teeth
5. Rinse with water and spit into an empty plastic cup.
   * Disclosing tablets can stain your sink – so make sure you rinse your sink with water or spit into a plastic up that you can throw away later.
6. SMILE! Show everyone how your teeth look! Take a family photo or a selfie! Notice who has less color and the person who has the most color on their teeth.
7. Let’s talk!
   * Who is the better brusher?
   * Who has the most color on their teeth?
   * Why do you think that person has the most color on their teeth?
   * Who has less color on their teeth?
   * Why do you think they have less color on their teeth?
   * Did anyone floss?
8. Now, it is time to help everyone brush better! Pick the person who has the most color on their teeth.
9. As a family, read how you should brush your teeth in the One Tooth Dental Health packet. Brush again using a pea size amount of toothpaste.
   * Hold your toothbrush at a 45-degree angle
   * Brush in a circular motion around your gums and teeth.
   * Clean the outside and inside surfaces of your teeth/gums.
   * Brush your teeth for two minutes. Don’t forget to brush your tongue!
10. ASK! Did the person who has the most color on their teeth follow those steps?

As a family, follow those steps on the One Tooth Dental Health flyer and brush your teeth again. Making sure to get all the color off your teeth.

1. Did you get all the color off? Great! Remember what you did that helped to get off the extra color on your teeth. It is important that you start to make changes to how you brush so that you can get ALL the germs off your teeth.
   * Technique matters! If we don't brush around our gums and teeth AND floss, we can get cavities
   * Use a soft toothbrush! Soft toothbrushes can hug our teeth better and remove more germs.
   * Are you under 9 years old? An adult in your family should check after you brush - sometimes smaller hands have a harder time getting all the teeth in the back. Disclosing tablets make it easier for you to check!
2. LOOK! Is there still color on your tongue? Don’t worry – it will come off your lips, tongue and cheek tomorrow 😊.
3. Want to play again? Try using the disclosing tablets BEFORE you brush, or in the morning when you wake up.