

SOMETHING
TO
SMILE
ABOUT

 DELTA DENTAL®

DELTA DENTAL OF COLORADO FOUNDATION

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

TABLE

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GOOD FOR YOU

Good for you! You've decided to take action to improve the health of your community. There's no better place to start than with kids and the drinks they consume. Individual and community health have many layers, but one thing is for sure: water is the best alternative to sugary beverages. By encouraging your community to drink more water and improving access to it, you can help promote better oral and overall health for children.

All too often, sugar sneaks its way into children's diets. We know it's in sweet cereals, cakes and candy. But it also hides in sugary beverages¹ behind healthy-sounding words like "fresh squeezed" and "natural." These items find their way into children's mouths morning, noon and night. We have been given misleading information when it comes to these drinks; their packaging may suggest healthiness, but in reality, many of these products are full of sugar.

Sugar-Sweetened Beverages (SSBs):

- Regular sodas.
- Fruit drinks.
- Sport drinks (e.g., fluid- or electrolyte-replacement beverages).
- Energy drinks.
- Beverages that contain added caloric sweeteners (e.g., sweetened teas and premixed sweetened coffees).

Sugar-Containing Beverages (SCBs):

- Includes SSBs as well as beverages in which sugar, generally glucose or fructose, is naturally present, such as 100 percent fruit juice.

Sugary drinks have contributed to an epidemic of childhood obesity and tooth decay across the nation. Consider that drinking a ten-ounce juice box a day is equal to consuming 33 pounds of sugar a year. Sugar overloads kids with calories that can contribute to weight gain. Sugar also fuels cavity-causing bacteria in a child's mouth. These bacteria produce acids that attack and decay teeth. The thin enamel of baby teeth is especially vulnerable to this disease process.

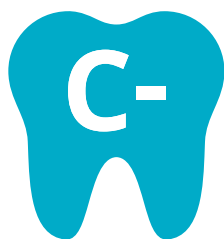
The damage that sugary drinks can cause to children's oral and overall health is harmful enough that the medical community has taken action. In May 2017, the American Academy of Pediatrics (AAP) released new recommendations that call for less fruit juice for children of all ages, including avoiding it entirely for infants less than one year of age.

Oral health is critically important. The mouth can serve as an early-warning detection system for more than 120 diseases. Plus, in children, cavities can spread from baby teeth to adult teeth, potentially creating a lifetime of oral health problems. This is one reason why healthy baby teeth are so important. Children from Hispanic, Black and lower-income families are less likely to receive dental treatment, making them more prone to cavities.²

¹ For the purpose of this toothkit, "sugary drinks" and "sugary beverages" include sugar-sweetened beverages (SSBs) and sugar-containing beverages (SCBs).

² http://www.aapd.org/assets/1/7/State_of_Little_Teeth_Final.pdf

In many cases, untreated tooth decay can end up being painful, affecting other areas of a child's life, including missing days of school, or even more serious, dental-related illnesses.



Children with toothaches are **four times more likely to have a lower GPA.**³



For every 100 low-income kids, **58 hours of school are missed** due to dental disease.³



Parents miss an **average of 2.5 days of work every year** because their kids have dental pain, oftentimes leading to a loss of income.³

Sugary beverages, like juice, are also loaded with low-nutrition calories that often don't fill kids up. In turn, children may eat more, which can lead to obesity and the serious health problems that come with it.

Fortunately, there is a protector against tooth decay, and it pours fresh, clean and clear. Drinking water can help wash away the sugar in children's mouths before it has a chance to harm their teeth. Water, especially when it's from the tap and has fluoride, is great for strengthening the thin enamel on baby teeth and fighting decay. Making sure that kids drink plenty of water throughout the day can help sustain oral and overall health.

A growing number of families in Colorado are adopting healthier practices. There is also a role that communities must play in places where residents gather, including:

- Schools.
- Recreation centers.
- Youth sports leagues.
- Centers of worship.
- Child care centers.
- Museums and cultural institutions.

That's why many community organizations and Delta Dental of Colorado Foundation came together to create this toothkit. Using lessons learned from outreach in southwest Denver and southeastern Colorado, this toothkit provides simple tips for mobilizing community members and local leaders to help children grow up healthy. It has different sections for easy access to the content most applicable to your local effort.

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3482021/>



PART 1

GET STARTED

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

UNDERSTAND

THE BENEFITS OF WATER

Schools play a vital role in the health of children. Kids spend over six hours a day at school. Access to safe, free drinking water gives them a healthy alternative to sugary drinks such as juice, flavored milks, sports drinks and sodas.¹

Drinking water, especially if fluoridated, can help prevent cavities.

When kids are sufficiently hydrated, they are better able to learn due to improved cognitive function.

In Colorado, 74.9 percent of residents served by public water systems have access to fluoridated water. While fluoridated tap water is ideal because of its cavity-preventing properties, any

kind of water—including bottled waters (which often don't have fluoride)—will help rinse teeth of bacteria.²

Here's a guide for about how much water kids should drink every day:

1-3 year olds
4 cups



4-8 year olds
5 cups



9-13 year olds
8 cups



14-18 year olds
10 cups



¹ Source: Centers for Disease Control and Prevention. *Increasing Access to Drinking Water in Schools*. Atlanta, GA: US Dept. of Health and Human Services; 2014.

² Source: Colorado Department of Public Health and Environment, Oral Health Unit.

BUILD

PARTNERSHIPS

Leading change at a local level can feel overwhelming when you're alone. It's important to first find other like-minded people who are ready to stand up for health. Fortunately, drinking more water has gained traction. For example, parents and educators interested in promoting healthier options to sugary beverages have joined forces in schools. These positive changes are great, but communities across Colorado must also come together. Engaging many partners is key to greater oral health and sustainable change.

Suggestions for reaching out to your community:

- Engage your peers to take action at meetings already planned by your school or organization.
- Talk to your friends and neighbors.
- Talk to the parents of your children's friends and their coaches or the parks and recreation department.

Tell potential partners your ideas and concerns; solicit their suggestions and be open to their opinions. Don't get discouraged if you can't enlist everyone to join the cause; even one impassioned partner is enough to get the ball rolling.

Potential partners include:

- Child care provider(s).
- School principals, secretaries and nurses.
- Student leaders.
- Parent Teacher Community Organizations (PTCO) participants.
- Family liaisons.
- Coaches.
- Community outreach staff.
- Facility managers.
- Office managers.

FORM

A WELLNESS COMMITTEE

You might also consider forming a Wellness Committee that brings parents, teachers, administrators and staff together. We recommend speaking with your school or building administration to see what options already exist and what form the committee needs to take in order to create change. Plan to develop solutions to benefit both the oral and overall health of your community.

Once you have a small group of people who believe in your cause, you can start to approach others in your school, church or other organizations about forming a Wellness Committee. If you have a good relationship with a favorite teacher, administrative staff or anyone else within the school or organization, approach that person. If you are working within a school, it is a good idea to include teachers, parents and students, if possible.

Benefits of a Wellness Committee:

- Great for parent engagement and for people with similar concerns about students' health and overall wellness.
- Brings teachers and staff together to find solutions for school wellness issues.
- Can support healthy fundraisers and events, draft wellness policies or provide recommendations on topics ranging from drinking more water and improving oral health to physical activity and nutrition.
- May be an extension of a Parent Advisory Committee, Parent-Teacher Association or a stand-alone committee.

The work of a Wellness Committee does not need to end once there is improved access to drinking water. Wellness Committees often tackle issues such as nutrition and physical activity as well. For more ideas and resources, we recommend checking out Action for Healthy Kids at www.actionforhealthykids.org.

Tips for Strengthening Committees:

- Meet at least once a month.
- Identify and build upon people's strengths.
- Find out what people like to do and what they value, then identify projects they can work on.
- Start with small projects that will lead to relatively near-term success, are highly visible and will give your committee a sense of accomplishment.



PART 2

ASSESS THE SITUATION

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

THE WATER

EVALUATION

In formulating your water access plan, it's important to consider your school or organization's needs, capacity and budget. You still have plenty of effective ways for encouraging everyone to drink more water. Two ways schools can improve access to water:

- Make water available via pitchers, coolers, etc., in common areas.
- Provide more water-filling stations and/or drinking fountains.

Consider implementing these starter ideas to help you increase water availability without a large budget commitment:

- Kids will drink more water from a drinking fountain if cups are provided in the same location.
- If a water dispenser is provided in the lunchroom, kids can pass by and fill up.
- Lunchroom staff can place water pitchers and cups at each table and the kids can serve themselves. This has been successfully implemented in areas like southwest Denver schools, where water access was limited before water pitchers were introduced.
- You can provide reusable water bottles or encourage kids to bring one from home. Keep in mind that water bottles can be difficult to fill at a traditional water fountain, but will reduce waste from disposable cups.
- Consider younger children and whether they will need help pouring and carrying cups of water.

If your first option isn't a great fit, don't feel defeated. While exploring your options, be sure to speak with everyone who will need to give their approval and agree to take on the responsibility and costs. Cafeteria, janitorial and facility management staff may be the most important people on this list.



If you're attempting to put a water-filling station in a school or organization, here are a few questions to consider:

- What is the current water situation? Are there existing water fountains? Is water easy to obtain? Is it clean and good-tasting?
- What steps will you need to take to install a water-filling station and/or drinking fountain? Check with local codes to determine what requirements are appropriate for your installation.
- Who will you meet with at the management level? Will a board or other meeting need to take place for approval? Is there already a Wellness Committee established?
- Where is the best placement based on the number of students that will pass the station daily?
- Will it be refrigerated or nonrefrigerated? Will it be filtered or nonfiltered? Does the organization have the funds for replacement filters?
- What are the associated costs of purchasing the unit and paying a plumber to install it?

Check out restaurant supply stores and promotional products to buy in bulk. You'll reduce cost and be able to customize water bottles for your school or organization.

Strategic considerations when improving water availability and/or installing a water station:

- Place water to make it accessible to the most people possible.
- Decide if you'll provide water in the cafeteria, the classroom, the lunchroom, a hallway or at different locations.
- Make existing water fountains more prominent, inviting or usable.
- Determine who will be responsible for providing the water each day. Is it feasible given their workload?
- Factor in the associated costs, such as pitchers, cups, coolers, etc.
- Ensure that you have the necessary additional materials, like cups and pitchers.

Tips for Working with a Contractor/Plumber

When considering purchasing and installing a water-filling station, it's a good idea to get two or more quotes from plumbers or your facility manager to find the best price. Here are some things to consider:

- You can also inquire as to whether there are any plumbers or contractors within the parent group.
- Plumbers or facility management staff can also help you to decide where to install a water-filling station.
- Consider maintenance costs.

Promotional Material Cost Estimates

Water-filling station	\$1,500 - \$2,000, plus installation*
Water-filling station replacement filters	\$80 every 3 months
3-gallon uninsulated water dispenser	\$30 - \$180
5 - 10-gallon water cooler	\$20 - \$90
Plastic water pitchers, 32 oz	\$1.80 - \$3.00 each
1,000 paper cups, 8 oz	\$75
Water bottles	\$1.50 - \$12.50 each

*Installation costs can vary. In the long run, the least expensive option will likely be to replace an old drinking fountain with a new water-filling station. Plumbers or facility managers can provide actual estimates.

ENGAGE

DECISION MAKERS

ROLL THE DICE

WATER MOCKTAILS

IN-MEETING VISUALS

GUESS THE
SUGAR CONTENT

“GERMS + FOOD
= CAVITIES” DEMO

TOOTH-FRIENDLY VS.
TOOTH-UNFRIENDLY
FOODS ACTIVITY

This simple exercise is an effective way to communicate the alarming amounts of sugar our children consume. Parents take turns rolling dice. With the value of each roll representing pounds of sugar, the moderator informs the class as to how long it takes the average child to consume that much sugar. It takes a lot less time than they might think.



SAMPLE CONVERSION:

2 lbs : 46 days (just over a month)
3 lbs : 69 days (about two months)
4 lbs : 92 days (about three months)
5 lbs : 115 days (almost four months)
6 lbs : 138 days (about four and a half months)

*A pound of sugar is 454 grams. Average juice box is 20 grams.

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TOOTH-UNFRIENDLY
FOODS ACTIVITY

Energy drinks and vitamin waters create the illusion that flavored water must always be sweetened. Influencers can show parents an effective and creative way to make water more appealing to kids without additional sugar. By giving parents water bottles and letting them infuse water with fresh produce like strawberries, orange slices and cucumbers, they can promote water as a more exciting, naturally flavored way for kids to stay hydrated.



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FOODS ACTIVITY

Visual aids will do the heavy lifting when it comes to audience engagement at a meeting or in a classroom. A simple display of empty and clear beverage containers—each containing the actual amount of sugar found within—will reinforce the severity of the issue. This leaves a lasting impression about the amount of sugar in drinks. Influencers can supply the sugar and empty beverage containers. Participants can then be tasked with creating the displays for children’s classrooms by filling them with the proper sugar amounts.



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FOODS ACTIVITY

While some understand that juice is high in sugar, many don't realize that a single serving of juice contains as much sugar as candy bars, donuts and other sweet treats. This *Price Is Right*-styled game challenges attendees to match single-serving food and beverage items to their correct sugar amounts, represented by stacks of sugar cubes (one sugar cube = four grams). Lay out the sugar cubes, then invite participants to come up and make their guess by putting each item (a candy bar, a donut, a lollipop, a cookie, a cup of ice cream or a serving of juice) next to its appropriate sugar stack. Now, assess how many of the choices are correct. If none are, another attendee comes up and tries to make the appropriate switch so all items are matched to their proper sugar content.



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WATER MOCKTAILS

IN-MEETING VISUALS

GUESS THE
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= CAVITIES” DEMO**

TOOTH-FRIENDLY VS.
TOOTH-UNFRIENDLY
FOODS ACTIVITY

Supplies: *Clear container, 1 teaspoon ground black pepper, 1 teaspoon baking soda, 1 cup vinegar*

This small group demonstration shows your audience how the combination of germs and food causes cavities.

Sample script:

Imagine that this container is your mouth. We know that germs live in the mouth (add pepper to bowl). These black dots are the germs. When we eat sugar... (pour in baking soda) ...the germs start eating the food (pour in some vinegar). What do you notice? What do you think is happening here? (Encourage responses and introduce or repeat that teeth are getting weak.) What happens if we add more sugar? (Add more baking soda/vinegar.) This acid attack continues up to 20 minutes after we eat or drink.

(Used with permission from the [Cavity Free Kids](#) curriculum).



ENGAGE

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**TOOTH-FRIENDLY VS.
TOOTH-UNFRIENDLY
FOODS ACTIVITY**

Let your audience know that you will be looking at several pictures of both healthy and unhealthy foods. Show one example of a tooth-friendly food (e.g., picture of a carrot) and then show one example of a tooth-unhealthy food (e.g., picture of a box of raisins), and then have the audience determine which foods from the rest of your pictures are healthy or not.

(Used with permission from the [Cavity Free Kids](#) curriculum).



A close-up photograph of a man and a young girl. The man, on the left, has short dark hair and a light beard, smiling warmly. The girl, on the right, has voluminous curly brown hair and is also smiling, leaning her head against the man's. She is wearing a red and white plaid shirt. The man is wearing a white t-shirt. The background is softly blurred, showing what appears to be a bookshelf with some books.

PART 3

BACKING THE CAUSE

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

GRANT FUNDING

Grant funding can expand the reach and deepen the impact of the project.

If you're interested in broadly expanding access to water for children in your community and looking for funding, consider exploring grant opportunities. Grant funding can expand the reach and deepen the impact of the project. There are many ways to make the case for your project to funders. For example, water-filling stations are good for children's health as well as the environment since they promote refillable containers. Potential funders you can approach include:

- Local community foundation(s).
- Area businesses and corporations with philanthropic goals.
- Local service clubs.
- Individuals who are passionate about children's health.
(Since this is most likely a one-time cost, tell the donor you won't be coming to them year after year for support.)
- Local health departments and government agencies.
- Statewide and national foundations funding children's health programs and capital campaigns.
- Parent Teacher Community Organization. (You can work with them to add in a budget item in the year to come.)

You can also consider approaching a grant opportunity with the offer of matching funding from the community or organization seeking the support. This is a great way to double the impact! Letters of support from prominent people in your community, such as the mayor, town or city council members, the school superintendent, etc., provide credibility for your cause.

Also, consider providing a funder with recognition opportunities that deliver some benefit to them. These might include signage over the water-filling station(s), a public ribbon-cutting ceremony and an announcement in your local newspaper, newsletter and/or social media channels.

FUNDRAISING

IDEAS

It's a smart idea to speak to your principal or director about the organization's budget for infrastructure and facility management. With enough demand, the budget decision makers may support setting aside money for water access improvements, such as a water-filling station.

If grant funding is not available, or if you're looking to raise matching money, you can host a fundraising benefit event. Keep in mind that there will be time and volunteer commitments, as well as a cost, to execute these concepts. The following are a few thought-starters that could garner community interest and get children excited for the cause.



“With enough demand, the budget decision makers may support setting aside money for water access improvements.”

FUNDRAISING

IDEAS

RUBBER DUCKY RAFFLE

FUNDRAISING RUN

SMILE-HOLDING
CONTEST

WATERCOLOR
AUCTION

PHOTO BOOTH

Influencers can use small rubber ducks, like those found in a carnival midway, to help raise funds. People purchase a duck, each numbered on its underside, for the opportunity to win prizes donated by local businesses. The ducks are either placed inside a bucket of water to be randomly pulled out to distribute prizes to winners, or dropped into a nearby stream for a race down to a designated finish line.



FUNDRAISING

IDEAS

RUBBER DUCKY
RAFFLE

FUNDRAISING RUN

SMILE-HOLDING
CONTEST

WATERCOLOR
AUCTION

PHOTO BOOTH

Organize a fun run for kids to raise money for a water-filling station. Kids raise money for every lap they run, and the event can include water stations so the runners stay hydrated. There are organizations that can help make a fundraising run very simple for your school. If your school already has a fun run, request that some of the proceeds be allocated to a new water-filling station.



FUNDRAISING

IDEAS

RUBBER DUCKY
RAFFLE

FUNDRAISING RUN

**SMILE-HOLDING
CONTEST**

WATERCOLOR
AUCTION

PHOTO BOOTH

By holding contests at fairs and other events, attendees get a lasting message about the value of keeping a smile healthy. Participants compete to see who can hold a smile the longest.

Participants solicit donations from friends and neighbors, like a charity run. Just as they might pledge a certain amount per lap, here they pledge by the minute. A solid pledge is anywhere between \$.50 and \$2.00.

During the event itself, volunteers serve as monitors, encouraging those whose smiles may be dropping to pick them back up. As contestants drop out, monitors inform each one of their final times.



FUNDRAISING

IDEAS

RUBBER DUCKY
RAFFLE

FUNDRAISING RUN

SMILE-HOLDING
CONTEST

**WATERCOLOR
AUCTION**

PHOTO BOOTH

Sponsorship is key to both the funding and promotion of this event. Children create watercolor art for purchase at a silent auction event. Schools and other participating community centers can hold art classes to teach kids the basics of watercolor art, as well as how water can also help teeth stay healthy. The proceeds then go to funding resources for better access to water, such as insulated coolers or a water-filling station.



FUNDRAISING

IDEAS

RUBBER DUCKY
RAFFLE

FUNDRAISING RUN

SMILE-HOLDING
CONTEST

WATERCOLOR
AUCTION

PHOTO BOOTH

Create a photo booth to raise funds. Parents and staff work together to create a beautiful scene for the season. For example, during the holidays, one teacher could dress up as Santa Claus while a parent snaps shots of students and families. Other parent volunteers print the photos at a local store, place them in photo holders and sell them to students and families for five dollars. The Math and Science Leadership Academy in Denver, Colorado, used this idea to raise \$400 after expenses, which helped cover general school costs.



A close-up photograph of two young children sitting at a table, focused on writing. The child on the left is a girl with blonde hair, wearing a grey shirt with pink heart patterns, holding a blue pencil. The child on the right is a boy with dark curly hair, wearing a yellow and black plaid shirt, holding a purple pen. The background is softly blurred, showing a warm, indoor setting.

PART 4

GET IT IN WRITING

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

EXAMPLES OF HEALTHY BEVERAGE AND DRINKING WATER POLICIES

After improving your organization's access to water, you'll want to ensure that the change is sustainable. There are several ways to make this happen:

- If a new water-filling station is installed, it's important to make sure there is money in the school or building budget to purchase replacement filters, which cost about \$80 each.
- If there is an opportunity to update job descriptions, include serving water as one of the responsibilities for lunchroom, library, administrative or coaching staff or volunteers.

Create a Healthy Beverage Policy

One reason to increase access to drinking water is so that students and others are drinking fewer sugary beverages and opting for water instead. You can take this effort a step further by working with your Wellness Committee or administration to create a healthy beverage policy.

Consider your school's restroom policy. If the aim is for students, staff, teachers and community members to be drinking more water, you will want to make sure that the restroom policy supports more regular restroom breaks.

If you're working on a policy change in your school, make sure as many people as possible have the chance to review the policy and provide input. This should happen before it becomes official and communicated to the entire school to ensure all parties are supportive. Once a policy change is official, your school or organization can work to further promote water in your community.



Photo: David Shankbone

The Buell Children's Museum in Pueblo created a healthy beverage policy that has gone over well. They switched up their drink offerings to only serve water or infused water at events. Also, water is the only beverage sold in the gift shop. The museum chose to put this policy in place because of water's benefits to oral and overall health, especially in young children. Adult visitors are very happy, and kids love the infused water option.

PART 5

TELL THE WORLD

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

LET YOUR COMMUNITY KNOW ABOUT YOUR WORK TO INCREASE WATER ACCESS

You've taken a stand on an important health issue; now tell people about it. Tell others in your school, church and communities why you are working on increasing access to drinking water, why it is important and how it is being done. People get excited, motivated and involved when they see that action and change is taking place in their community. Ways to spread the word include:

- Make an announcement in a newsletter (include a donation ask, if appropriate).
- Hold a ribbon-cutting ceremony for your new water-filling station and invite your local city council members, mayor and/or school board members. Don't forget to include any funders who have contributed to your cause.
- Send out a press release or contact your local newspaper. Make a big deal out of the health benefits of water and healthy changes the local community is working on.



A close-up photograph of a young child with dark skin and short hair, smiling and drinking from a clear plastic water bottle. The child's face is on the left side of the frame, and the bottle is held up to their mouth. The background is a soft, out-of-focus green, suggesting an outdoor setting.

PART 6

WATER PROMOTION IDEAS

A TOOTHKIT TO
IMPROVED HEALTH



JUST ADD WATER

START

THE WATER CRAZE

Actively encouraging kids to drink more water can significantly improve their oral and overall health outlook. The following are a few ideas that you can introduce into your community.



START

THE WATER CRAZE

WATER WEDNESDAY

WATER
AWARENESS
WEEK

FIELD DAY

DRINKING
FOUNTAIN
WRAP

HIT THE BOOKS

GO PUBLIC

Designate every Wednesday as “Water Wednesday” and use the opportunity to raise awareness of water’s health benefits. “Water Wednesday” is a great way to ease an organization into a culture of drinking water by starting with one day a week.

Schedule one- to three-sentence quick tip reminders to be included in morning announcements, newsletters or on the community Facebook or other social media page.



START

THE WATER CRAZE

WATER
WEDNESDAY

**WATER
AWARENESS
WEEK**

FIELD DAY

DRINKING
FOUNTAIN
WRAP

HIT THE BOOKS

GO PUBLIC

Mark a week on the calendar to be designated as “Water Awareness Week.” Create signage that touts the benefits of drinking tap water, and challenge students to only drink water during that week.



START

THE WATER CRAZE

WATER
WEDNESDAY

WATER
AWARENESS
WEEK

FIELD DAY

DRINKING
FOUNTAIN
WRAP

HIT THE BOOKS

GO PUBLIC

Multiple water-based events demonstrate the importance of choosing water over juice.

Dunk Tank

- People pay for a shot at dunking a respected community figure or personality (possibly dress them in a tooth costume).
- Message: By dunking teeth in water, cavities stay away.

Water Toss

- Similar to an egg toss, but with water balloons.

Water Bottle Bowling

- Reinforce that drinking water helps bowl over cavities.
- Full water bottles serve as pins.



START

THE WATER CRAZE

WATER
WEDNESDAY

WATER
AWARENESS
WEEK

FIELD DAY

**DRINKING
FOUNTAIN
WRAP**

HIT THE BOOKS

GO PUBLIC

Make drinking fountains more appealing for kids by decorating them with graphics and signage.

Share messages about the health benefits of drinking more water.

Request a “Team up with Water” poster from hello@ddpco.com.



START

THE WATER CRAZE

WATER
WEDNESDAY

WATER
AWARENESS
WEEK

FIELD DAY

DRINKING
FOUNTAIN
WRAP

HIT THE BOOKS

GO PUBLIC

Books are an effective tool for reaching kids. Here are several great books that promote the importance of maintaining good oral health:

Book Name and Author	Age Range
Pony Brushes His Teeth by Michael Dahl	2 - 4 years
Bear's Loose Tooth by Karma Wilson (a read-aloud favorite!)	2 - 5 years
Brush, Brush, Brush! by Alicia Padron	2 - 5 years
Clarabella's Teeth by An Vrombaut	2 - 5 years
Just Going to the Dentist by Mercer Mayer	2 - 5 years
Smile! (Baby Faces Series) by Roberta Grobel Intrater	2 - 5 years
Milestones Project: My Teeth by Dr. Richard Steckel	Preschool and up
The Tooth Book by Dr. Seuss	Preschool and up
The Berenstain Bears Visit the Dentist by Stan and Jan Berenstain	3 - 7 years
The Tooth Fairy Meets El Raton Perez by Rene Colato Lainez	3 - 7 years
Throw Your Tooth on the Roof: Tooth Traditions from Around the World by Selby Beeler	4 - 7 years
Sid the Science Kid: Why Can't I Have Cake for Dinner? by Jodi Huelin	4 - 8 years
Little Rabbit's Loose Tooth by Lucy Bate	5 - 8 years
The Tooth Book: A Guide to Healthy Teeth and Gums by Edward Miller	5 - 8 years

START

THE WATER CRAZE

WATER
WEDNESDAY

WATER
AWARENESS
WEEK

FIELD DAY

DRINKING
FOUNTAIN
WRAP

HIT THE BOOKS

GO PUBLIC

Your local health department, library, museums, recreation center or water utility company may also provide information, activities and excursions to your community to [learn more about water and its health benefits](#). Here are [partners that have a variety of oral health resources](#).

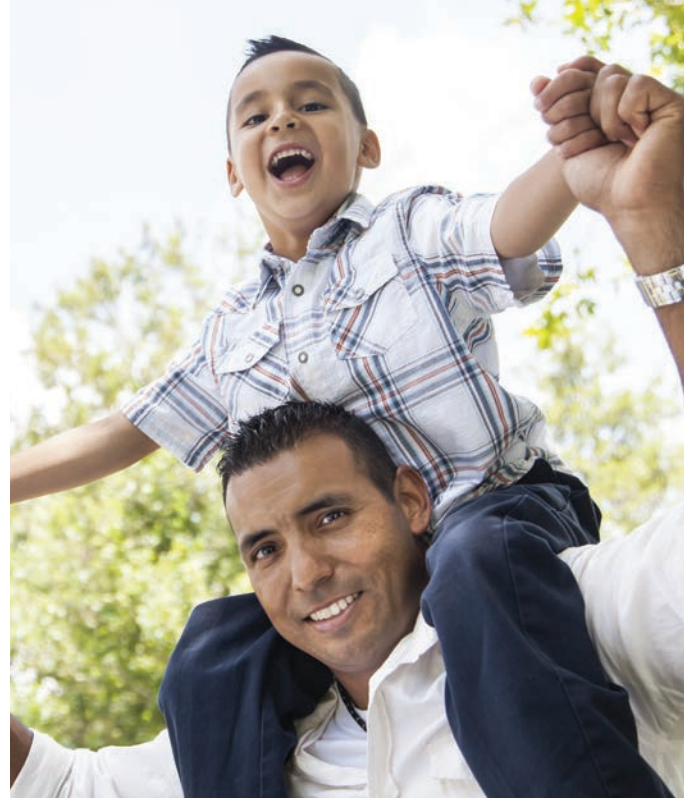


WRAP UP

Now that you're armed with ideas and strategies for improving the oral health of your community using water, it's time to execute your plan. With a little determination, you and your peers can create awareness of the overall health impacts of sugar, while engaging community members on all levels.

When you inspire healthy changes to expand children's access to and consumption of water, you improve health in your community. We would like to hear about your hard work.

[Share your water wellness story with us.](#)



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THANK YOU

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Bright by Three

Cavity Free at Three

Denver Public Health

Healthy Beverage Partnership

Qualistar

Southeastern Colorado Area
Health Education Center

Westwood Unidos

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