

Comella Orthodontics Oral Health Patch



WNY Girl Scouts can earn the Comella Orthodontics Oral Health Patch by completing the following six criteria. See page 2 for how to claim your patch!

1. Watch this video: <https://youtu.be/IzxLin7lRoo>
Write down 3 things that you learned and then share them with your family.
2. Complete the Teeth Care Chart for 4 weeks and track your brushing and flossing habits. (*Print Page 2*)

3. Complete the **Acid Attack Experiment** below and write down 2 things that you learned. This activity simulates an acid attack on bones (which are rich in calcium, just like teeth) and can help visualize what happens to teeth when you consume sugary foods and beverages. **Parents, make sure to help kids with this activity!**

Supplies:

- Two clean chicken bones
- One empty container
- One bottle of white vinegar

Steps:

- Place the bones in the container and cover with white vinegar. Leave overnight.
 - Remove the bones from the container. *Are they softer or harder than they were before they soaked in the vinegar?* The acid dissolves the calcium and other minerals out of the bones to make them soft. This is similar to the way that acid attacks on teeth can remove minerals from the enamel and allow decay to occur.
 - Discuss foods and beverages that contain acids and sugar—soda pop, fruit juice, fruit—and the things that can be done to prevent the effects of acid erosion on teeth, such as reducing consumption of sugary foods and beverages, rinsing with water, and brushing after eating and drinking.
 - **Key takeaway from this activity:** Your teeth are covered with a sticky film of bacteria called plaque. Every time you eat or drink sugary foods and beverages, the sugars and plaque mix together to make an acid. This acid attacks your teeth. Repeated attacks can cause the tooth enamel to break down (soften), which can lead to cavities. Avoid eating too much candy or food containing sugar or drinking sugary beverages including soda pop and sweetened juice drinks.
4. Take a look inside your own mouth and draw a picture of the different types of teeth you have and look up the names of those types of teeth.
 5. Find the answers to a few teeth-related trivia questions and list 3 other fun facts you learned about teeth.
 - *How many baby teeth do we have when we are a kid?*
 - *How many adult teeth do we get?*
 - *What are the names of the 3 layers that make up a tooth?*
 6. Take some silly photos throughout the process to share your oral health learning journey with your family and friends!

Once you have completed all of the activities on page 1 reach out Comella Orthodontics to get your Girl Scout patch!



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Schedule a free orthodontic consultation with us at Comella Orthodontics so we can take a look at your teeth and monitor you as your adult teeth erupt and we can determine if and when you would benefit from orthodontic treatment!

MY SUPER FUN TEETH CARE CHART!

COLOR IN THE CIRCLES TO KEEP TRACK OF WHEN YOU BRUSH AND FLOSS. WHEN YOU FILL IN ALL THREE CIRCLES IN ONE DAY, YOU CAN ALSO COLOR IN THE SPECIAL TOOTH!

	MORNING	EVENING	GOOD DAY!		MORNING	EVENING	GOOD DAY!
SUNDAY	(B)	(B) (F)	🦷	SUNDAY	(B)	(B) (F)	🦷
MONDAY	(B)	(B) (F)	🦷	MONDAY	(B)	(B) (F)	🦷
TUESDAY	(B)	(B) (F)	🦷	TUESDAY	(B)	(B) (F)	🦷
WEDNESDAY	(B)	(B) (F)	🦷	WEDNESDAY	(B)	(B) (F)	🦷
THURSDAY	(B)	(B) (F)	🦷	THURSDAY	(B)	(B) (F)	🦷
FRIDAY	(B)	(B) (F)	🦷	FRIDAY	(B)	(B) (F)	🦷
SATURDAY	(B)	(B) (F)	🦷	SATURDAY	(B)	(B) (F)	🦷

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