

 February is   
**Children's Dental  
Health Month**



Try the following experiment with your kids to show the importance of brushing their teeth.

**You will need:**

- Hard boiled eggs (one per child)
- Cola or another dark-colored soda (about 8 oz per child)
- Toothbrush (one per child)
- Toothpaste containing [fluoride](#)

**Starting the Experiment**

- Before the experiment, boil an egg(s).
- Place the egg in a glass of soda for a day.
- The next day, talk to the children about the importance of [brushing their teeth](#). Then take the egg out and show it.
- The egg will be stained and look like [plaque](#) on a tooth. The egg will be discolored and yellowish.
- Give each child a toothbrush with a little toothpaste on it.
- Let them [brush](#) the "plaque" off of the egg.