

The key oral health messages (1-10) are listed in the right margin;
It is important that all these messages are conveyed to the listeners.

Coyote and Little Man

1 A long time ago, when Coyote was very young, Coyote's Auntie would
2 take care of him from time to time. She would never do anything to
3 hurt him, and cared for him like her own. One afternoon Coyote was
4 fussy, and so his auntie gave him a pacifier to calm him. As he played,
5 the pacifier fell out of his mouth and onto the dirt. His auntie looked at
6 Coyote, "Don't cry Coyote, I will clean it for you." **She stuck the pacifier**
7 **into her own mouth to get all of the dirt off and then put it back into**
8 **Coyote's mouth.** It was on that very day that Little Man left the Auntie's
9 mouth and traveled into Coyote's mouth on his pacifier. **Auntie also**
10 **used to lay him down to sleep with a bottle of milk or juice. Little did**
11 **she know that those drinks pooled in Coyote's mouth as he slept and**
12 **the sugar** helped Little Man to grow stronger and hurt little Coyote's
13 teeth.

14 When Coyote grew older, he **ate soooo much sugar.** The elders often
15 told Coyote to **eat less sugary foods and drinks,** but he didn't listen.
16 And that Little Man in there, he loved the sweets too. Whenever
17 Coyote ate, he fed that Little Man and all of his family, and the more
18 sugar they ate, the more destructive they got to Coyote's teeth too.
19 **Even as an adult, the elders told Coyote to brush his teeth daily,** but he
20 never listened... And now Coyote was in so much pain, he just wasn't
21 himself.

22
23 Coyote began to howl. Coyote was very uncomfortable that day and he
24 didn't know why. As he walked along he began to talk to that Little Man

4. Bacteria transfer

10. Before bed, only water

8. Drink less sugar

9. Eat less sugar

5. Adults should brush their own teeth daily

25 living inside his mouth. He lived there with his large family, but he was
26 the only one who talked to Coyote. “Little Man in my mouth, how are
27 you today?” asked Coyote. “I am well.” “Do you know about the pain I
28 am feeling today?” asked Coyote. “No,” said Little Man. “Come on,”
29 said Coyote, “you must know something, it is right there where you
30 are.”

31 Coyote continued walking along with pain in his mouth and howled
32 again. “Little Man in my mouth, are you sure that you don’t know why
33 my mouth is in pain?” “You know what Coyote? You have been good to
34 us, you feed us well with candy and soda and you never brush your
35 teeth, but my family has grown and there are more of us now. We
36 need to find new places to live. Perhaps this crowded space is the
37 reason for the pain in your mouth.”

38 Coyote continued thinking about how he’d get Little Man’s family out of
39 his mouth so they wouldn’t be so crowded, and just then Little Man saw
40 Beaver and thought of a plan. **“Coyote, take a piece of gum, as you
41 chew it, my family will jump onto that piece of gum.** Then go on to
42 Beaver, he will see the gum and he will want a piece.” Coyote
43 approached Beaver, “Hello there Beaver,” while smacking on his gum.
44 “Hello Coyote, what are chewing on, it sure does look good!” “It is the
45 best gum ever, would you like a piece?” Coyote asked. “Yes please.”
46 Coyote turned and acted as if he was getting another piece of gum, but
47 what he really did was take that piece of gum out of his mouth and then
48 he carefully placed it back in its little silver wrapper. Beaver took the
49 gum and without looking popped it into his mouth. As soon as he put it
50 in his mouth he realized what Coyote had done, and he spit the gum to
51 the ground. “What kind of trick is that? **You should never eat food that
52 someone else has already chewed on. I won’t even chew food for my
53 small children, you can pass harmful germs that way!**” Beaver scolded
54 Coyote. Coyote felt that he had done the job, but Beaver grabbed his
55 toothbrush that he always carried and began **brushing his beaver**

4. Bacteria transfer

4. Bacteria transfer

5. Adults should brush their own teeth daily

56 **teeth.** Coyote could tell that Beaver was very angry but he was happy
57 he had done his job. But Coyote still felt the pain in his mouth, he
58 howled, and he began to talk to Little Man again.

59 “I have done what you asked Little Man but my mouth still feels pain.”
60 “You have failed me Coyote. That was a good plan, and many of my
61 family were on that gum and made it to Beaver’s teeth, but when
62 Beaver brushed his teeth, he brushed them all away.” Coyote was
63 discouraged, “I didn’t know that. I’m still in so much pain, I’ll do
64 anything, tell me, what can I do now? I promise, I’ll do better next
65 time.” “There are still too many of us in your mouth, you need to find
66 us another home. You will not be able to trick an adult to do this. You
67 will have to trick a young one, they will not be suspicious.” “Ok, I will
68 just be helping your family to find a new home.”

69 Just then, Bear and her little ones came down the trail walking toward
70 Coyote. “There are Bear’s cubs, let’s stop them. Do you have candy
71 Coyote?” asked Little Man. “Of course I have candy, that’s all I ever
72 eat!” said Coyote. “Okay now, take that candy and rub it all over your
73 teeth, my family will hop onto the piece of candy. When the cubs get
74 here, give them that candy, children love candy, they will take it,” said
75 Little Man. “Ok,” said Coyote, “I will do it.” But, the sugar from the
76 candy made his mouth hurt more. “Hello Coyote, why are you making
77 that funny face?” Bear asked. “Me? Uh, I’m just thinking real hard.
78 That’s the way I look when I’m thinking. Anyway, how are you and your
79 little ones?” “We are well, we just saw Hawk, the dentist, and she said
80 my cubs’ teeth are good.” “The dentist? Why would you take them to
81 the dentist? Aren’t your little ones too young?” asked Coyote. “Coyote!
82 **You’re supposed to go to the dentist twice a year,**” said Bear. “But
83 your littlest one doesn’t even have teeth,” said Coyote. “Silly Coyote!
84 My littlest one’s first birthday is next week, it’s **important to take them**
85 **to see the dentist before they turn one** even if they don’t have teeth
86 yet. Oh, and I want to make sure they get **fluoride varnish** too.” Coyote

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| 1. Take your kids to the dentist 2x year |
| 3. See dentist by age 1 |
| 2. Fluoride varnish 2-4x a year |

87 was so confused, so he asked, "Flouride varnish? Is that for your teeth?
88 Bear said, "**Yeah Coyote, if they get it 2-4 times a year, it helps protect**
89 **their teeth.**" Coyote wasn't really listening because he was thinking
90 about the pain in his mouth and giving the cubs that candy. "Give them
91 the candy Coyote," Little Man whispered. Coyote turned to the cubs,
92 "And how are your little cubs doing today? How about some candy?"
93 Bear was furious, "What! What kind of trick are you pulling Coyote? **Too**
94 **much candy can be bad for your teeth!**" Coyote didn't know why Bear
95 was upset. Little Man whispered to Coyote, "Don't give up Coyote, take
96 a bite of your apple and offer them that." Coyote turned to Bear, "Bear,
97 I didn't know too much sugary foods is bad for teeth." He grabbed an
98 apple and took a big bite, "Now little cubs, surely you would like to try
99 this apple. I will share it with you." Bear could see Coyote was trying to
100 be nice, "**No thank you Coyote. When you share food, you share**
101 **germs.**" "Come now little ones," Bear said and they walked away from
102 Coyote.

2. Fluoride varnish
2-4x a year

9. Eat less sugary
foods

4. Bacteria transfer

103 "What is Bear even talking about?" Coyote asked Little Man. "I have
104 failed again." Coyote howled again, his mouth was still in pain. It was
105 getting dark now and most of the young ones were getting into bed,
106 they had to act fast and come up with a new plan.

107 It was then that they came across the house of Rabbit. "There are two
108 little ones in there, but how will I get in there?" Coyote said to Little
109 Man. Coyote walked along and thought about this. He was walking
110 along and saw a berry bush when Little Man gave him a plan. "Those
111 children love juice, take these berries and squeeze the juice out of
112 them. When you have a cup of juice, take it to the little ones." Coyote
113 liked the idea. He squeezed the berries into a large cup of juice. "**Now**
114 **take a drink of this juice and when you do, my family will grab onto**
115 **the cup, then when someone takes a drink my family will have a new**
116 **place to live.**" "Ok," Coyote agreed to the plan. As he took a drink of
117 the juice his mouth hurt even more. He took the cup, walked to the

4. Bacteria transfer

118 Rabbit door and knocked, holding the cup of juice behind his back.
119 Rabbit opened the door and welcomed Coyote into his house. "Hello
120 Coyote, how are you this evening?" "I am well Rabbit, I just came to
121 visit your family and look in on those two little ones. I have a story to
122 tell them if it's ok." "Sure, that would be ok; they are ready for bed,
123 they have brushed their teeth for the day and are all tucked in. It's
124 perfect timing for a bedtime story, Coyote." So Coyote did, he went
125 back and told those little ones an exciting story. When he finished, he
126 told the little rabbits that he had a fresh cup of juice, just for them.
127 They smiled and Coyote noticed that the youngest one had no teeth.
128 "This will not work for the youngest one, he has no teeth," Coyote
129 whispered to Little Man. "Yes it will still work. My family can hang out
130 on the gums and wait for the teeth to come." The first little one took a
131 nice drink of the juice, and then the youngest one drank. Some of the
132 Little Man's family made it into the mouths of the little rabbits. "Now
133 these two will sleep, no chance of my family being washed away," said
134 Little Man. Just then Momma Rabbit heard the excitement of her kids
135 and she came into the room to see what was going on. She saw the
136 juice cup and got very upset. "What kind of trick is this Coyote?" She
137 scooped up her littlest one. **She called for Father Rabbit to come and**
138 **help the older one brush his teeth with fluoride toothpaste again.** She
139 took a clean cloth and wiped the gums of her baby just as she had done
140 earlier that night when she was getting them ready for bed. **"But why**
141 **did you wipe the baby's gums? He doesn't even have teeth."** said
142 **Coyote. Mamma Rabbit sighed, "Coyote you should brush your teeth**
143 **everyday and wipe the gums of young ones even before they have**
144 **teeth. I also don't let my little ones go to sleep with bottles of juice or**
145 **milk; it can really hurt their teeth."** Coyote could see that they were
146 upset so he made his way to the door.

147 Coyote was confused about why everyone was so mad at him, and he
148 was also sad that he had failed once again, but all that he could really
149 focus on was that pain in his mouth. Coyote howled. His mouth hurt

6. Brush kids teeth,
wipe gums of baby
daily

7. Fluoride
toothpaste

10. Only water
before bed time

150 more now than ever; the gum, the candy and the juice were too sweet,
151 when the sugar was on his teeth, his whole mouth hurt. Again that
152 Little Man was silent. Coyote did not like that the Little Man in his
153 mouth was not helping. Every step he took he grew more and more
154 mad. And every step he took he was in more and more pain. He was
155 thinking to himself now, so that the Little Man could not hear him, “I
156 am a trickster, but this Little Man, he is more of a trickster than I am,
157 everything he has asked me to do has been more harmful than good,
158 and even my friends are upset with me for what I have done.” Coyote
159 had walked down the path for some time, he was thinking about his day
160 and everything that had happened when he came to the end of the
161 road. That’s when he found a sign that read “Hawk, Community
162 Dentist.” Now that Little Man in Coyote’s mouth, he knew who Hawk
163 was and he started to stir. “What are you doing?” he asked. “Shouldn’t
164 we be finding a new mouth for my family?” Now Coyote said nothing.
165 “Coyote lets go get a soda, aren’t we thirsty?” Little Man asked, “what
166 about some cake, or a brownie, or ice cream, you love ice cream. You
167 are hungry aren’t you Coyote?” For the first time in a long time he
168 didn’t want sweets or even a soda. Coyote ignored Little Man who tried
169 to convince him to turn away from Hawk’s office. Still Coyote was
170 silent.

171 When he reached the door he was met by Hawk, who was leaving for
172 the night. “How are you Coyote?” Hawk asked. “Not Good Hawk,”
173 replied Coyote. Coyote told Hawk about the pain in his mouth, and
174 about the gum, the candy and the juice. As he talked the pain in his
175 mouth grew stronger. “Hawk, even though Little Man’s family left my
176 mouth I am still in pain. I don’t think that helped at all,” said Coyote.
177 “Coyote you have been tricked by Little Man. You have not treated
178 your teeth very well. Little Man and his family have done a lot of
179 damage to your teeth. **You know if you brush your teeth every day,**
180 **you can brush away Little Man and his family. They are causing you**
181 **this pain.** They can cause damage to your teeth even if you don’t feel

5. Adults should brush their own teeth daily
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182 the pain, **they can also be harmful to others' if they move from your**
183 **mouth to theirs. Especially when you have little ones, Coyote, it is**
184 **really important that you brush your own teeth to keep them clean."**
185 said Hawk. It was finally making sense to Coyote. Coyote was ashamed,
186 he had never been tricked in such a way. Hawk cleaned and worked on
187 Coyote's teeth, until there was no pain in his mouth. That Little Man
188 and his family who lived on Coyote's teeth were gone. As Coyote was
189 leaving, he turned to Hawk, "Hawk, thank you for helping me. I have
190 learned a lot today. I feel so foolish that I have been tricked by Little
191 Man into trying to spread harmful germs to my friends." The next day,
192 he was back to himself since he was no longer in pain. He wanted to
193 share what he learned with his friends. When he saw bear and her
194 family he went to apologize to them and thanked her for teaching him
195 about children's teeth. **"When I have little ones of my own I will bring**
196 **them to the dentist before their first birthday, and twice a year after**
197 **that. I will make sure they brush their teeth daily with fluoride**
198 **toothpaste. And thank you for teaching me about fluoride varnish, I**
199 **didn't know about that. I will make sure I get fluoride varnish put on**
200 **their teeth 2-4 times a year to protect them. Oh and don't worry, I**
201 **won't be sharing my food anymore because I don't want to share my**
202 **germs. I also learned not to share anything that's already been in my**
203 **mouth.** Later that day, he ran into Rabbit and Beaver. After apologizing
204 to them, he shared with them more of the things that Hawk had told
205 him about **I learned that I shouldn't eat so much sugary foods or**
206 **drinks, I am going to cut back on those."** And now I understand why
207 **you don't give your babies milk or sugary drinks just before bed, only**
208 **water."** And now I also know why you wipe your babies' gums. After
209 hearing this, each of his friends saw that Coyote had learned a lesson.
210 Even Beaver.

211

212 Coyote continued to walk down a new path and thought about his
213 future children. Even today, we still hear Coyote howling, he is

4. Bacteria transfer
5. Adults should brush their own teeth daily

1. Dentist 2x year
2. Fluoride varnish 2-4x a year
3. First dental visit by age one
4. Bacteria transfer
5. Adults should brush their own teeth daily
6. Wipe baby's gums or brush your child's teeth daily
7. Fluoride toothpaste
8. Less sugary drinks
9. Less sugary foods
10. Only water before bed time

214 reminding us of the pain he once felt in his mouth when he didn't take
215 care of his teeth.