

**Whittington Health NHS Trust Oral
Health Improvement Team**

Oral health for children



**Summer activity pack Nursery
and Reception**



Introduction

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children.

The impacts can be seen educationally with children missing school and in addition can effect parents/carers who would need to take time off work to take children to the dentist or for a hospital visit.

Key Messages:

1. Brush teeth twice a day - last thing at night and at one other time. (What do you need?)
 - Using the right amount of toothpaste (Smear/Pea size)
 - For the right amount of time (2 minutes)
 - Spit out excess toothpaste - do not rinse (Brush-Spit-STOP)
2. The importance of a healthy balanced diet:
 - Reduce the amount and frequency of sugary foods and drinks (Keep sugary foods and drinks to meal times only).
3. Go to the dentist as often as recommended





Activity 1 : Happy and Sad Foods

Information for activity leader:

This activity is aimed at promoting tooth friendly foods for inbetween meals and keeping sugary food and drink to meal times only. This can help to prevent tooth decay.

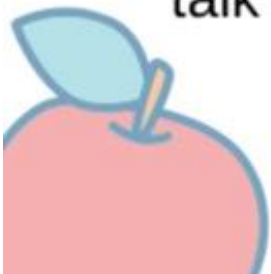
Step 1: Print the teeth



Step 2: Print and cut out the selection of foods
(You can add some of your own too)

Step 3: Encourage the children to sort the foods into happy and sad foods. (Happy foods can be eaten between meals, Sad foods can be eaten but to keep to meal times only and eaten less frequently)

Step 4: Go through the children's answers and talk to them about the importance of reducing sugar etc.



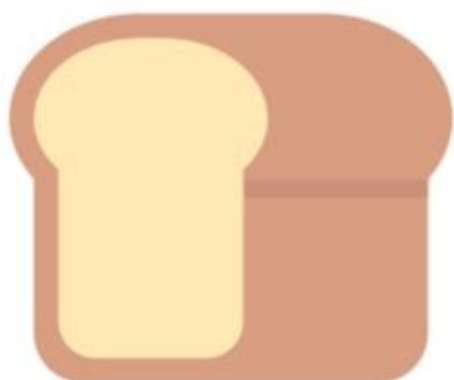
Happy tooth



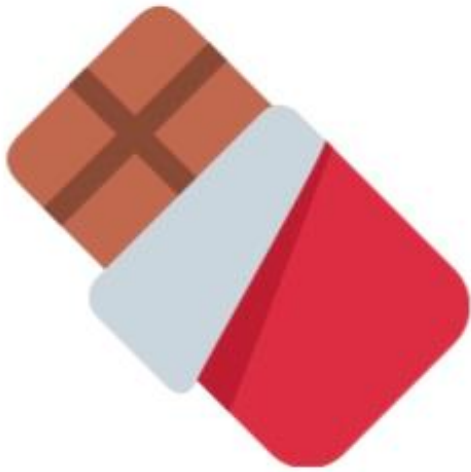
Sad Tooth



Activity 1 : Happy Foods



Activity 1: Sad Foods





Activity 2: Brushing off the bugs

Information for the activity leader:

This activity is aimed at promoting tooth brushing at least twice a day, once before bed and on one other occasion

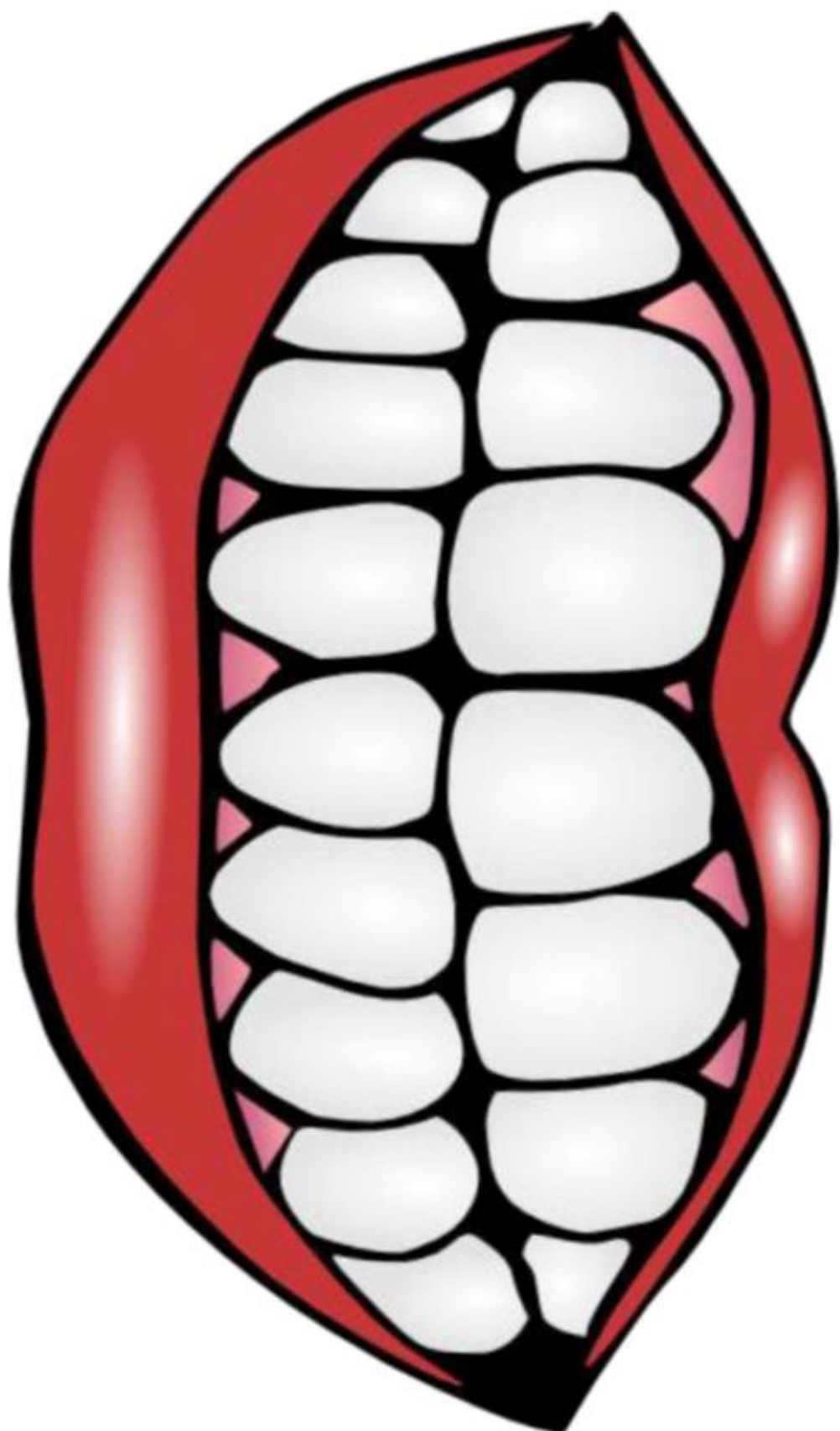
Step 1: Print and laminate the picture of the mouth on the following page

Step 2: Using non-permanent dry wipe pens, ask the children to draw some nasty bugs onto the teeth

Step 3: Give the children a damp toothbrush and ask them to brush off the bugs

Step 4: Talk about the importance of brushing our teeth, what the 'bugs' could do to our teeth if we didn't clean them and what affects the bugs in our mouth e.g sugar





Activity 3 - Visiting the Dentist



Information for the activity leader

This activity is aimed at promoting visiting the dentist and what they might see

Step 1 - Print off the pictures attached

Step 2 - Ask the children to look at the pictures and talk about what they see

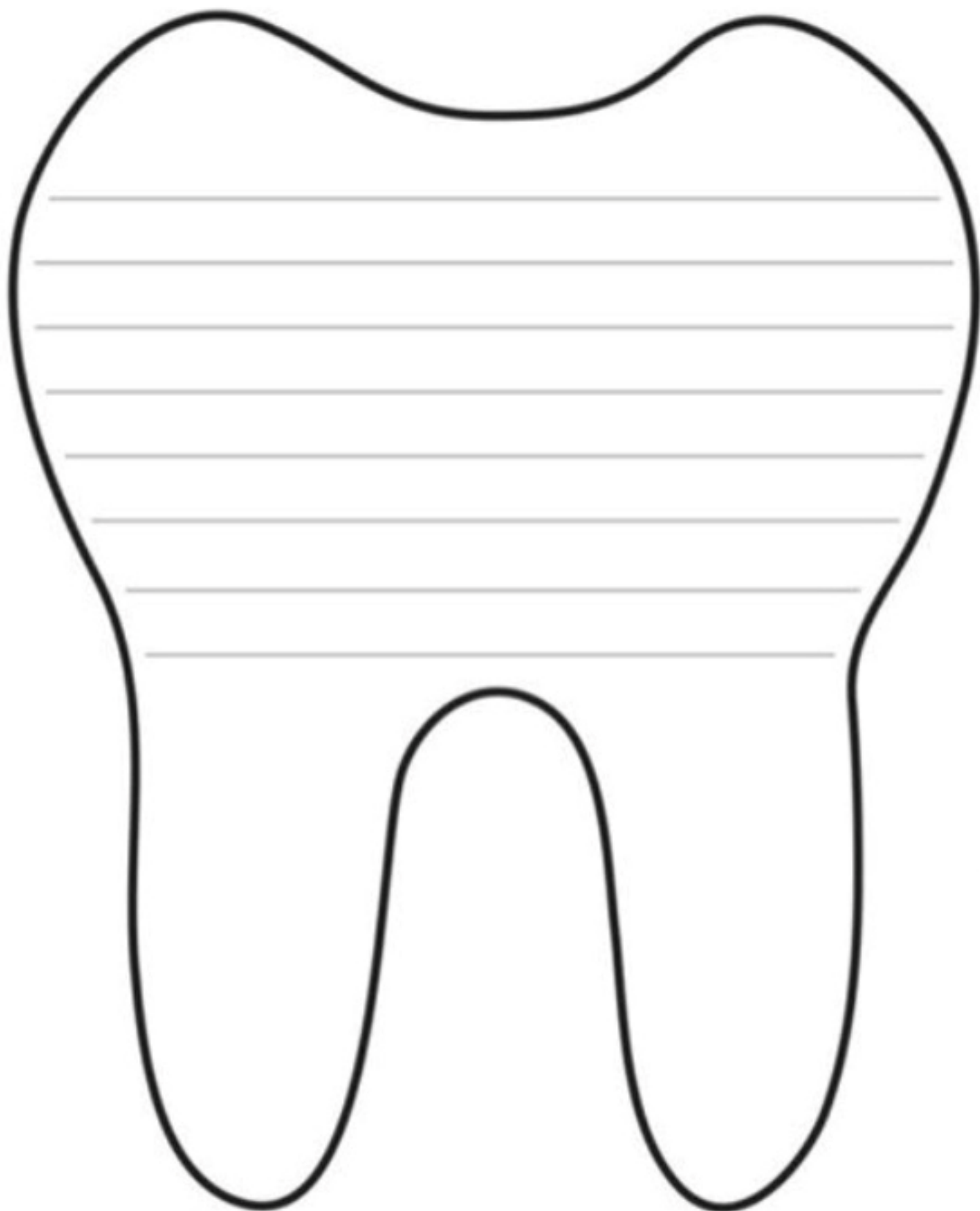
Step 3 - Discuss with the children what may happen at a dental visit - make it fun!

1. Dental chair - like a rocket chair as it moves up in the air
2. Light - to help the dentist see in your mouth
3. Mask - to stop spreading cold and germs
4. Goggles- to help protect the dentists and patients eyes
5. Mirror - to help the dentist count your teeth
6. Sticker - for being such a good patient!

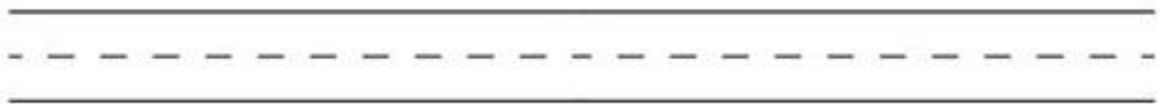




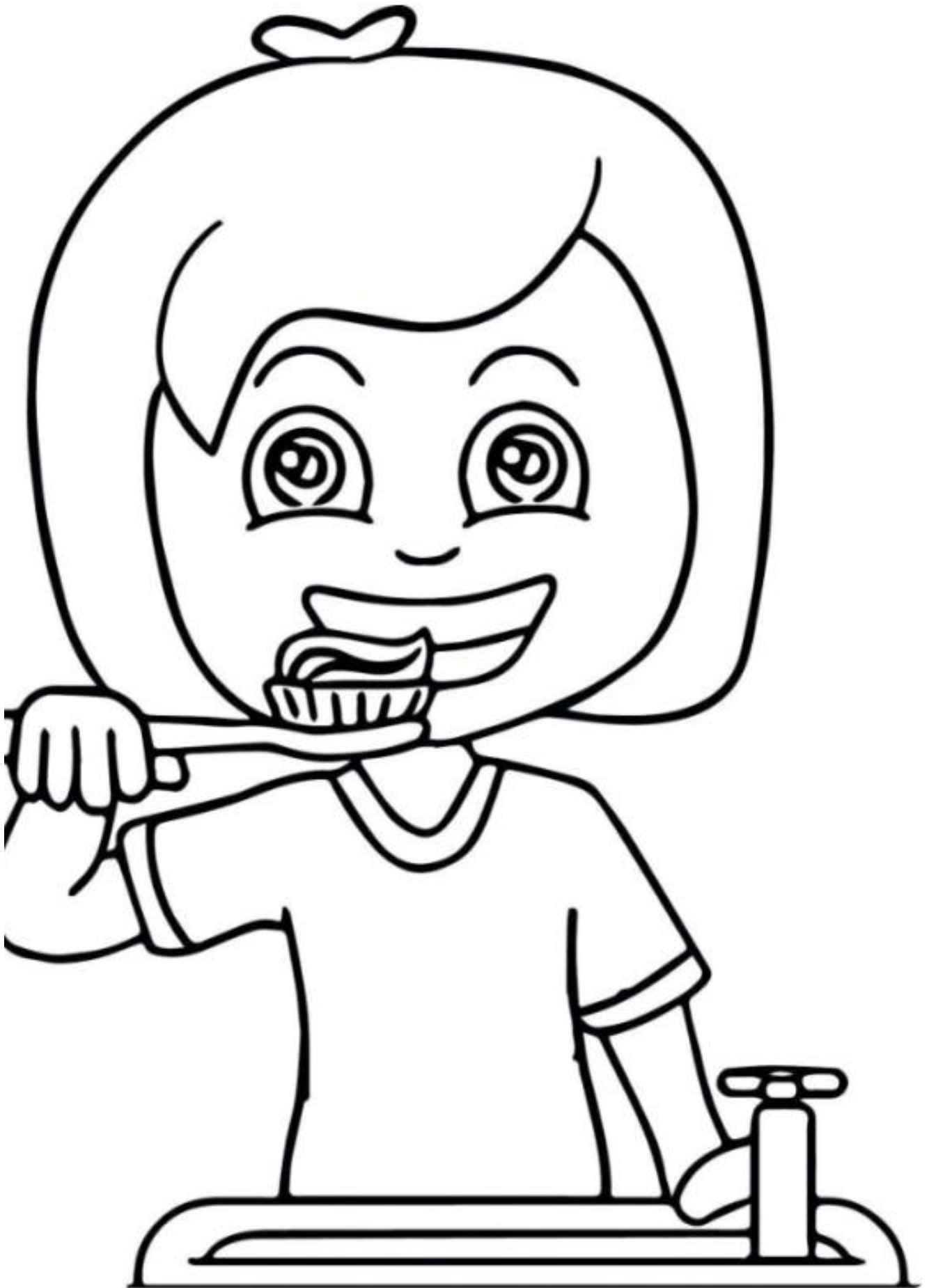
I like my teeth because ...



I BRUSHED MY TEETH!

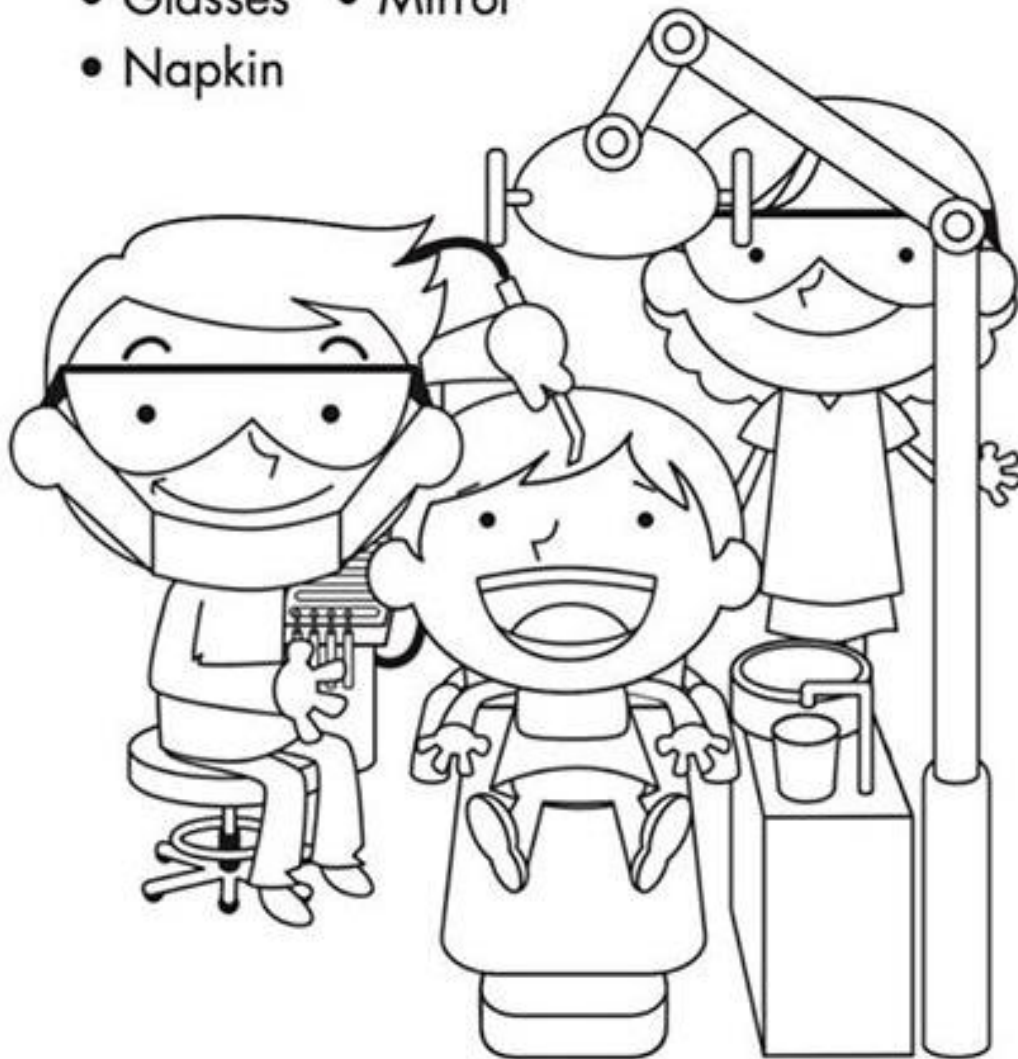


	Morning	Night
MONDAY ----->		
TUESDAY ~~~~~		
WEDNESDAY - - - - ->		
THURSDAY ----->		
FRIDAY ~~~~~		
SATURDAY ----->		
SUNDAY - - - - ->		



CIRCLE WHAT YOU SEE!

- Cup
- Chair
- Glasses
- Mirror
- Napkin



A dentist is a doctor who takes care of teeth.

The dentist will check your teeth twice a year for cavities, clean them with a special brush, and let you leave with a great smile.



FIND AND CIRCLE THE WORDS IN THE PUZZLE.

BRUSH

GUMS

CARE

SMILE

DENTAL

TEETH

DENTIST

TOOTHBRUSH

FLOSS

TOOTHPASTE

K	I	H	M	C	F	K	A	M	E	D	N
F	S	S	S	M	D	E	N	T	I	S	T
Q	Q	U	D	S	R	F	S	O	Q	G	Z
I	M	R	I	A	O	A	Y	S	C	J	I
I	D	B	C	D	P	L	M	C	W	Z	L
K	Q	H	D	H	E	I	F	P	H	T	G
S	U	T	T	G	L	N	B	L	H	E	S
T	U	O	B	E	R	M	T	H	P	E	M
C	O	O	C	T	K	G	B	A	Y	T	U
T	B	T	H	S	U	R	B	C	L	H	G

THINGS I DO WHEN I BRUSH MY TEETH

My Name is:

 Toothbrush

Toothpaste



 2 Minutes a Day

2 times  

Spit don't rinse

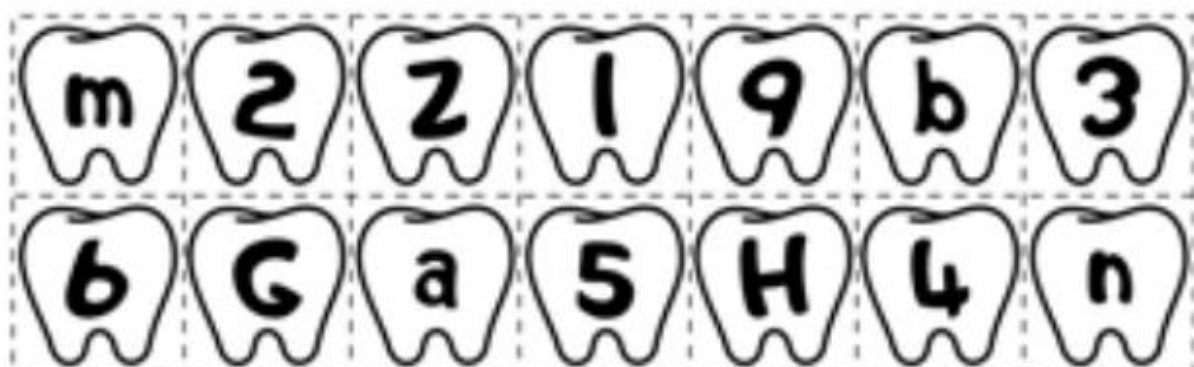


Happy Smile

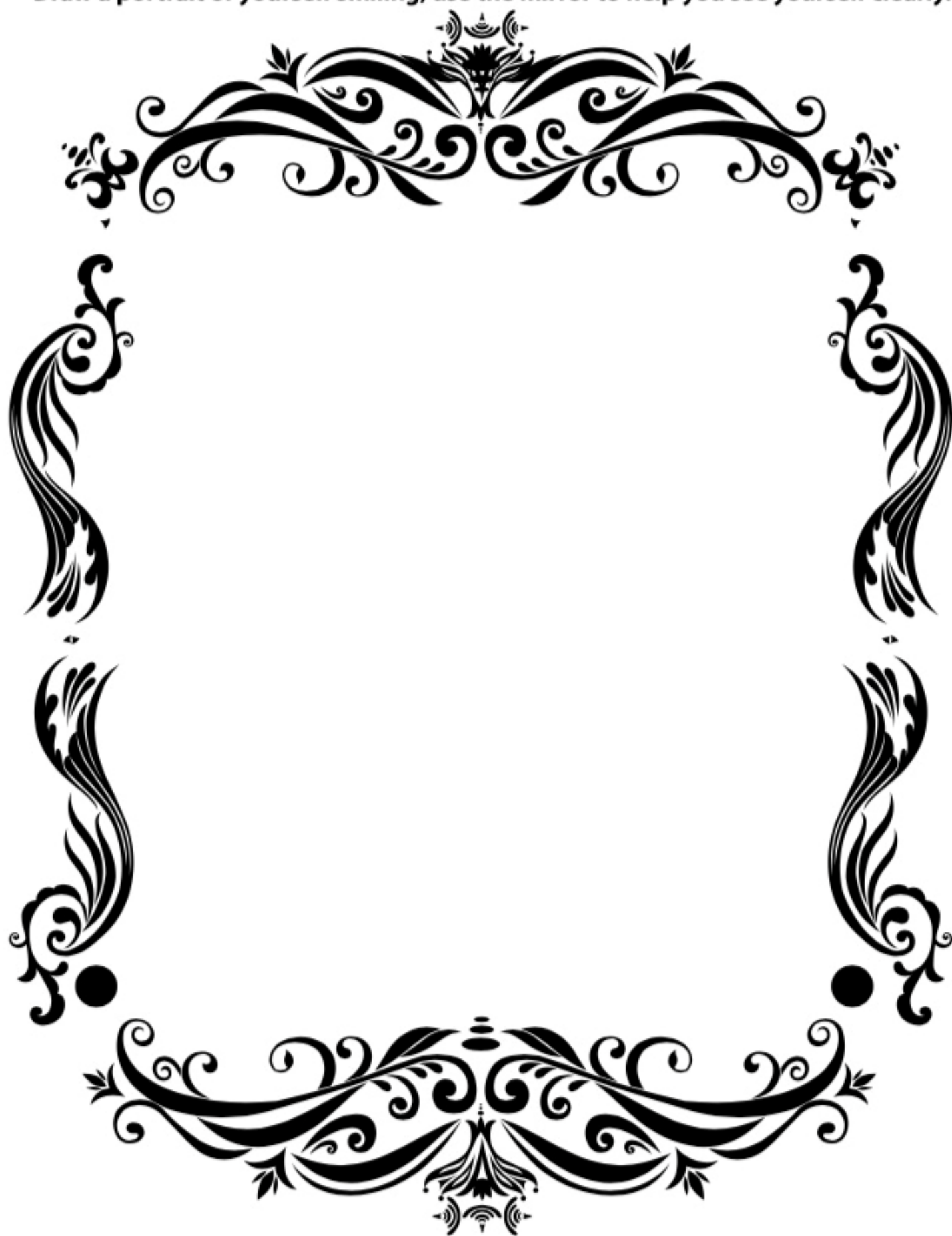
Name _____



Tooth Jar Sorting



Draw a portrait of yourself smiling; use the mirror to help you see yourself clearly.



THIS IS TO CERTIFY THAT

INSERT CHILD'S
PHOTO OR ASK THEM
TO DRAW A PICTURE
OF THEMSELVES AND
INSERT HERE

DATE

PARENT/CARER

HAS ACHIEVED

BRUSHING TWICE A DAY THIS WEEK



Useful websites and online resources



If you would like to provide some more resources as part of a session then the following should help:

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/resources>

For other resources please visit:

www.dentalhealth.org

www.dentalbuddy.org

For childrens video's:

Cbeebies - Hey Dugee toothbrushing badge

- My Firsts - dental visit

Oral Health Foundation webiste

www.dentalhealth.org

Further videos are available on the colgate

website - www.colgate.co.uk

