



Early Years Oral Health Resources



Activities, games & guidance for teaching staff to use with your 2-5 year olds.

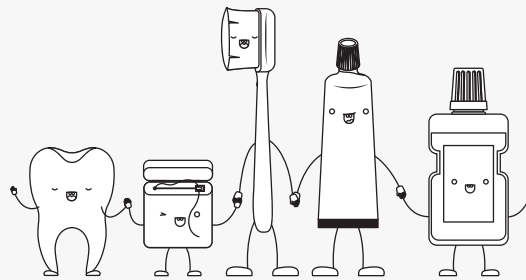


Teaching Guidance

This pack has been created to support the evidence informed guidance: NICE guidance (Oral health: approaches for local authorities and their partners to improve the oral health of their communities, NICE, 2014) recommends:

- A)(Recommendation 15) to 'Consider supervised tooth brushing schemes in nurseries based in areas where children are at higher risk of poor oral health'.
- B)(Recommendation 19) to 'Consider supervised tooth brushing schemes in Primary Schools based in areas where children are at higher risk of poor oral health'.

Improving Oral Health: Commissioning Better Oral Health For Children & Young People document (Public Health England 2014) recommends supervised toothbrushing in targeted childhood settings. There is strong evidence of its effectiveness. Working together will ensure a more effective outcome.



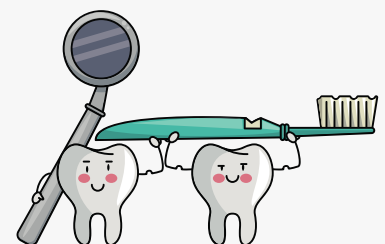
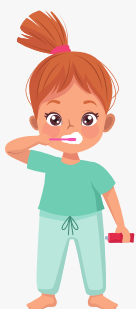
Why toothbrushing is so important and why teaching children at a young age is so important.

- Regular daily toothbrushing with appropriate fluoride toothpaste is highly effective in preventing dental decay.
- Tooth decay is largely preventable and the most prevalent disease in childhood.
- Good oral hygiene practice should be established at an early stage in a child's life and become an integral part of normal daily hygiene routine.
- Poor oral health may result in pain and infection leading to problems with nutrition, growth, school attendance and speech.

Teaching Guidance

Supervised toothbrushing in a dry area:

- 1 The adult should wash their hands before and after the toothbrushing session to avoid cross infection.
- 2 The adult is responsible for collecting the toothbrushes.
- 3 A smear of fluoride toothpaste should be dispensed from the toothpaste tube on to a disposable paper towel. Children then dab their toothbrush into the toothpaste.
- 4 Toothbrushing takes place for 2 minutes in the identified area; a 2 minute timer can be an effective visual aid.
- 5 Children may be seated or standing whilst dry toothbrushing takes place.
- 6 During toothbrushing children should dab excess toothpaste on to their disposable paper towel.
- 7 Children rinse their toothbrush under running water and paper towels must be disposed of immediately in to a refuse bag. Children should be supervised at all times.
- 8 Children place toothbrush back into the rack one at a time - care should be taken not to touch any other toothbrush.
- 9 It is the adults responsibility to ensure the area is clean and safe after toothbrushing is complete.





To help encourage toothbrushing.



Brush away the dirt

Laminate worksheet 1 and encourage children to draw dirt on the teeth using white board pens. Then motivate them to use a toothbrush and brush away the dirt. This should illustrate to the children how brushing teeth cleans the dirt away.

Dentist role play

Support children to play dentists using worksheet 2. Set up a dental play area for the children encouraging them to explore what happens in a dental practice.

Toothbrushing Chart

Provide children with a toothbrushing chart, see worksheet 3, to take home so they are reminded to brush their teeth twice a day.

Play Dough and Lego Play

Place some play dough in between the gaps of large Lego blocks and motivate the children to floss it away using some string.





To help encourage toothbrushing.



Plaque Experiment - F2

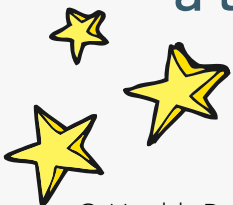
Hard boil an egg before class and bring in some fizzy cola. Place the egg in the cola for a day. The next day talk to the children about keeping teeth clean and how we keep them clean. Take the egg out and show how it has discoloured and looks like plaque. Demonstrate with a toothbrush and toothpaste how to brush it clean.

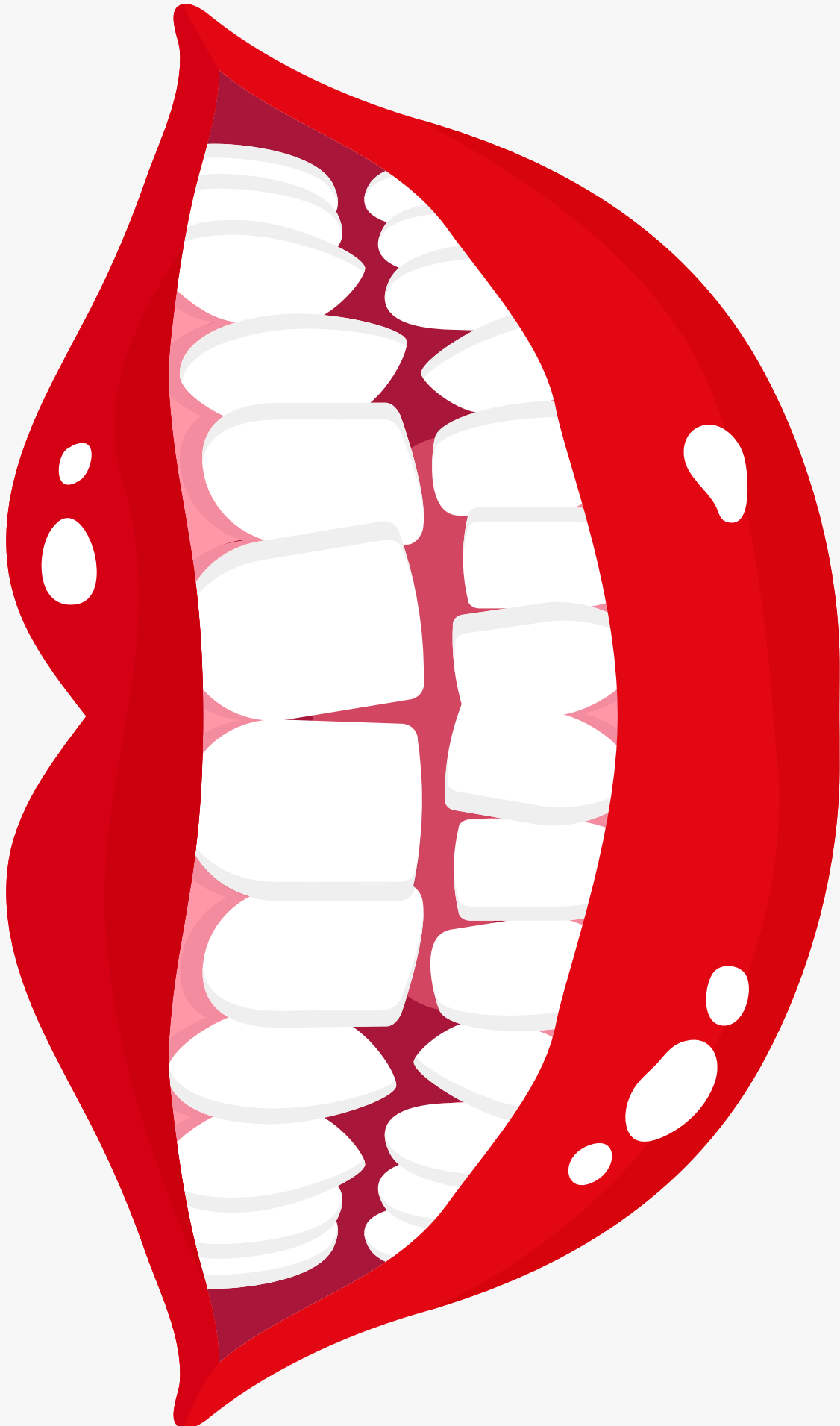
Brushing teeth to remove plaque

Cut out a large tooth shape from yellow paper or card for each child. Have the children pretend they are brushing this dirty yellow tooth by painting white paint on it. Use a toothbrush and brush the tooth clean. This helps show children how brushing can clean a tooth.

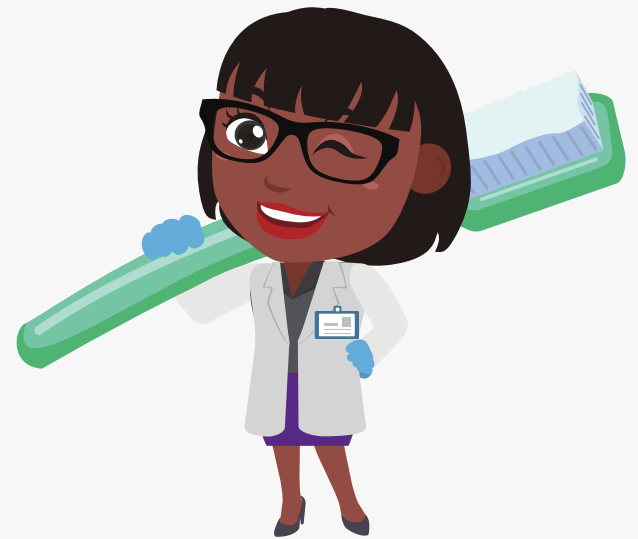
Experiment Time

Use white ceramic tiles and support children to smear foods over the tile such as ketchup, jam, syrup and then have the children brush the tiles with a toothbrush and toothpaste - show them how certain foods can stain teeth.





Resources needed and ideas:
Desk, chair, dental chair setup (loans available), sample dental products such as toothpaste, toothbrush, dental tools, cash register, giant jaw & toothbrush, worksheets below.



Encourage children to play different roles within a dental practice and have fun with all things dentistry.





The Dentist on
duty today is:

Dentist Price List

Toothbrush.....£

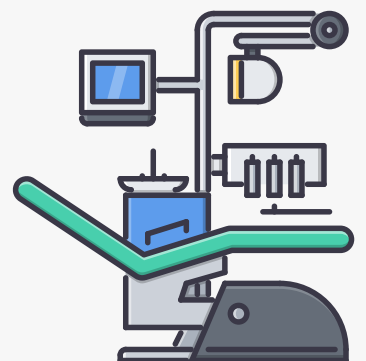
Toothpaste.....£

Dental Floss.....£

Check-Up.....£

Clean and Polish.....£

X-Ray.....£





Appointments



Dental appointments today:

Date	Name
9am	
9:30am	
10am	
10:30am	
11am	
11:30am	
12pm	
12:30pm	
1pm	

Appointment Cards



Appointment Card

Name:

Please come for your dental check up...

At (date):

On (time):

Try not to be late!



Appointment Card

Name:

Please come for your dental check up...

At (date):

On (time):

Try not to be late!



Appointment Card

Name:

Please come for your dental check up...

At (date):

On (time):

Try not to be late!



Appointment Card

Name:

Please come for your dental check up...

At (date):




On (time):

Try not to be late!

Dentist Check Cards




Dentist Check Card

Name:

	YES	NO
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>




Dentist Check Card

Name:

	YES	NO
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>




Dentist Check Card

Name:

	YES	NO
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Dentist Check Card

Name:

	YES	NO
	<input type="checkbox"/>	<input type="checkbox"/>
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Worksheet 3 - Toothbrushing Chart



Day

Morning

Evening

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday





Activities



Colouring Sheet: Colour in the picture.

Dot to Dot: connect the dots together to reveal the image - children could then colour this in.

Dental Health Sorting: cut out and stick the correct foods onto the tooth friendly and not tooth friendly foods to demonstrate to the children how foods can affect tooth health.

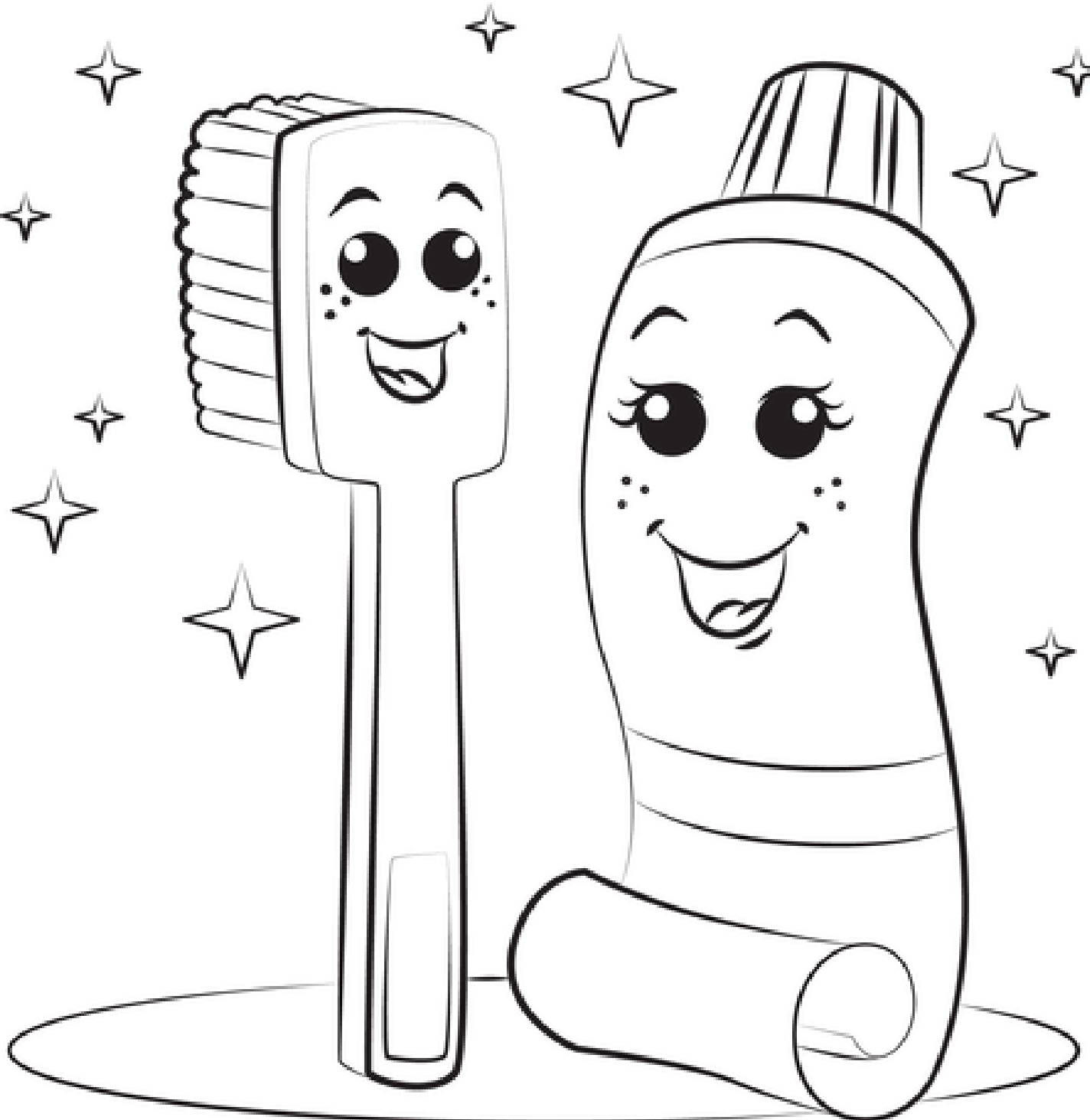
Decorate a toothbrush: Motivate the children to decorate a toothbrush. This could then be displayed onto a board to show people what we use to brush our teeth.

Word Search: Find the hidden words from the list provided.

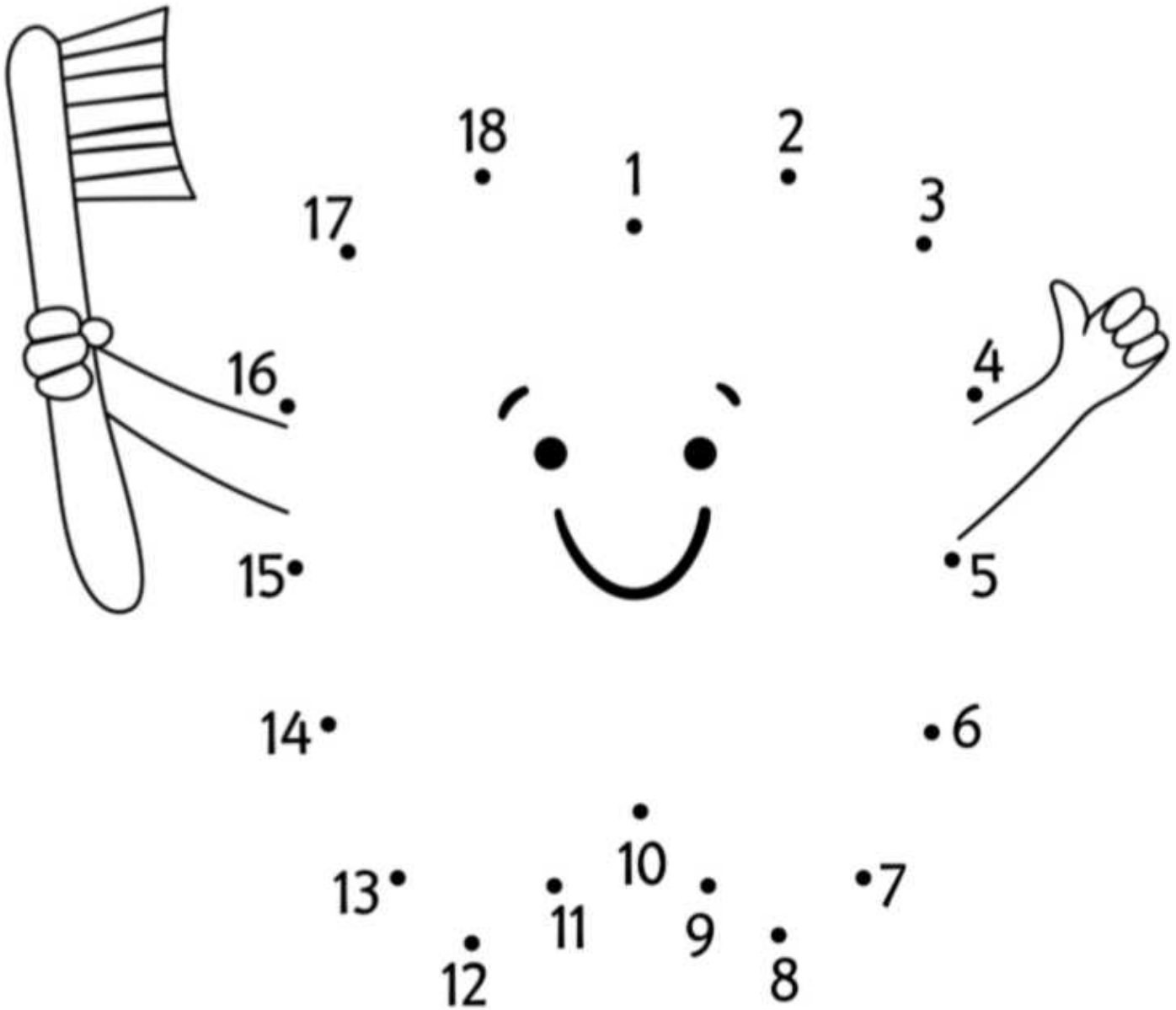
Spot the difference: Find the 5 difference between the bathroom images - children could then colour this in.

Maze: Connect the toothpaste with the tooth through the maze.

Colour Me In



Dot to Dot Time

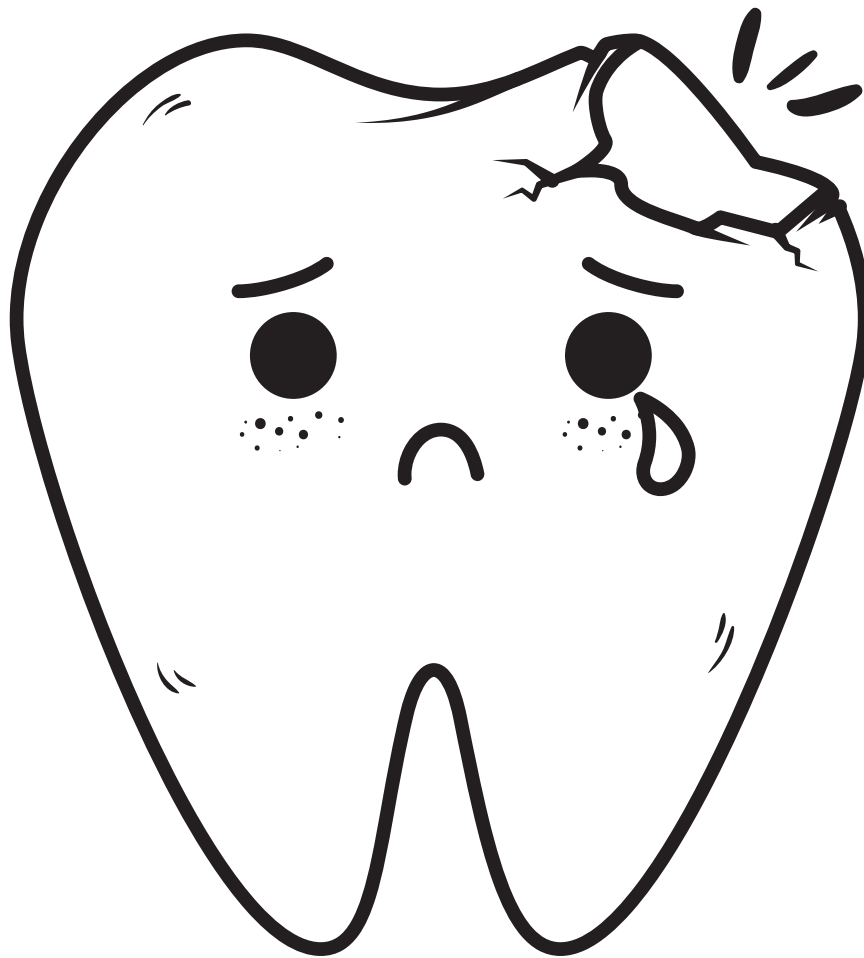




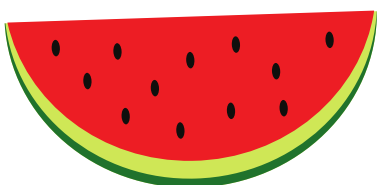
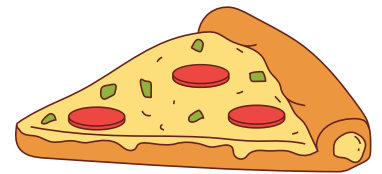
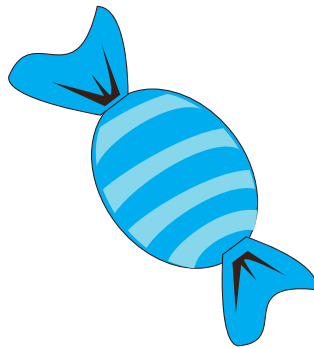
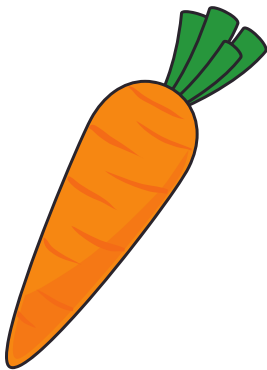
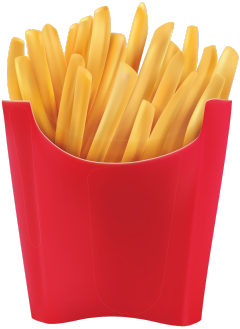
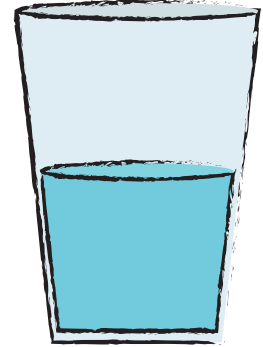
Tooth Friendly Sorting



Tooth Friendly Sorting

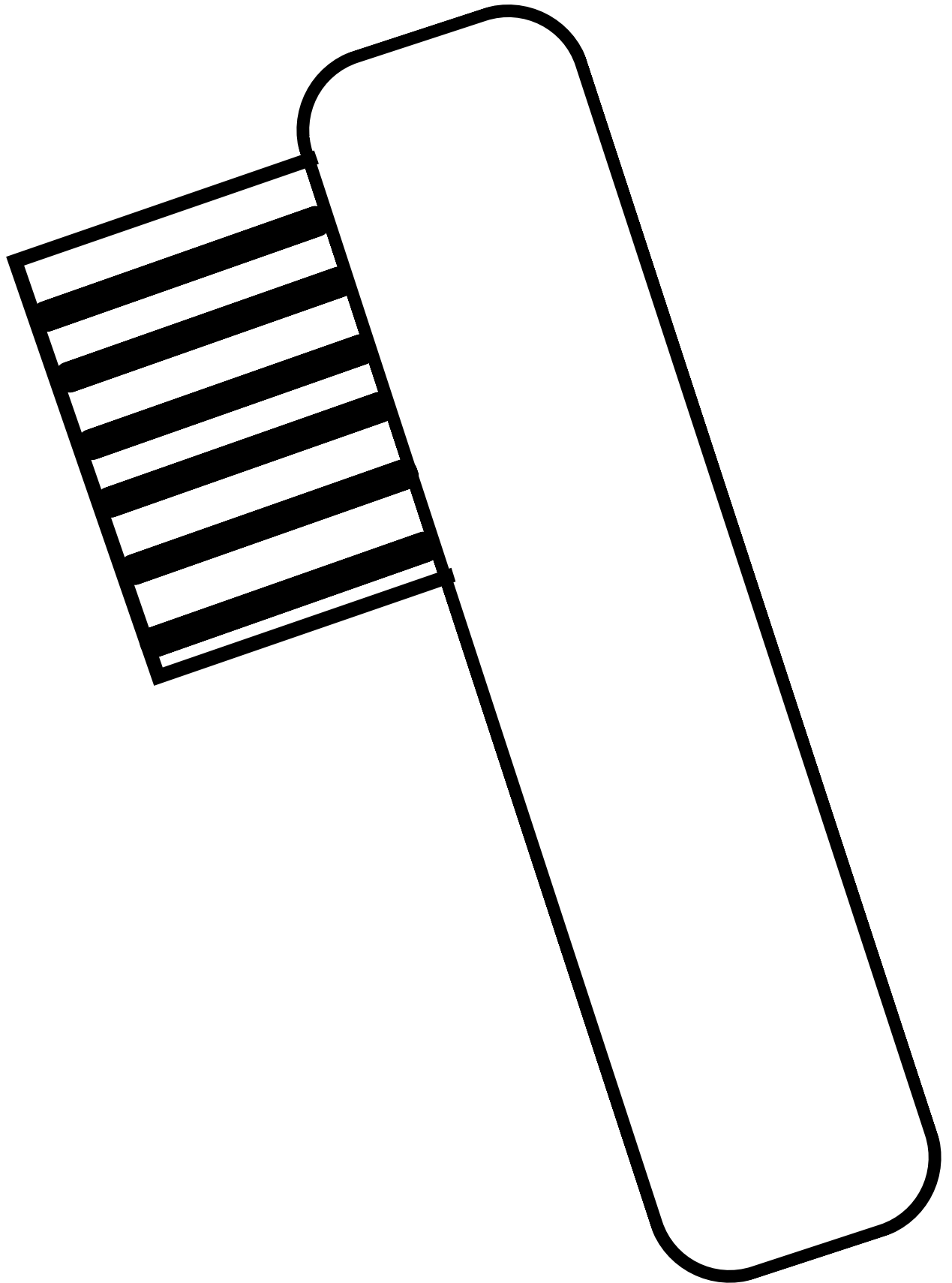


Tooth Friendly Sorting



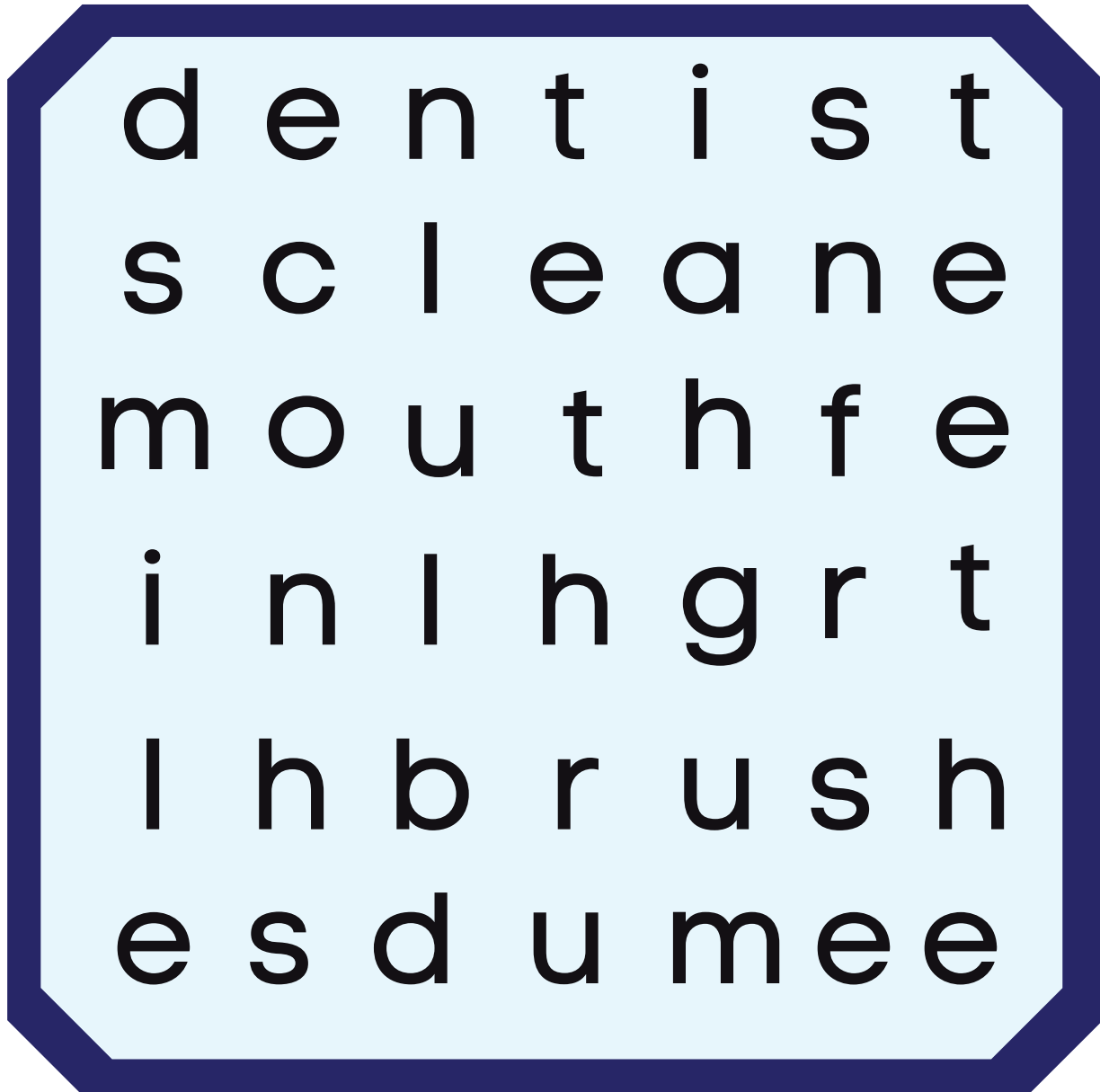
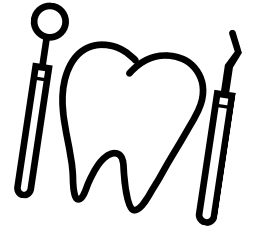


Decorate your toothbrush



Word Search

Find the words below in the grid.



brush

clean

dentist

gum

smile

teeth

mouth

Spot the Difference

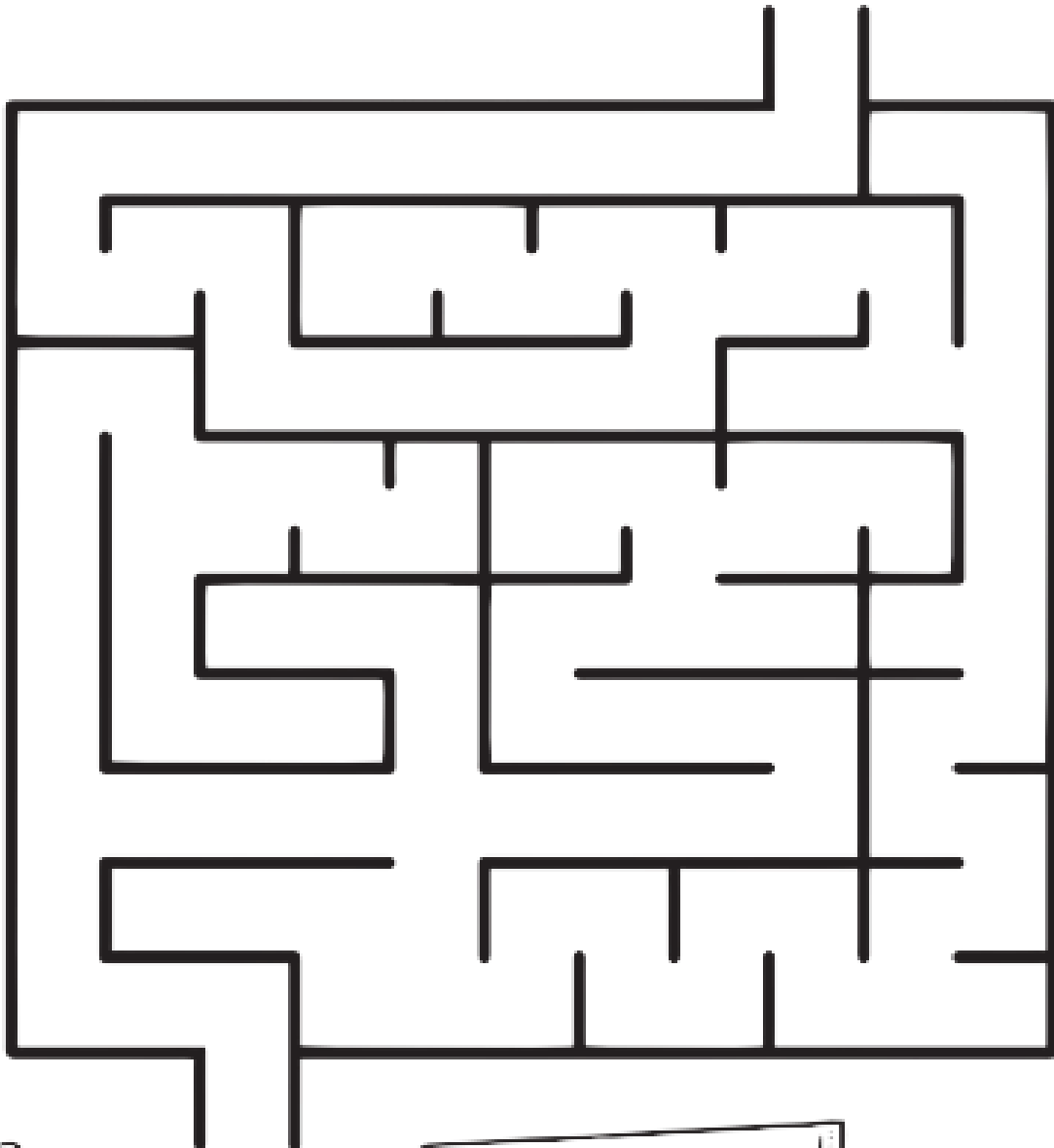
Find the 5 differences between the below images and colour them in.



Can you help the toothpaste find the tooth?



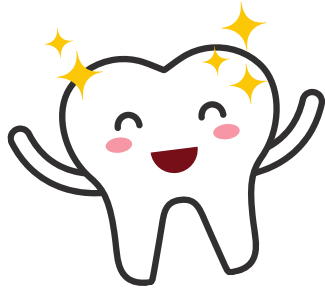
END



START!



**Fluoride
Toothpaste**



**Created by the Oral Health Promotion Team
Yasmin Marks, Rebecca Soong-Towell
& Julia Wilkinson.**

**To find out more information or to loan
resources contact us at:**

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