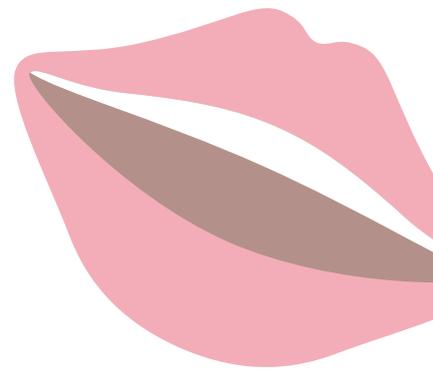




LINCOLNSHIRE ORAL  
HEALTH IMPROVEMENT  
TEAM

# Oral Health for Children

Activity Pack





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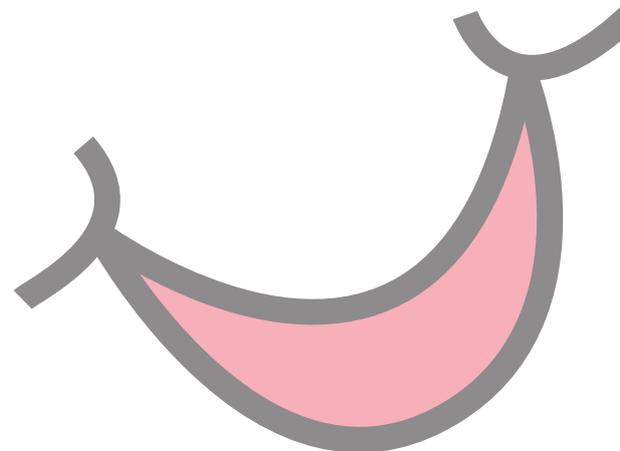
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# Introduction

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.

The facts:

- Dental decay is the top cause of childhood hospital admission for 5-9 year olds.
- Every year more than 150 children in Lincolnshire have their teeth removed through general anaesthetic.
- In 2017, a quarter of five year olds (24%) in Lincolnshire had experienced tooth decay, having on average 3-4 teeth affected.
- Children in the most deprived areas are four times more likely to get tooth decay.

We are all in a position to help prevent this disease.

Attached are our key messages which are evidence based from Delivering Better Oral Health (PHE 3rd Edition), plus some activities that you can do within your setting/at home.





# Oral Health Session

## Introduction:

What are teeth for? (To discuss)

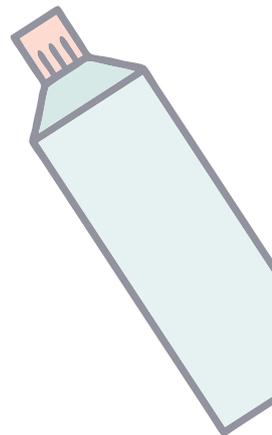
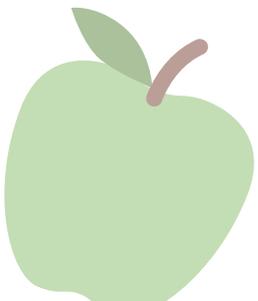
1. Eating - front teeth bite food, back teeth chew food
2. Talking - pronouncing our words and letters
3. Smiling - nice teeth make a nice smile

## 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



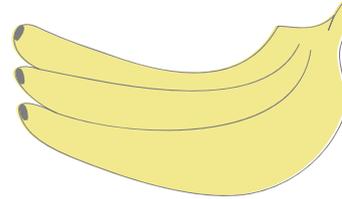


# Activity 1 : Happy and Sad Foods

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.

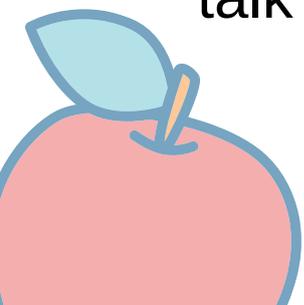
Step 1: Print the teeth



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)

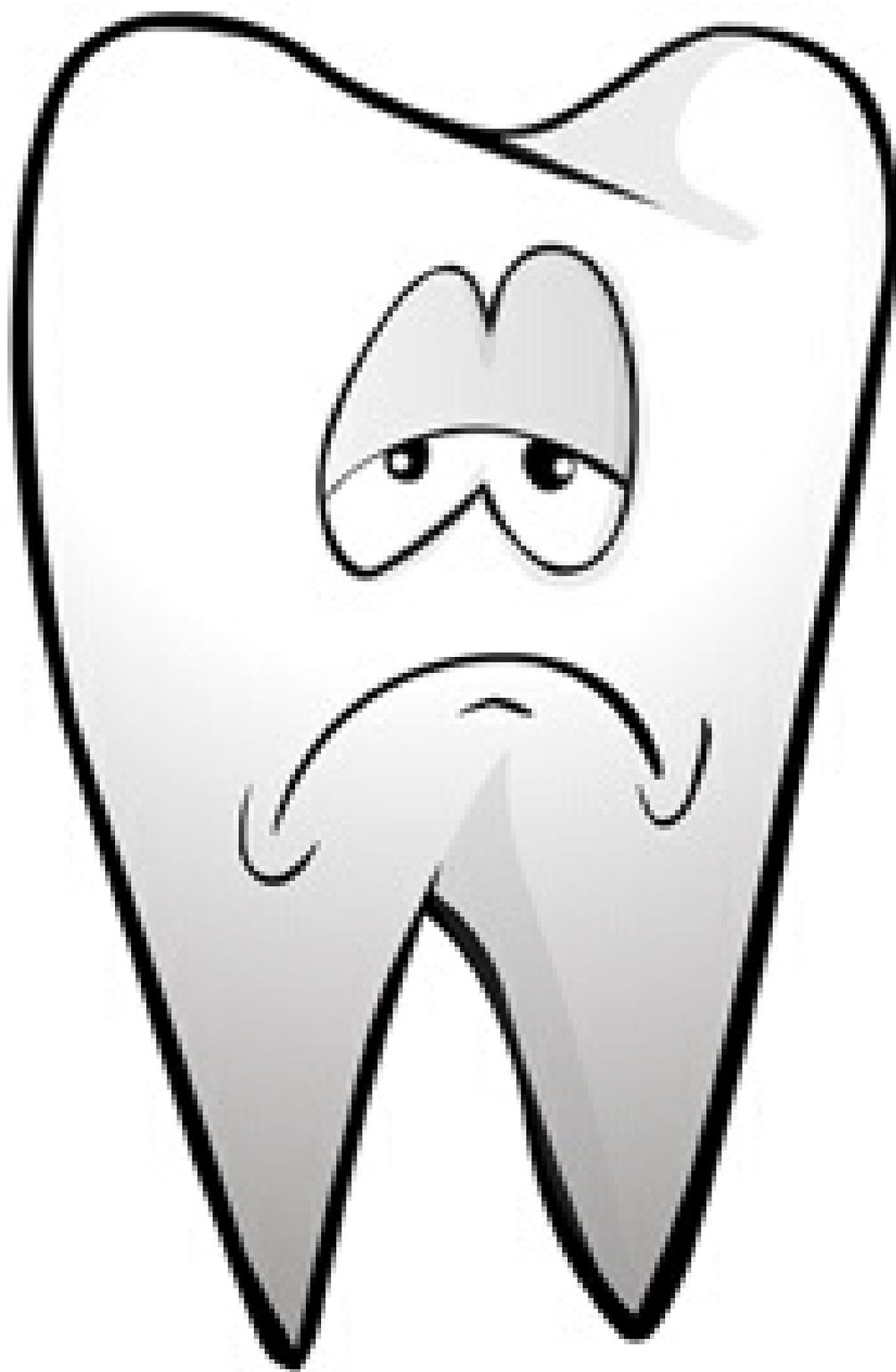
Step 4: Go through the children's answers and talk to them about the importance of reducing sugar etc.



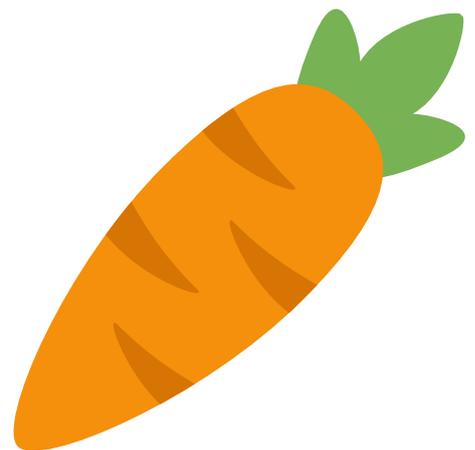
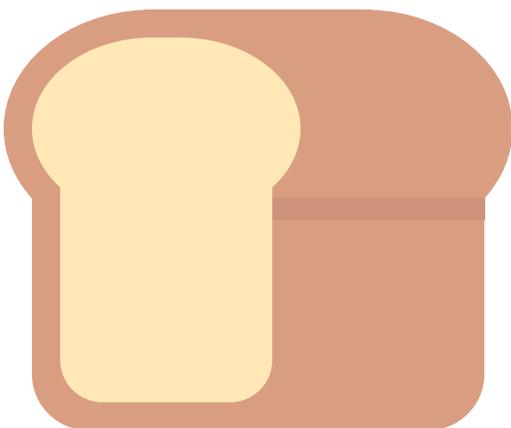
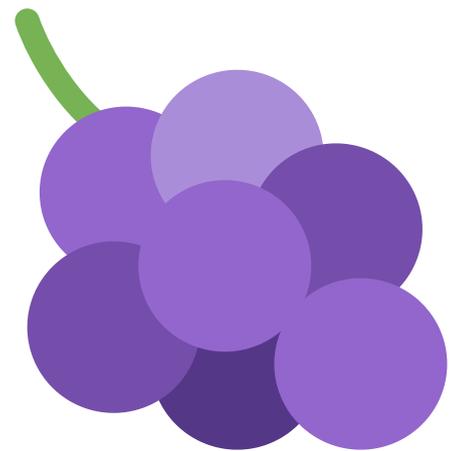
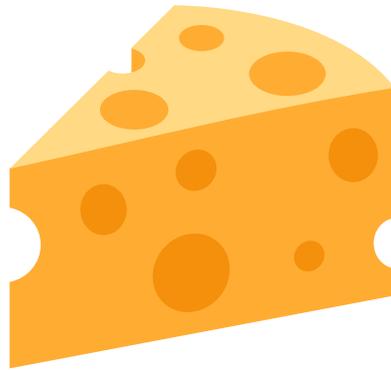
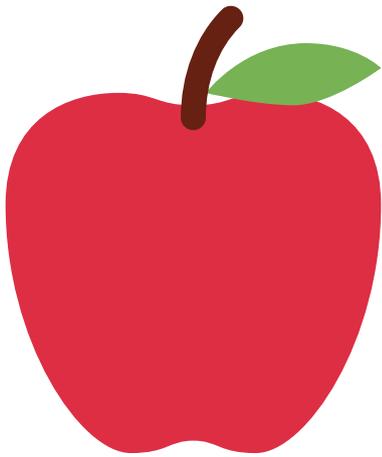
**Happy tooth**



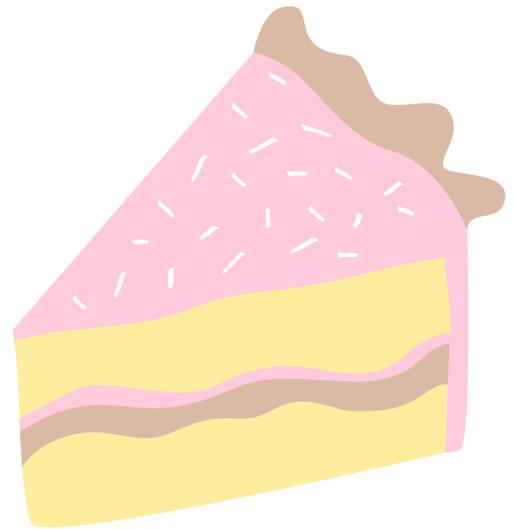
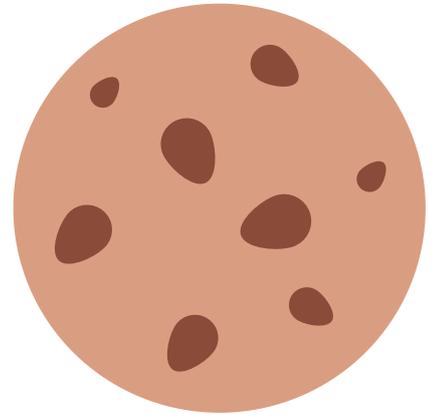
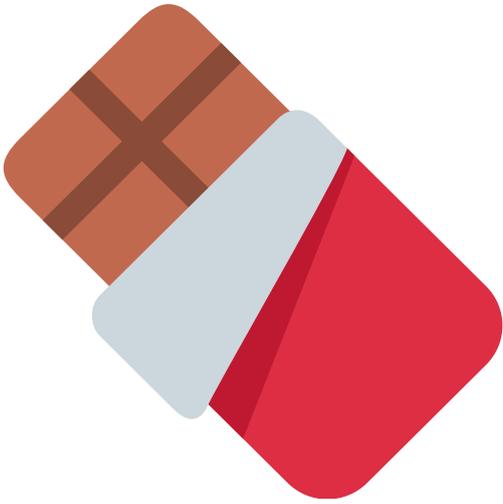
# Sad Tooth

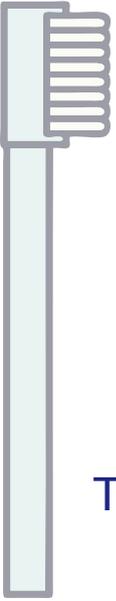


# Activity 1 : Happy Foods



# Activity 1: Sad Foods





# Activity 2: Brushing off the bugs

Information for the activity leader:

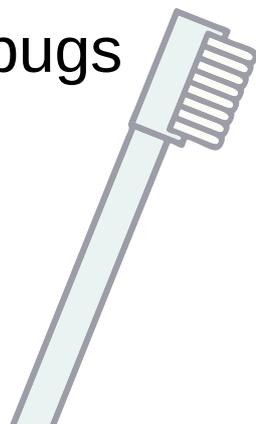
This activity is aimed at promoting tooth brushing at least twice a day, once before bed and on one other occasion

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

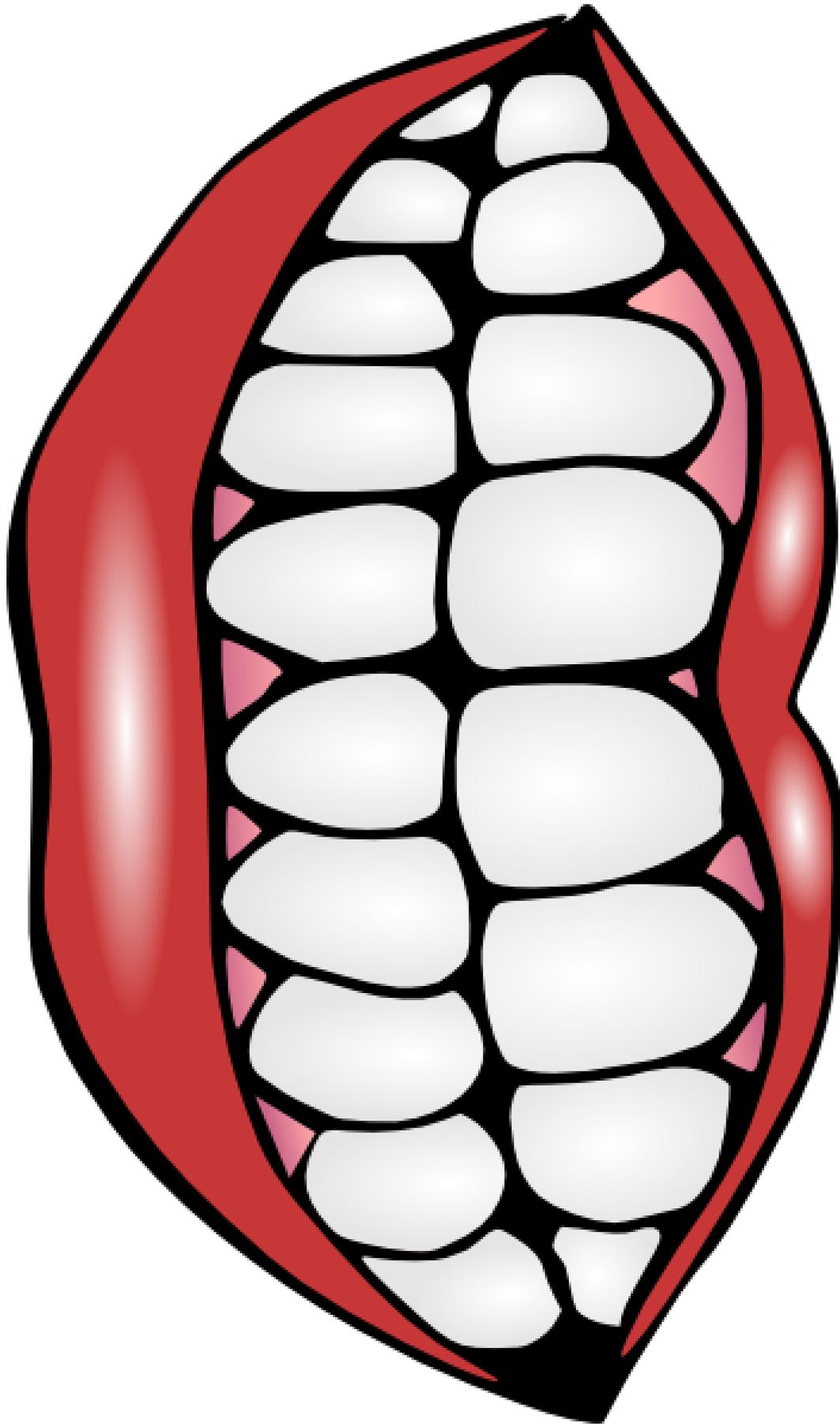
**Step 2:** Using non-permanent dry wipe pens, ask the children to draw some nasty bugs onto the teeth

**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 2: Resource



# Activity 3 - Visiting the Dentist



Information for the activity leader

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

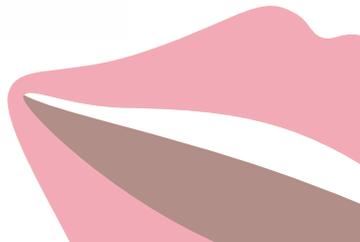
**Step 1 - Print off the pictures attached**

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

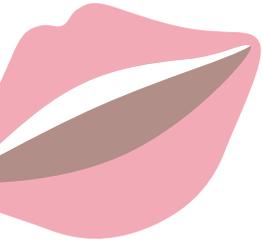
**Step 3 - Discuss with the children what may happen at a dental visit - make it fun!**

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!





# Useful websites and online resources



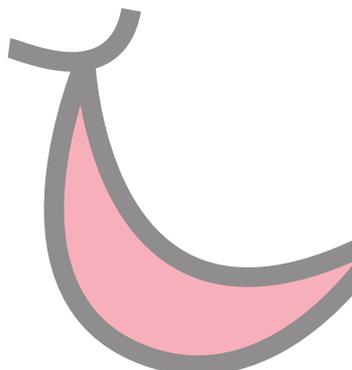
If you would like to provide some more resources as part of a session then the following should help:

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

For other resources please visit:

[www.dentalhealth.org](http://www.dentalhealth.org)

[www.dentalbuddy.org](http://www.dentalbuddy.org)



For childrens video's:

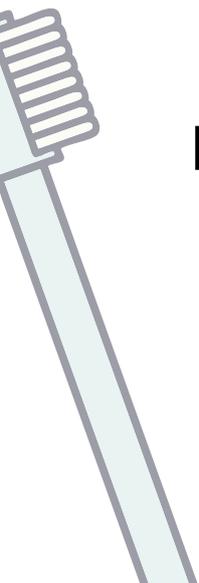
Cbeebies - Hey Dugee toothbrushing badge

- My Firsts - dental visit

Oral Health Foundation webiste

[www.dentalhealth.org](http://www.dentalhealth.org)

Further videos are available on the colgate website - [www.colgate.co.uk](http://www.colgate.co.uk)



For further information please visit [www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)