

Nursery and Reception Halloween Activity Pack

Oral Health for Children

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



Draw a circle around the healthy food and drinks





Toothbrush

Toothpaste



2 Minutes a Day

2 times



Spit don't rinse



Happy Smile

Things I do when I brush my teeth!



Can you find the missing words?

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| t | q | c | h | e | e | s | e | e | v | a | u | q |
| n | i | g | h | t | k | a | i | r | y | m | a | u |
| l | a | a | v | e | g | e | t | a | b | l | e | s |
| e | v | i | t | m | e | a | l | t | i | m | e | s |
| v | t | a | l | h | a | u | s | s | t | n | s | l |
| e | s | r | u | o | f | r | u | i | t | e | a | f |
| m | i | l | k | t | y | e | o | m | o | m | f | y |
| k | e | o | t | i | f | r | j | p | n | s | c | l |
| t | o | o | t | h | p | a | s | t | e | s | e | i |
| y | c | b | r | u | s | h | l | s | e | e | r | r |
| s | t | q | f | c | r | o | s | s | r | s | t | e |
| s | c | i | o | n | e | n | v | w | a | t | e | r |
| t | w | i | c | e | a | d | a | y | l | a | u | q |

night
twice a day
milk
cheese

vegetables
brush
mealtimes
water

fruit
toothpaste



Why not try these healthy Halloween treats!



Tooth friendly snacks

- Raw vegetables with a dip i.e. hummus
- Fresh fruit
- Tinned fruit (in natural juice) with plain natural yoghurt
- Pieces of cheese
- Crackers/Breadsticks
- Bread products with low fat spreads i.e. toast, pitta breads, crumpets
- Plain popcorn
- Sandwiches. Fillings could include: cheddar cheese or cream cheese with cucumber, tuna and sweet corn, ham or chicken, hummus and grated carrots/beetroot
- Be adventurous!



☐ Top tips for a healthy teeth ☐

- **Brush your teeth and gums for at least 2 minutes last thing at night and at one other time during the day.**
- **Use only a pea-sized amount of fluoride toothpaste.**
- **A gentle circle method is the most effective way of plaque removal.**
- **Spit - do not rinse your mouth with water after brushing.**
Avoid tooth brushing immediately after eating acidic foods or drinks (egg, grapefruit, lemons, orange juice or jams) as the enamel on the teeth is at its softest.

○



Let's count healthy and unhealthy food!

1. How many toothbrushes can you count?



=

2. How many tubes of toothpaste can you count?



=

3. How many apples can you count?



=

4. How many lollipops can you count?



=

5. How many toothbrushes and toothpastes can you count?



6. How many carrots and oranges can you count?



7. How many biscuits and ice creams can you count?



8. How many sand timers and glasses of milk can you count?



9. How many cubes of cheese and strawberries can you count?



10. How many bananas and bars of chocolate can you count?



Cut and stick the correct picture to complete the sentence

I visit the



for a check up.

I use a



and



to brush
my teeth.

Apples and



are good for teeth.

Drinking



is much better than
drinking fizzy drinks.



Colour in the squares when you have brushed your teeth
for 2 minutes everyday

| | Week 1 | | Week 2 | |
|-----------|--|--|---|--|
| | Morning  | Night  | Morning  | Night  |
| Monday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuesday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Saturday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



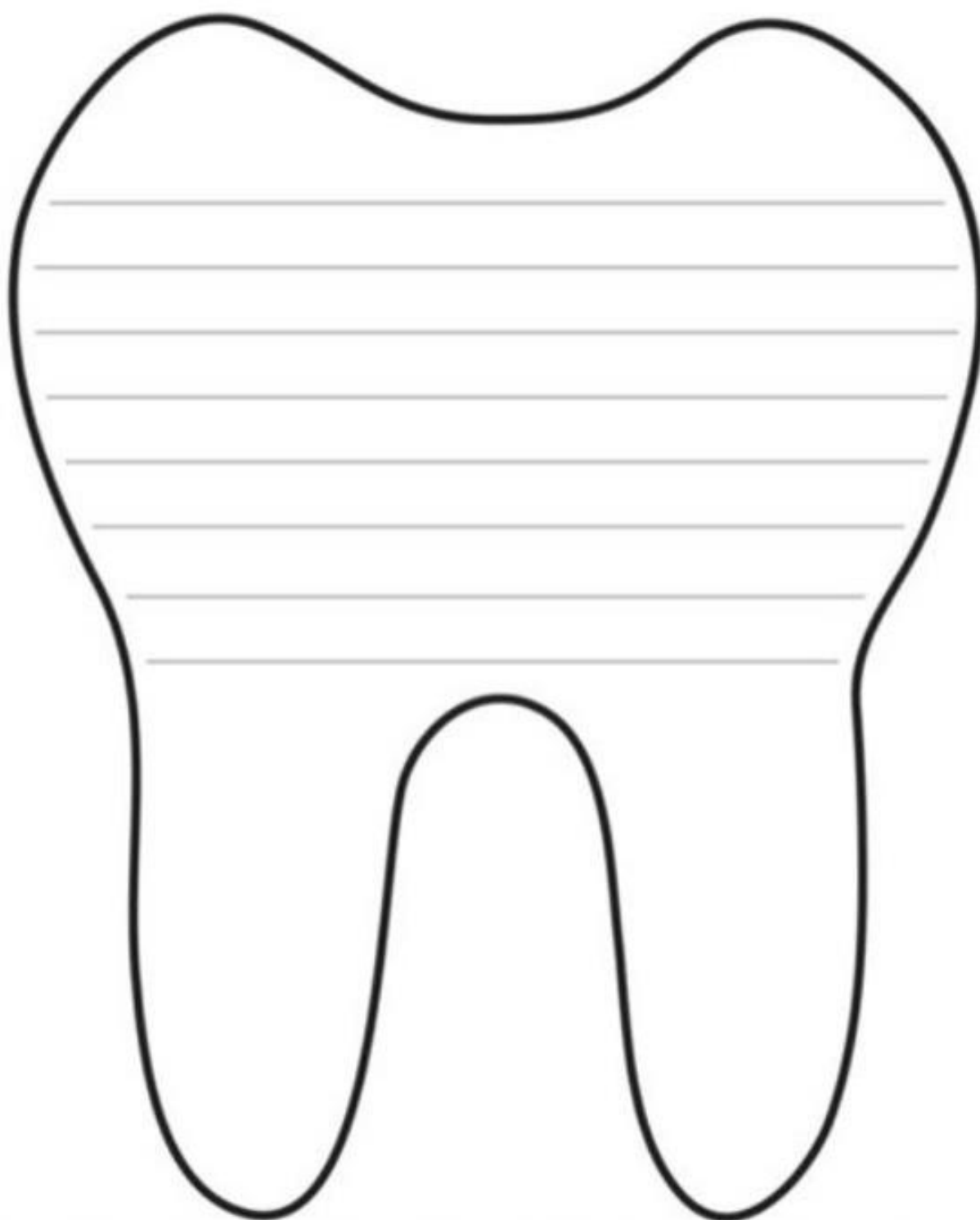
COLOUR IN
RACHEL THE TOOTH FAIRY
AND HER FRIEND
MOLLY MOLAR



CAN YOU SPOT THE
6 DIFFERENCES
IN THIS SECOND
PICTURE?



I like my teeth because ...



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

By Louise McLean

Patient advice and liaison service (PALS)

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