



## Oral Health for Children



### Nursery and Reception Christmas Activity Pack

Whittington Health NHS Trust Oral Health  
Improvement Team

Activities and oral health messages to children aged 0-5



## □ All about my teeth teeth □

This is my .....



In my mouth I have 20 .....



I need to brush my teeth ..... times a day.



Fruit and vegetables are ..... for me.

Too many sweet treats are ..... for my teeth.



Mouth Teeth Two Good Bad

Complete the sentences with the missing words



Sort the food pictures (overleaf) and put in the correct column.

**Foods that can make teeth happy!**

**Foods that can make teeth sad!**

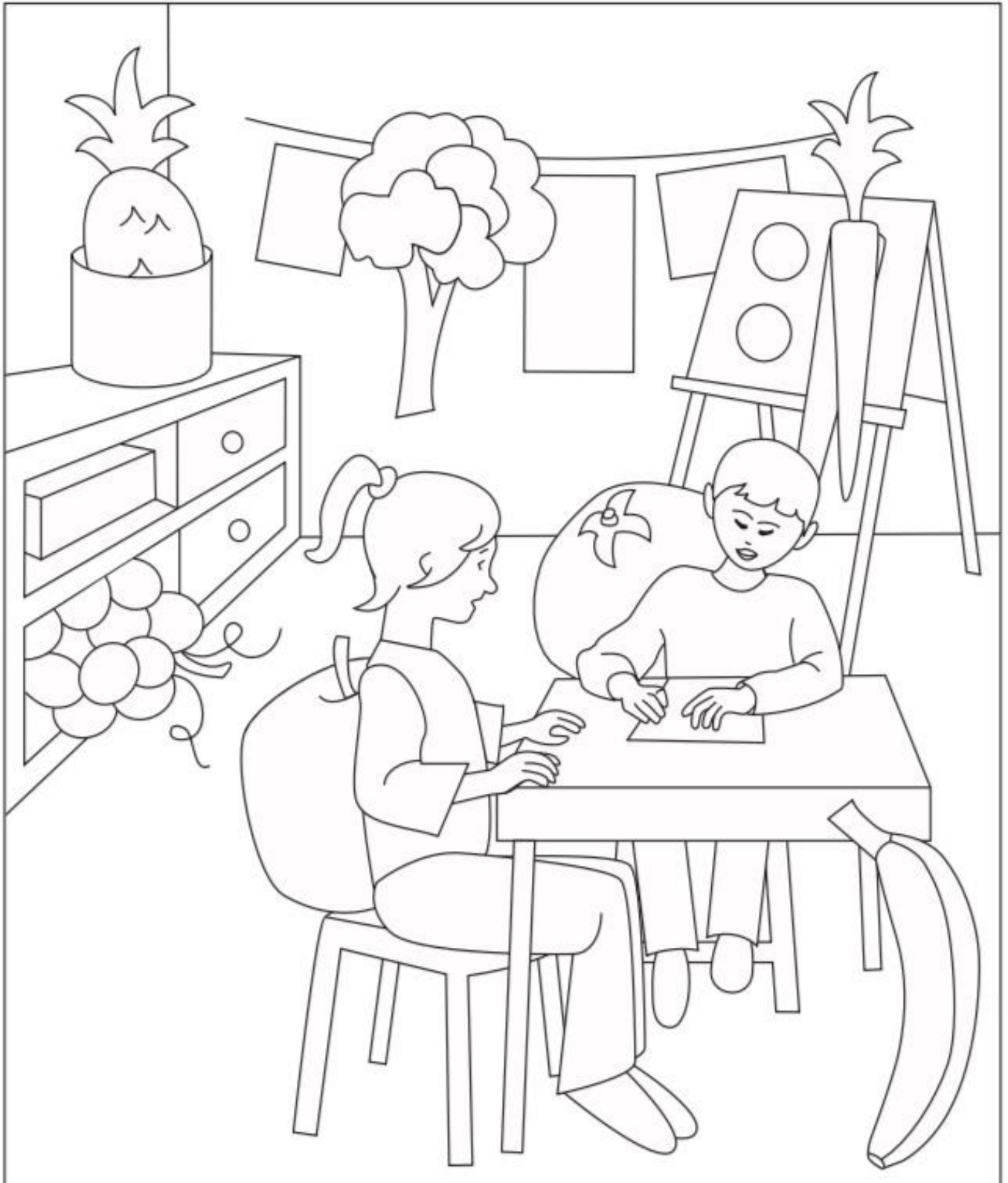






## Why not try these healthy Christmas treats!





How many fruits or vegetables can you find? Can you colour them all in?



Can you find the words?

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

CAVITY

DENTAL

GUMS

PLAQUE

CHIP

DENTIST

HEALTHY

SMILE

DECAY

FLOSS

HYGIENE

TEETH



Let's colour!

# Fun Brush Teeth





# Brushing My Teeth



Brushing my teeth is really important to keep them healthy and strong.



First I wet my toothbrush.



Then I add a pea size amount of fluoride toothpaste.



I brush the back teeth.



I brush the front teeth for 2 minutes in total.



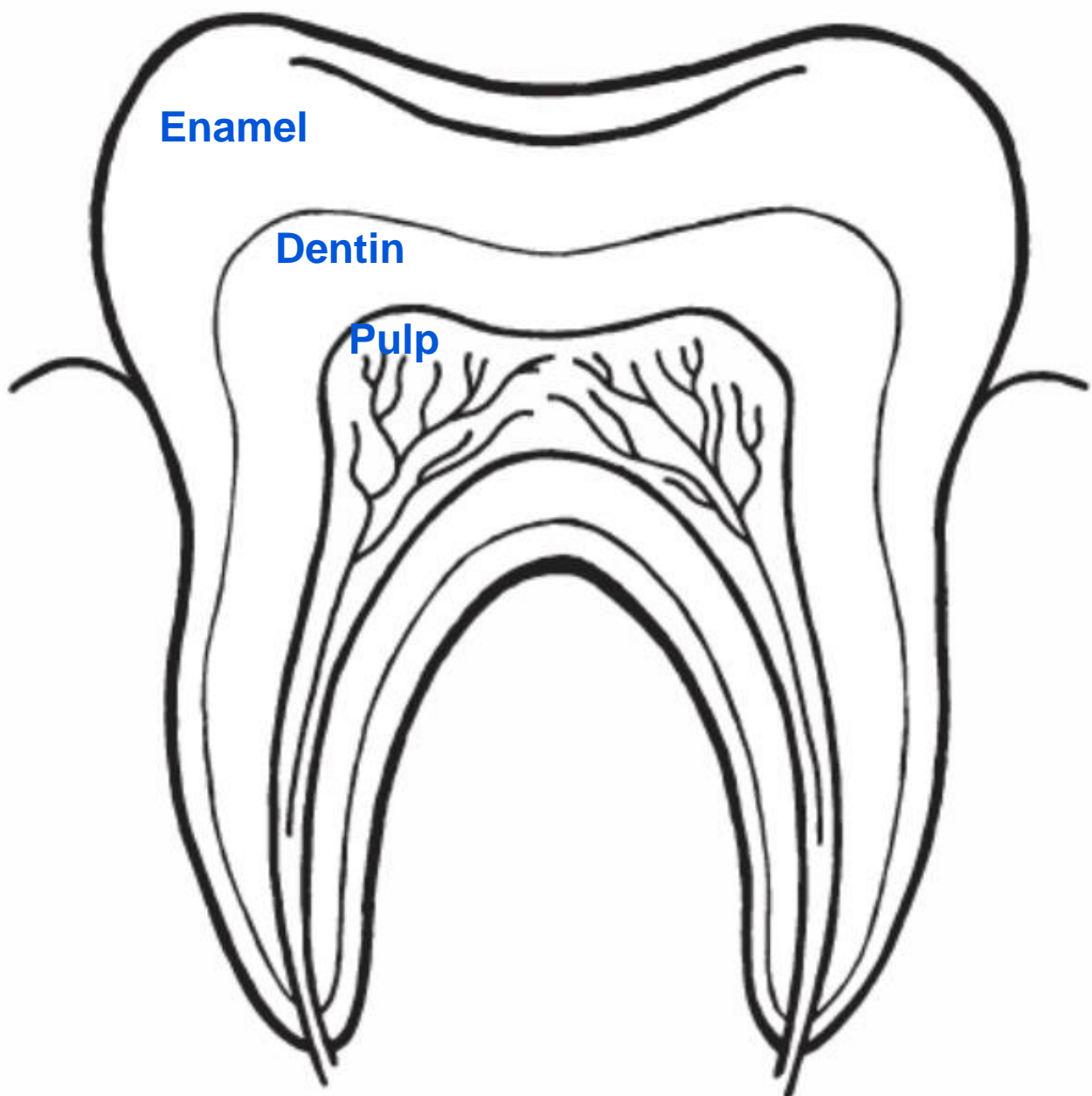
Then I spit into the sink but do not rinse my mouth.



## □ 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.



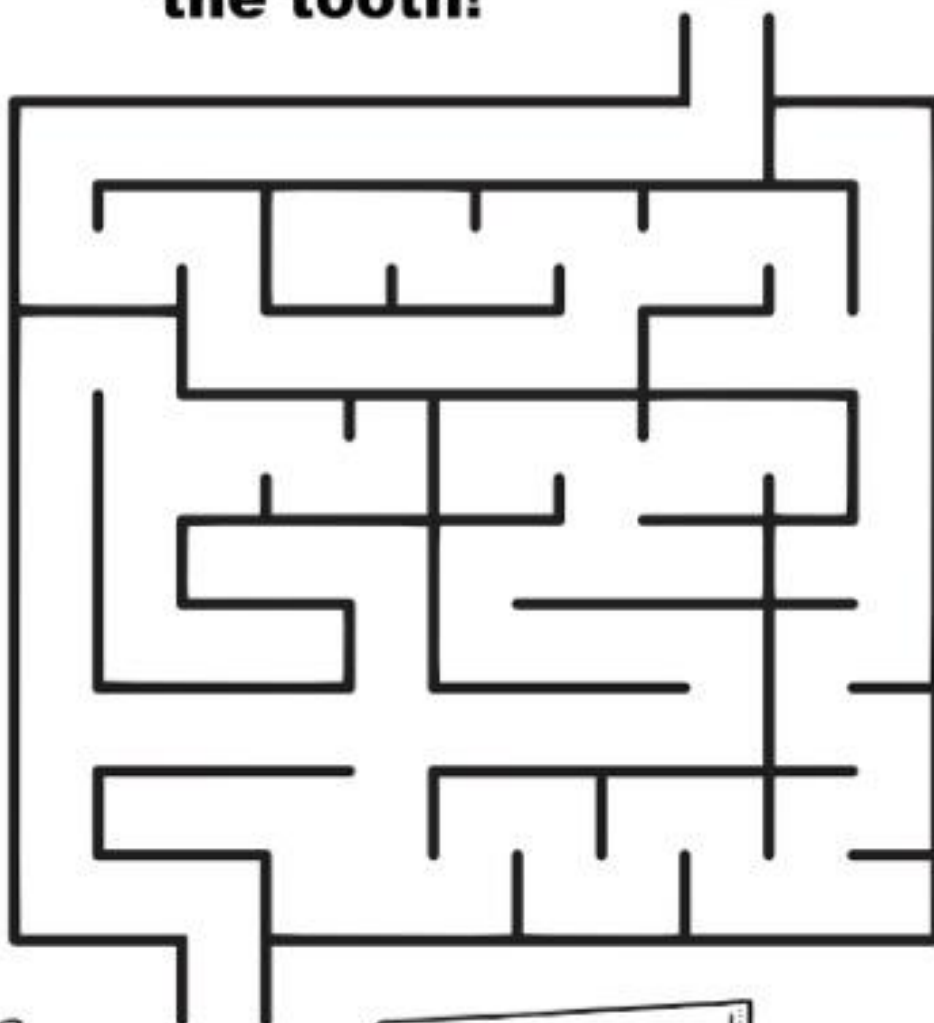


1. Colour the Enamel **Pink**
2. Colour the dentin **Yellow**
3. Colour the pulp **Red**

**Help get the  
toothpaste to  
the tooth!**



**END**



**START!**

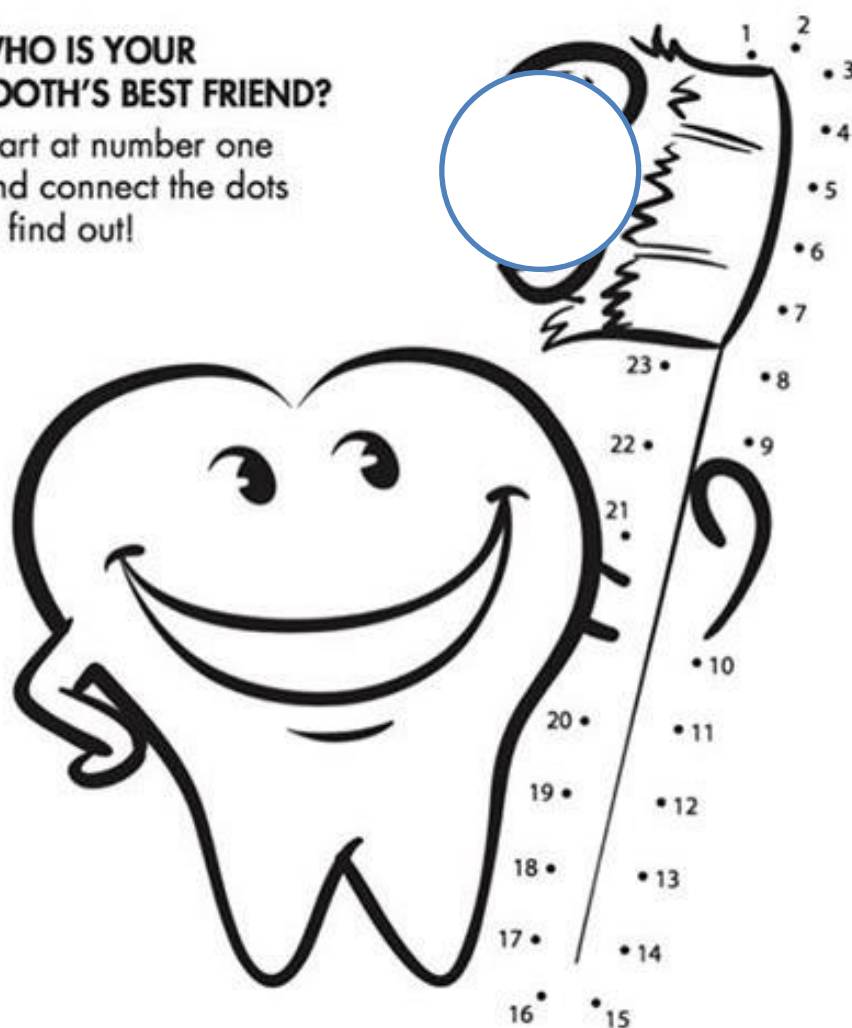


**Fluoride  
Toothpaste**

# CONNECT THE ..... DOTS!

**WHO IS YOUR  
TOOTH'S BEST FRIEND?**

Start at number one  
and connect the dots  
to find out!







Use a soft bristle toothbrush.  
Brush twice a day to keep the sugar bugs  
away!





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"/>



THIS IS TO CERTIFY THAT

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

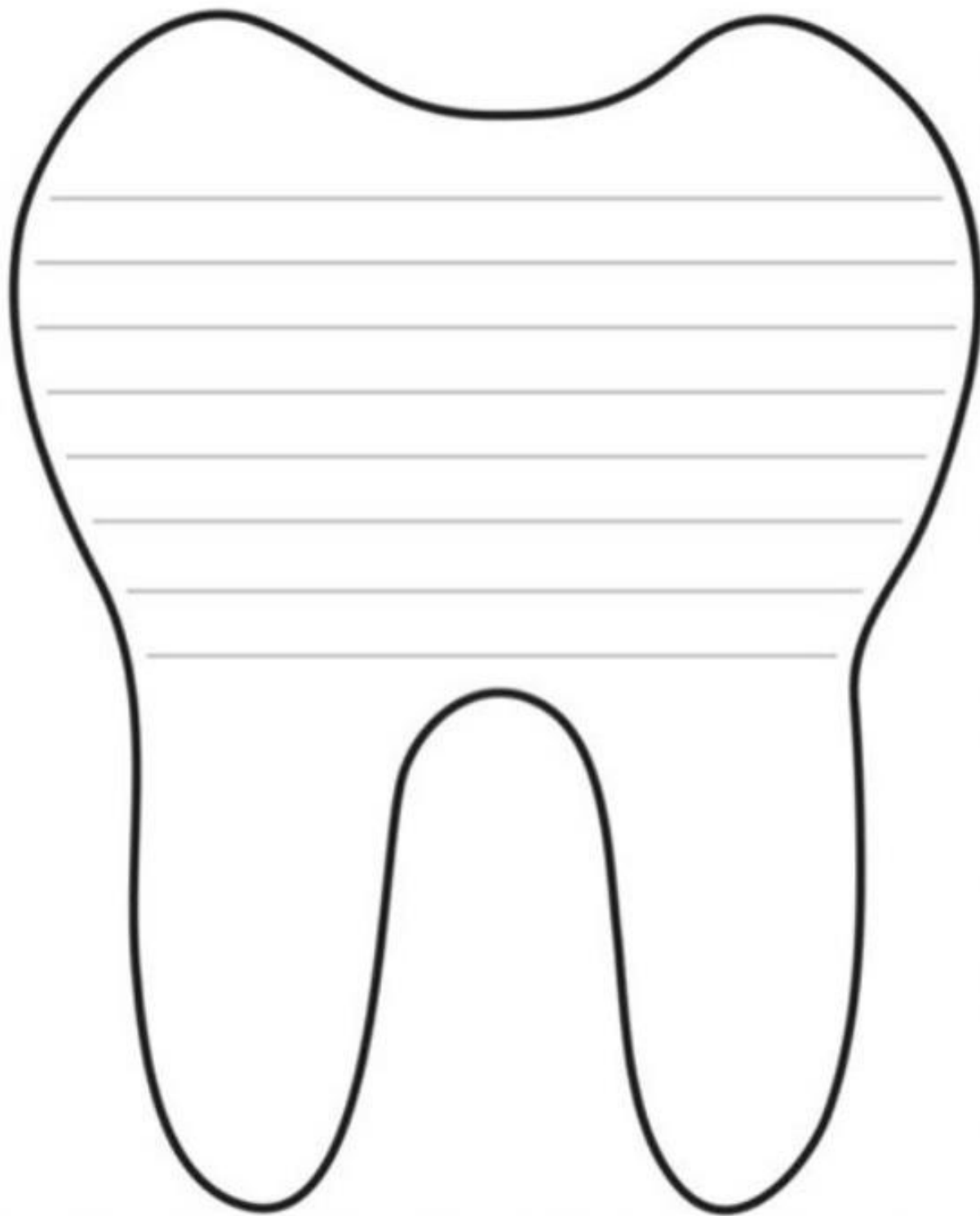
DATE

PARENT/CARER

HAS ACHIEVED

**BRUSHING TWICE A DAY THIS WEEK**

I like my teeth because ...



Leaflet by Louise McLean

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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