

Christmas Activity Pack

Oral Health for Children

Whittington Health NHS Trust Oral Health
Promotion Team



Milk Teeth

The first teeth we get are called milk teeth, baby teeth or primary teeth. Babies start developing teeth before they're even born, but the teeth aren't visible until the baby is 6-12 months old.

Children around 5 - 6 years old, start to lose their teeth. You've probably experienced this.

Losing a tooth can be scary at first, but there's a reason! The milk teeth are pushed out by permanent teeth growing in.



You have more permanent teeth than milk teeth: 32 in all. The four wisdom teeth are the last to come in, usually between the ages of 17 and 25. Some people never grow wisdom teeth.



Diagram of the mouth

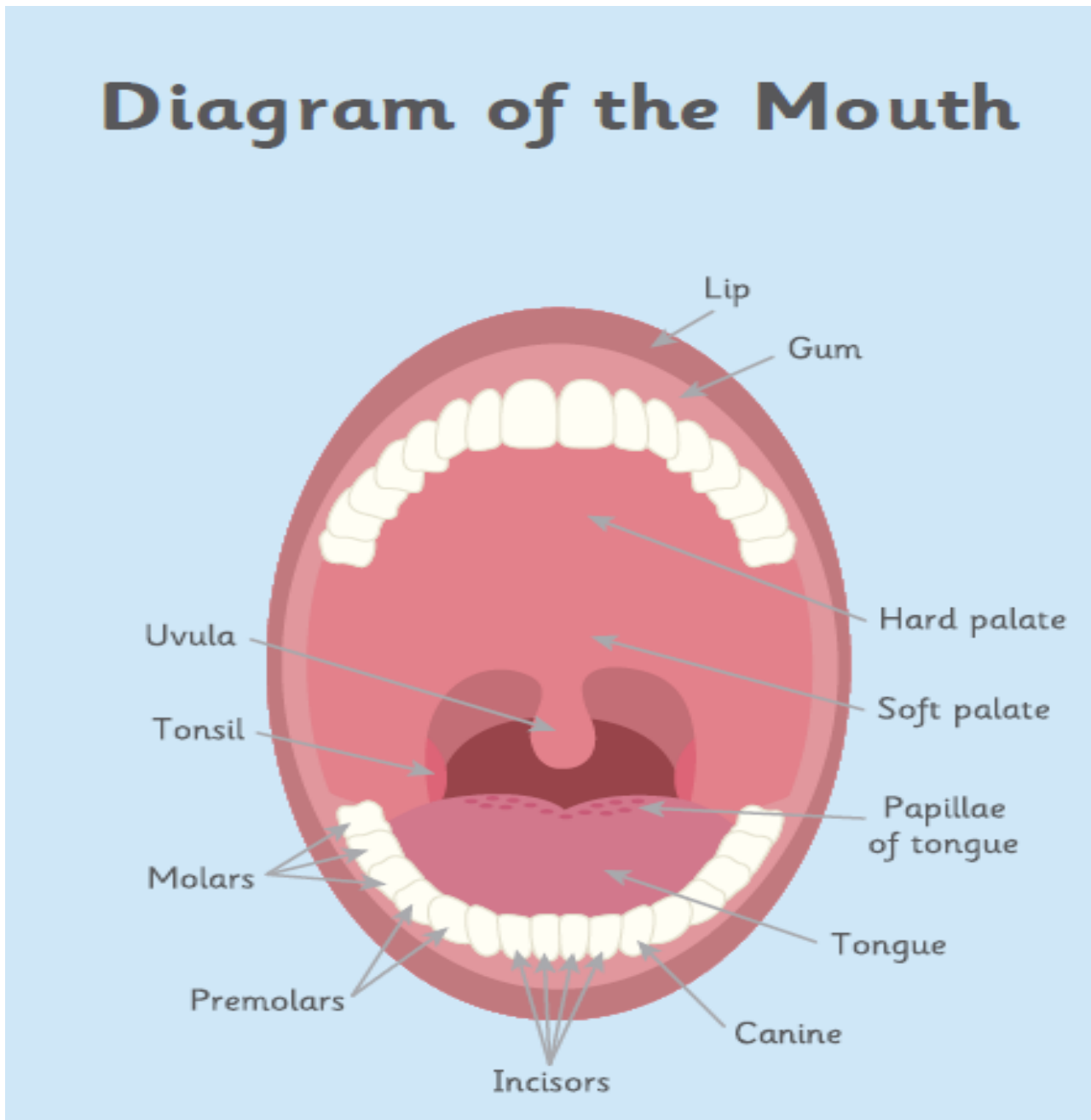
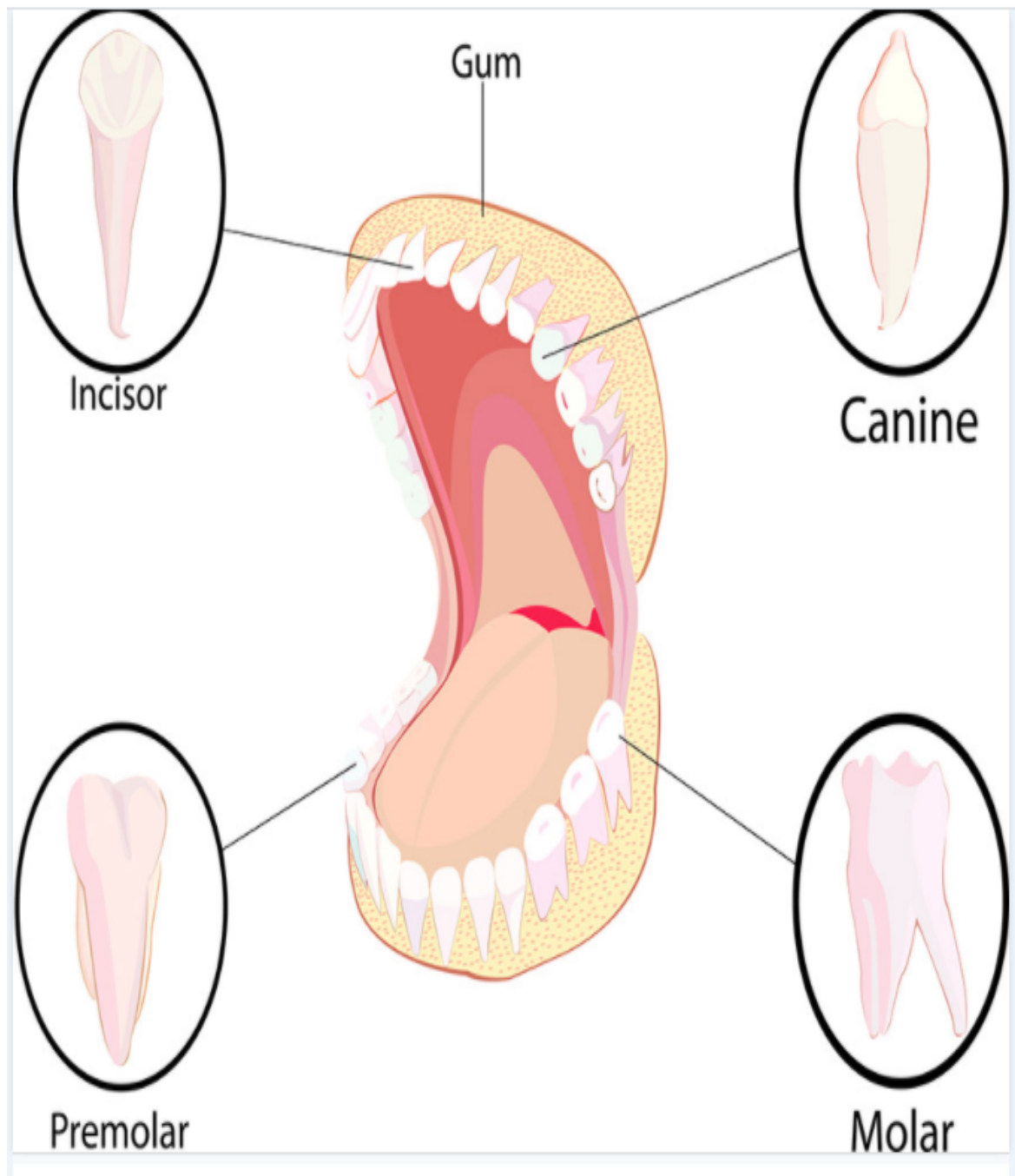
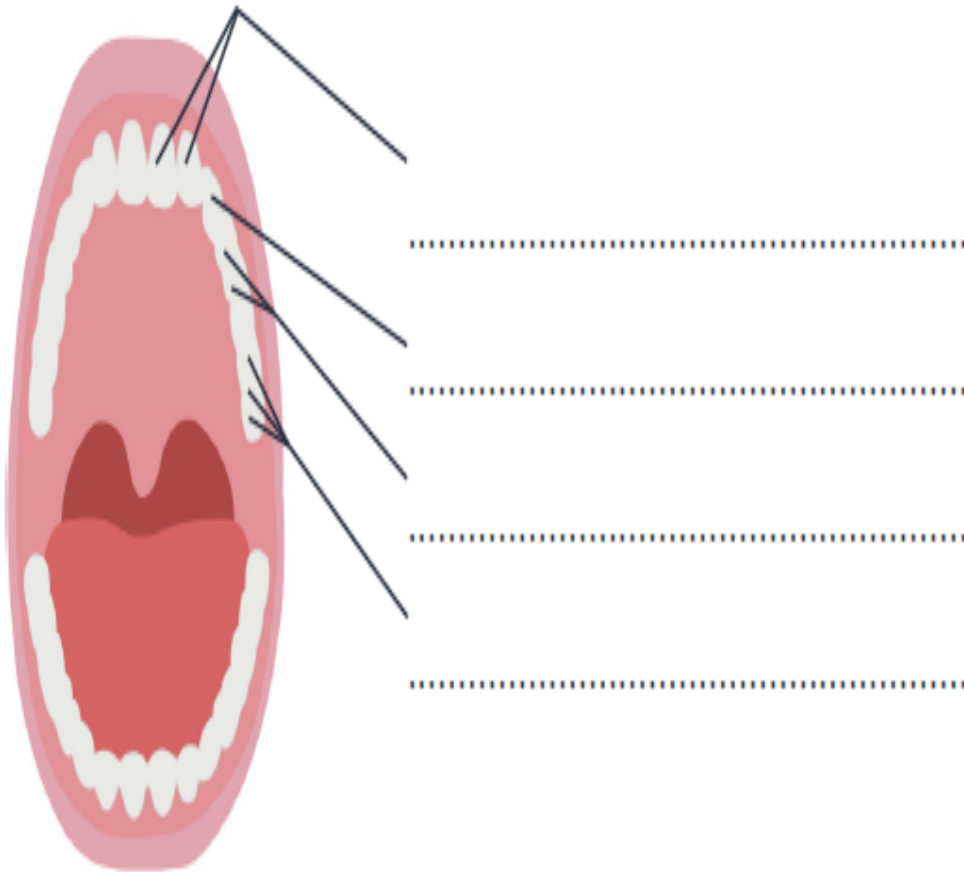


Diagram of labelled teeth



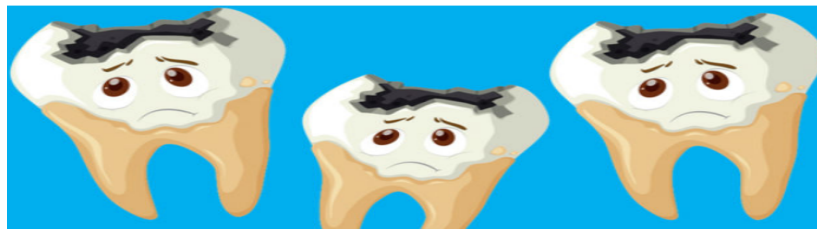
Can you label the teeth?



Sugar and teeth

Why is sugar bad for your teeth?

Sugar has a direct connection to tooth decay. After eating or drinking foods that contain sugar, these molecules combine with saliva and bacteria present in the mouth. This combination leads to plaque on teeth. Left on teeth, plaque can dissolve enamel, which leads to cavities.



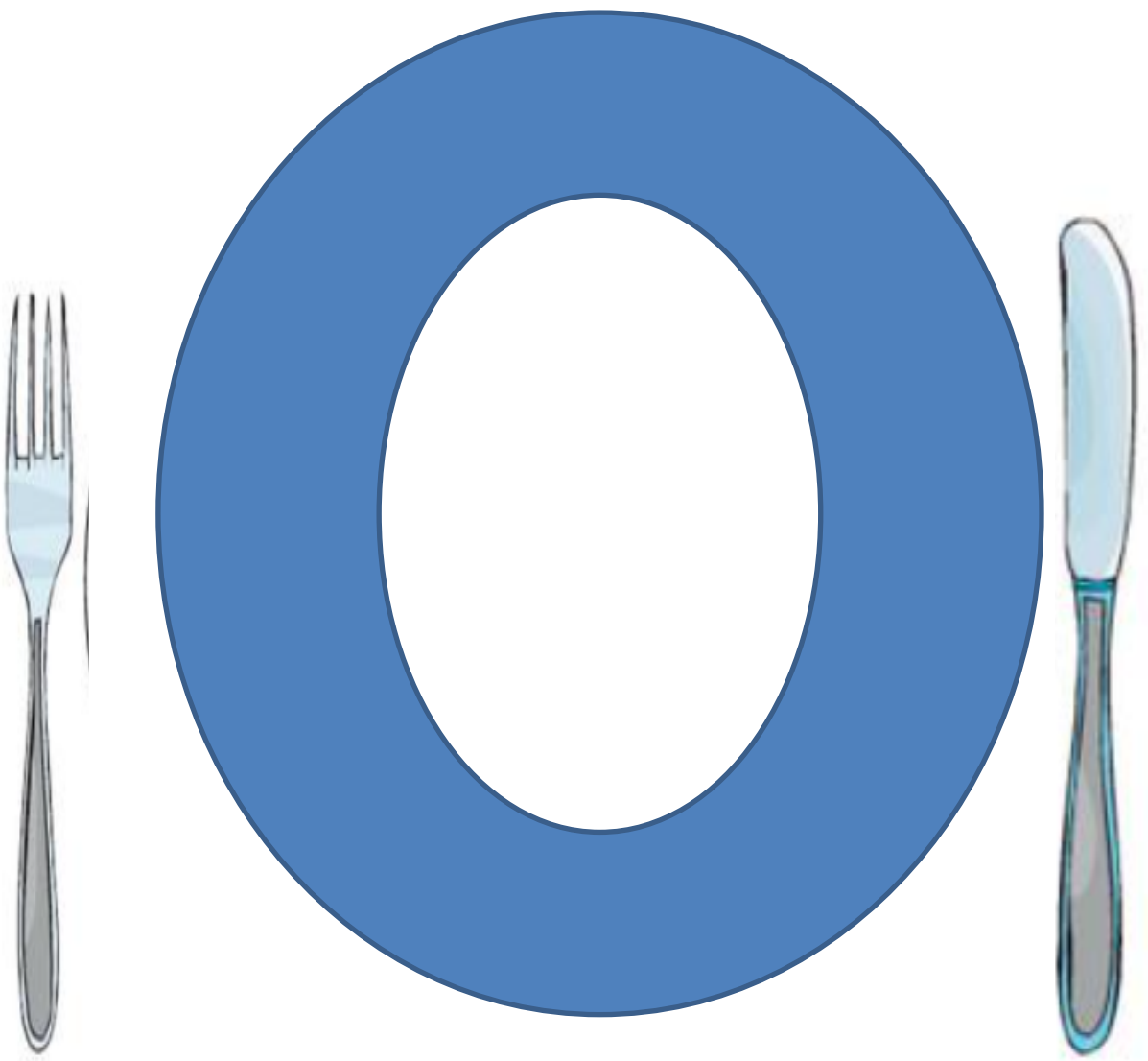
When the sugar is left on your teeth, it causes the acids to not only eat through the enamel. This often goes deeper into other layers of your teeth, and this is what causes cavities.

By cutting out sugar, you can stop this process, avoid cavities, and keep that protective enamel around for as long as possible.



Healthy eating

Think of a healthy meal .Can you draw a picture of a health meal?



Word search!!

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

DECAY

SMILE

TOOTHPASTE

VEGETABLES

DENTIST

SUGAR

TWICE

WATER

DAILY

MOLARS

TOOTHBRUSH

TWO

WHITTINGTON

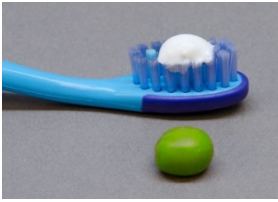




***Try some
healthy
Christmas
snacks***



How to brush teeth



1. Smear a pea-sized amount -fluoride toothpaste onto a soft children's toothbrush.

2. Sit the child in your lap, facing away from you, or stand behind taller children. Tilt the child's head back against your body so you can see all the surfaces of the teeth.
3. Angle the bristles of the toothbrush towards the gum. Move the brush in gentle circles to clean the outer sides of the teeth and gums.
4. Brush in gentle circles on the inside of the teeth and gums.
5. Brush back and forward on the chewing surface of the teeth.
6. After brushing all the surfaces, encourage your child to spit out the toothpaste

After brushing your teeth...



spit out the toothpaste,
but don't rinse



Food labels



When choosing between similar products, try to opt for more greens and ambers, and fewer reds.

How many calories are in the Bagels?

How much fat is in the Bagels?

How much saturated fat is in meal ?



Diet diary





	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

NOTES: _____

Here is a diet diary for you to fill in, take a look back at your week and see if you can swap any high sugar foods for lower sugar options. You could also take this diary with you when you visit the dentist.



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

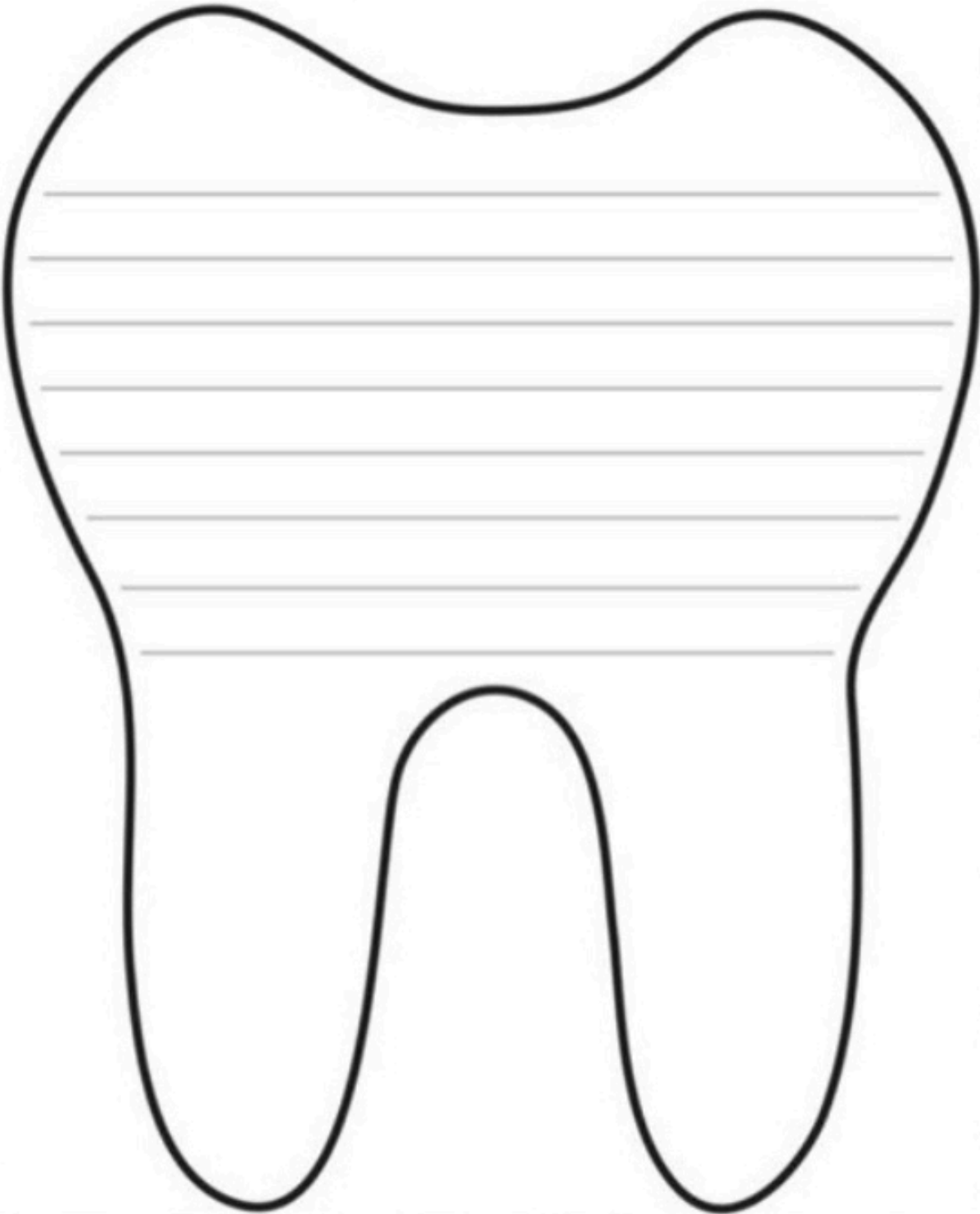
DATE _____

PARENT/CARER _____

HAS ACHIEVED

BRUSHING TWICE A DAY THIS WEEK

I like my teeth because ...



Dental Jokes

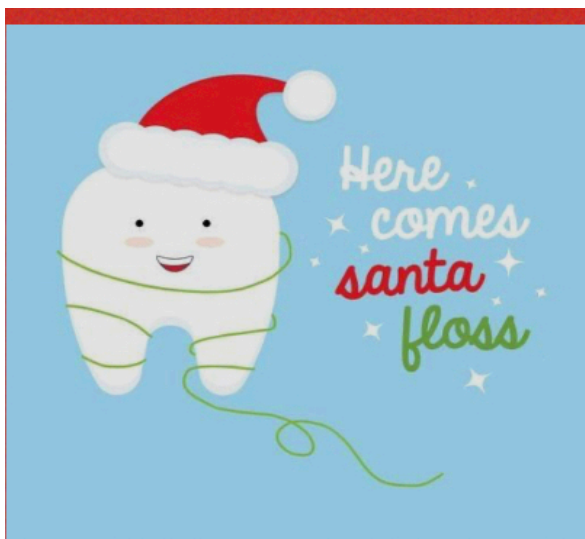
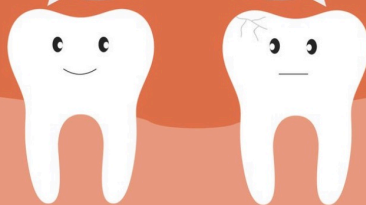
TOOTH FACT:

A baby tooth **won't** fall out unless there's an **adult** tooth to replace it



Do you like my jokes?

Yes, but they're cracking me up!



LOOK! I WON "BEST IN SNOW"!



Do hot foods bother you?



YOU HAVE GINGERVITIS.



By Erinna Proudfoot

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

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.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 30/11/2020
Review date: 30/11/2022
Ref: SC/DentServ/HAPOHC/01

© Whittington Health
Please recycle

