



Early years & key stage 1 Festive holidays activity pack







Oral Health Promotion
Whittington Health NHS Trust



Brushing Chart

Remember to brush your teeth 2 times every day
for 2 minutes

	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"/>



Colouring activity





Looking after your children's teeth



Start to visit the dentist regularly as soon as your child's first tooth appears

- You do not have to pay for [NHS dental services](#) if you're
 - under 18, or under 19 and in full-time education.
 - pregnant or have had a baby in the last 12 months.
 - being treated in an NHS hospital and your treatment is carried out by the hospital dentist. (but you may have to pay for any dentures or bridges)
 - receiving low-income benefits, or you're under 20 and a dependant of someone receiving low-income benefits.
- Scan the QR code for more information on finding a dentist.



Top Tips

- Use Fluoride toothpaste, fluoride prevents tooth decay.
- Fluoride amount can be found at the back of the toothpaste tube. It is usually written as Sodium Fluoride "ppm" (parts per million).
- Start brushing your baby's teeth as soon as the baby teeth come through.
- For under 3 years use a smear of paste with 1000ppm fluoride.
- For over 3 years, use a pea-sized amount of toothpaste with 1350 to 1500ppm fluoride.
- Children under seven should be supervised when brushing their teeth.
- Keep sugary food and drinks limited to mealtimes.
- Encourage your child to use a free-flowing feeding cup from six months of age and try to wean your child off the baby bottle by the age of 1.
- Plain water and milk are the best drinks for your child



You can learn more about oral health, nutrition and dietary needs of our children, helping them to enjoy the right foods at the right times.

<https://www.nhs.uk/healthier-families/recipes/>

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/>

<https://campaignresources.dhsc.gov.uk/campaigns/ttft/>

Please scan the QR code to visit the Whittington Health Oral Health website and learn more:



[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.

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