

Christmas Activity Pack

Oral Health for Children

Whittington Health NHS Trust Oral Health Promotion Team

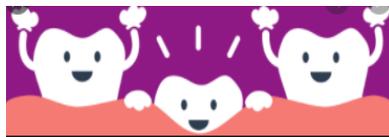


Milk Teeth

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

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

Losing a tooth can be scary at first, but there is 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

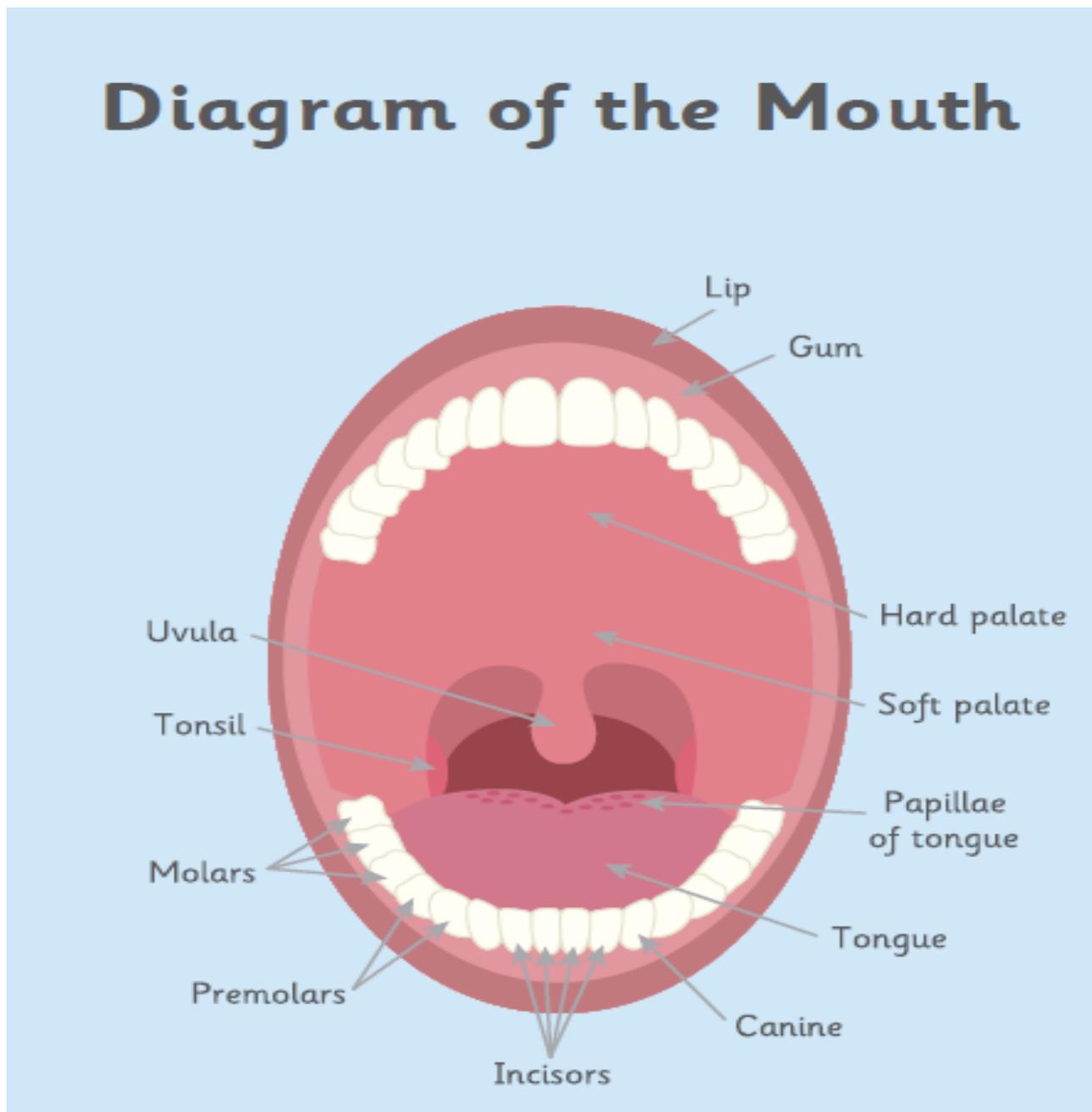
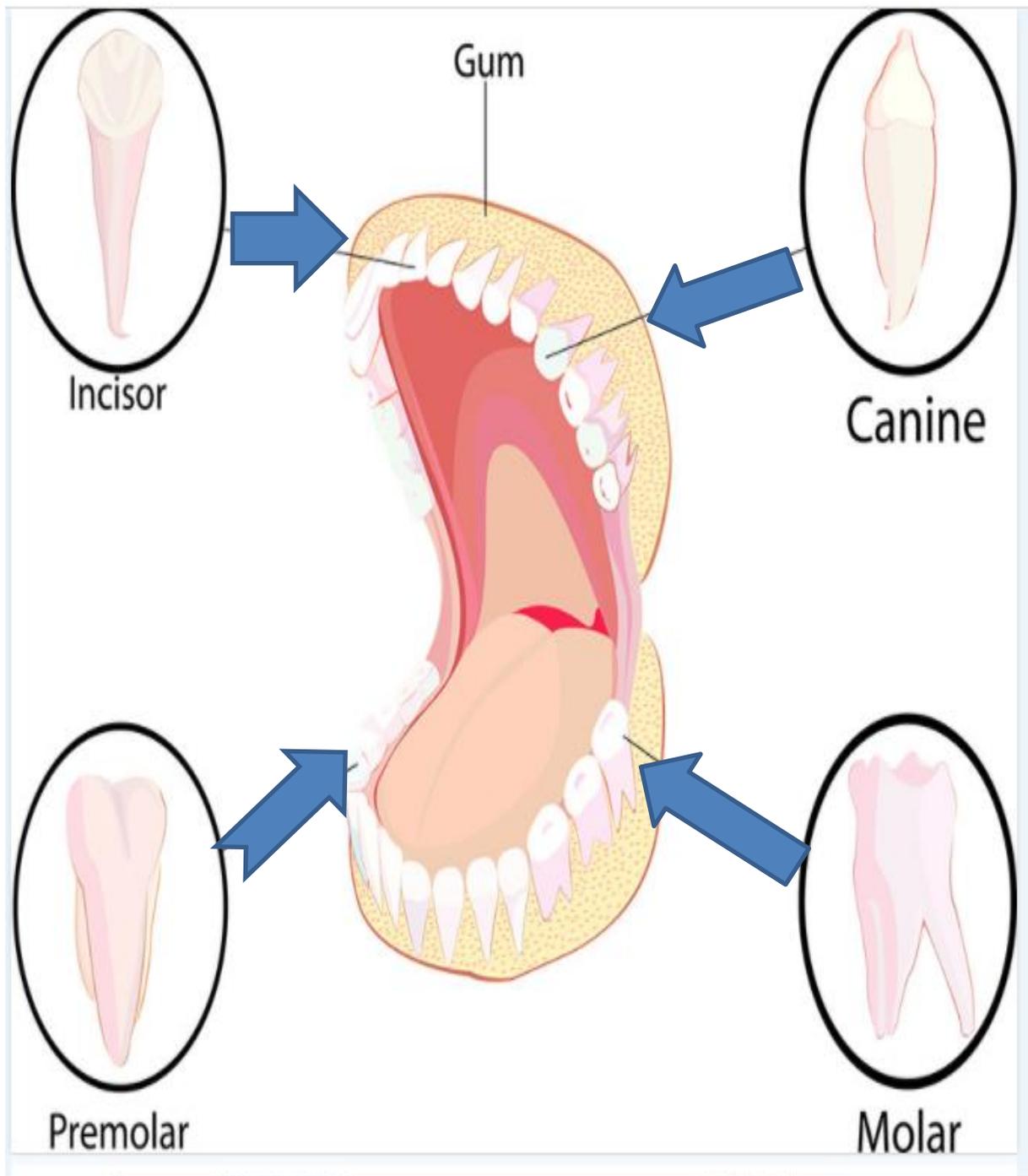
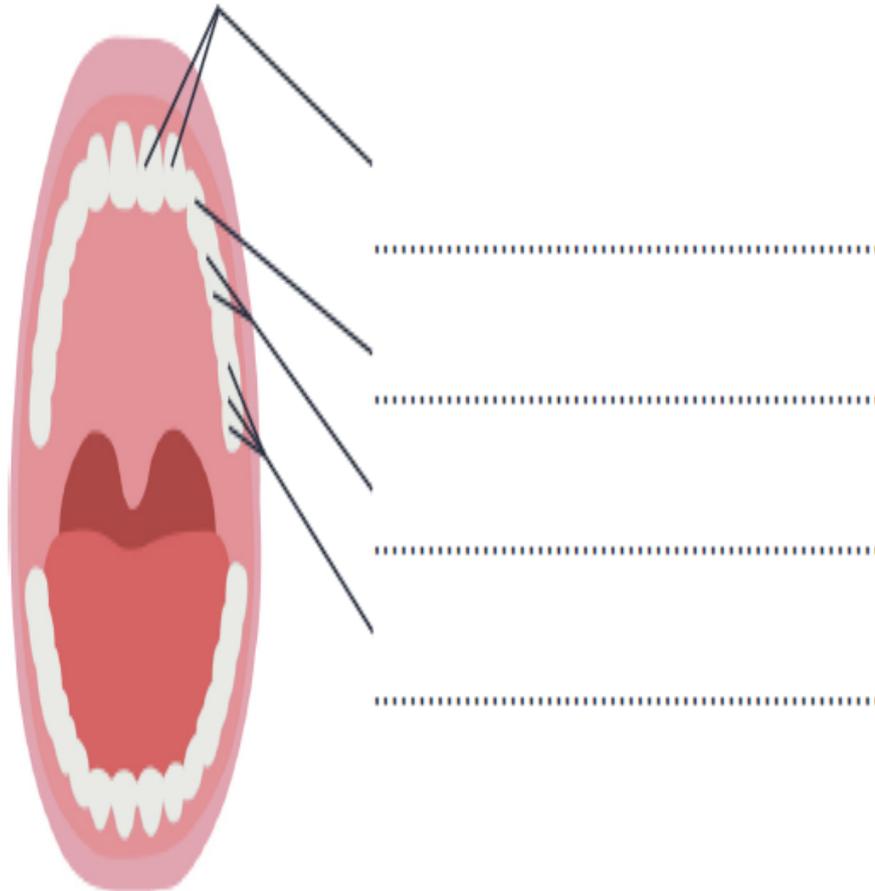


Diagram of labelled teeth



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.

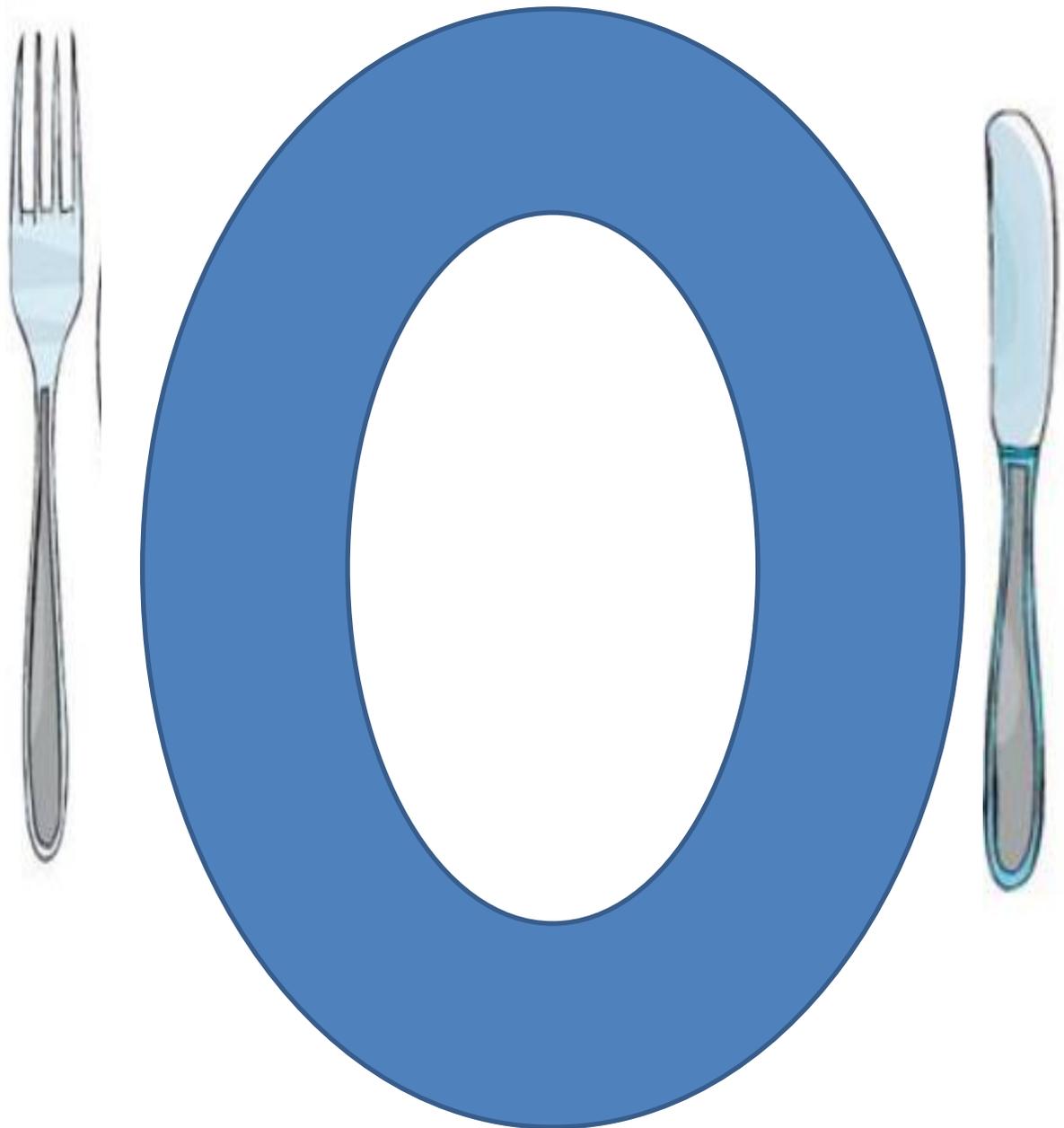


When the sugar is left on your teeth, it causes the acids not only to eat through the enamel, but often to go deeper into other layers of your teeth, and this is what causes cavities.

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 that would be kind to your teeth. Can you draw a picture of a healthy meal?





***Try some
healthy
Christmas
snacks***



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

DAILY
MOLARS
TOOTHBRUSH
TWO
WHITTINGTON

DENTIST
SUGAR
TWICE
WATER

How to brush teeth



1. Use a smear of fluoride tooth paste for under 3 years and a pea-sized amount of fluoride toothpaste for over 3 years on a small, soft children's toothbrush.
2. Sit the child on 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, but do not rinse.

Food labels



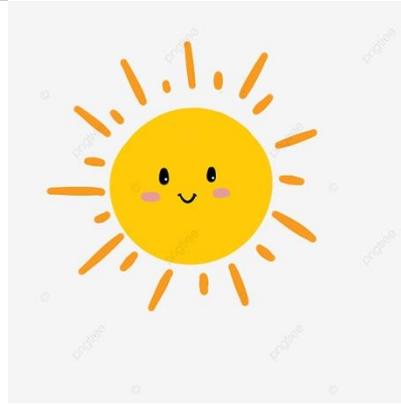
When choosing between similar products, try to opt for more **greens** and **ambers**, and fewer **reds**!

How many calories are in the Bagels?

How much fat is in the Bagels?

How much saturated fat is in the Bagels?

I brush my teeth



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Dental jokes



Leaflet by Erinna Proudfoot

Child Oral Health Harrow

Oral health training sessions for parents and carers

January and February 2021

**Join us on Zoom for a free Oral Health training for parents and carers
January and February 2021**

Topic: Harrow oral health parents session

Jan 13, 2021 09:30 AM

Jan 20, 2021 09:30 AM

Jan 27, 2021 09:30 AM

Feb 3, 2021 09:30 AM

Feb 10, 2021 09:30 AM

Join Zoom Meeting

Meeting ID: 847 7899 6387

Passcode: HOHP21

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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