



Oral Health for Children





Nursery and Reception Christmas Activity Pack




Whittington Health NHS Trust Oral Health
Improvement Team




Why do we need to visit the dentist



Visit the dentist



1x



Its important to visit the dentist at least once a year.

+

The dentist will check your teeth and help with any problems.

Why We need to see a dentist

The dentist is a doctor who is specially trained to care for teeth. When you visit for a checkup, your dentist will look at your teeth and gums to check they all healthy and treat any problems. The dentist also wants to make sure your teeth are developing properly as you grow.

It's important to visit your dentist every 6 months to make sure you're taking good care of your teeth and that your teeth and gums are healthy.



Why not try these healthy Christmas treats!



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

Can you find these words?

SUGAR

VEG

DAY

TOOTH

DENTIST

TWO

BRUSH

GUMS

FLOSS

DENTAL

FRUIT

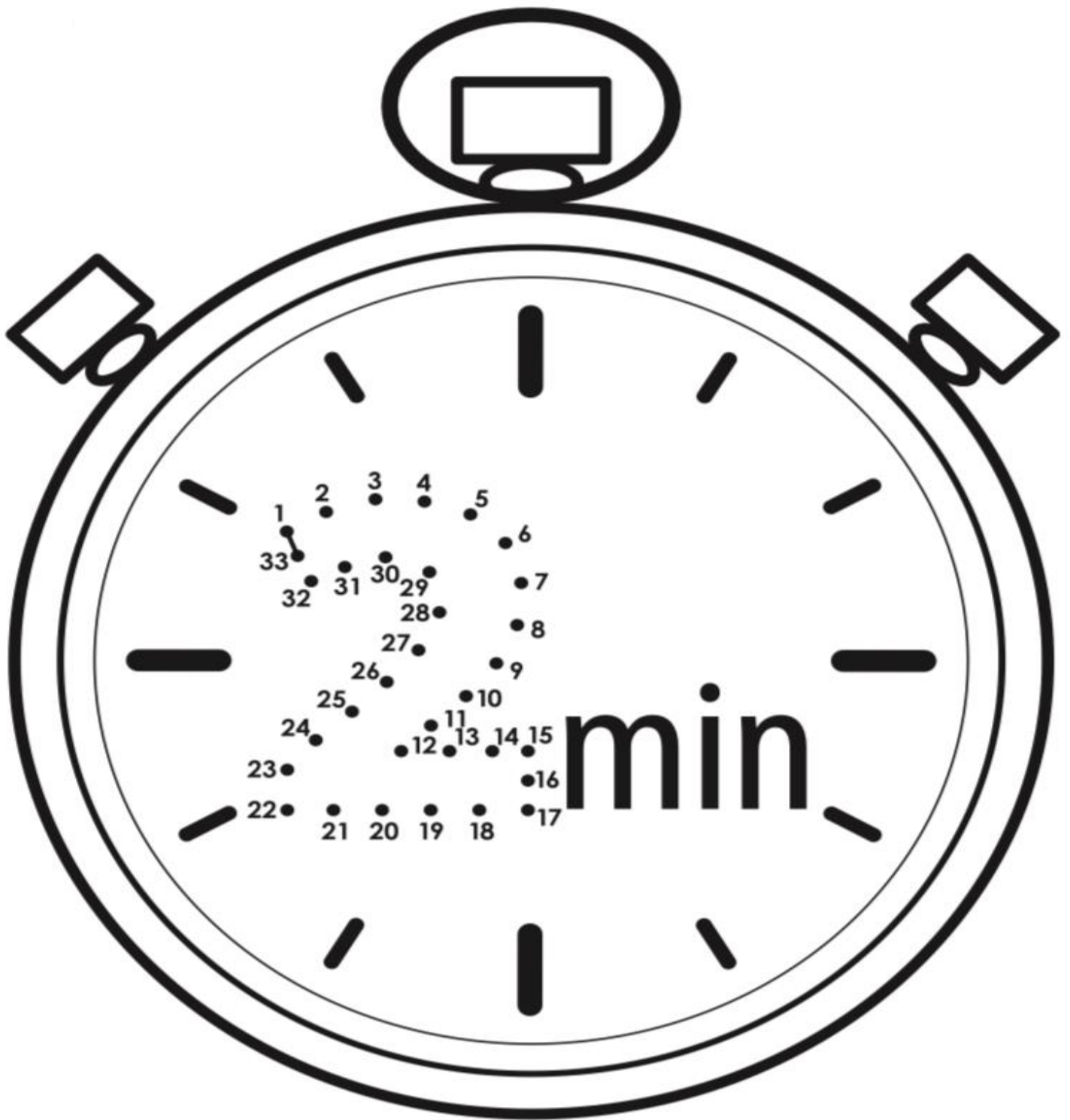
TEETH



Let's colour!

With all the cookies and milk Santa needs to brush too

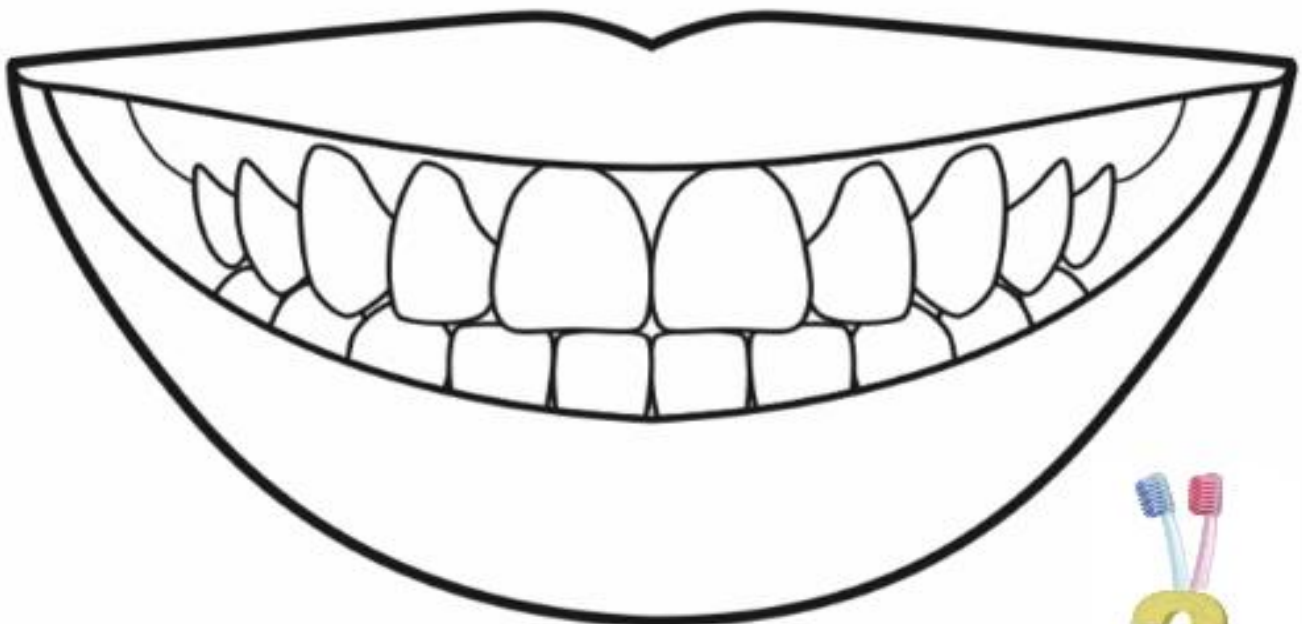




COLORING ACTIVITY

Remember to brush your teeth with fluoride toothpaste twice per day for two minutes each time.

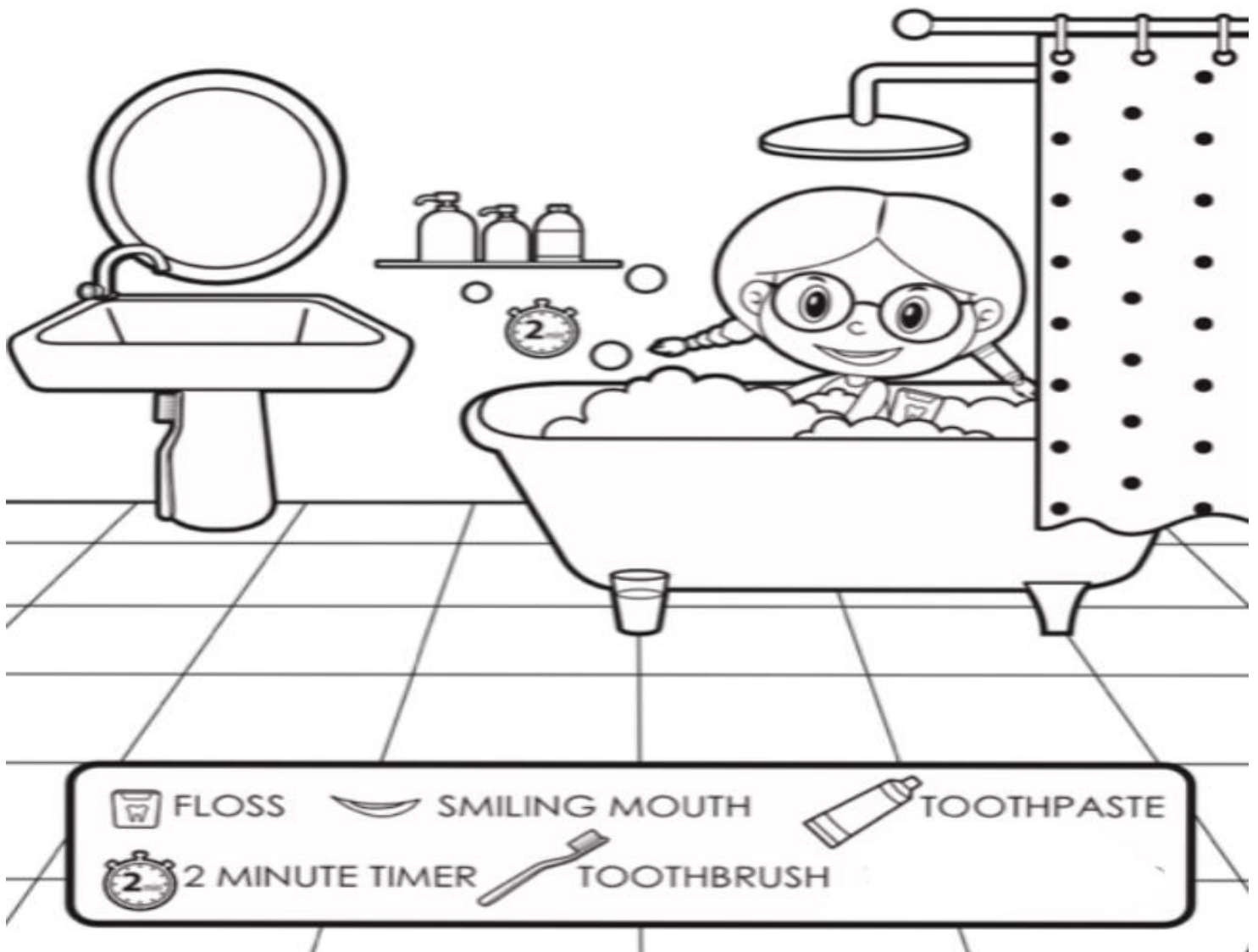
Paint the teeth below in your favorite color!



Can you count how many teeth need to be brushed in this picture? _____

SEARCH AND FIND

Can you find these hidden items in this picture?



Trace and Draw Parts of a Tooth!



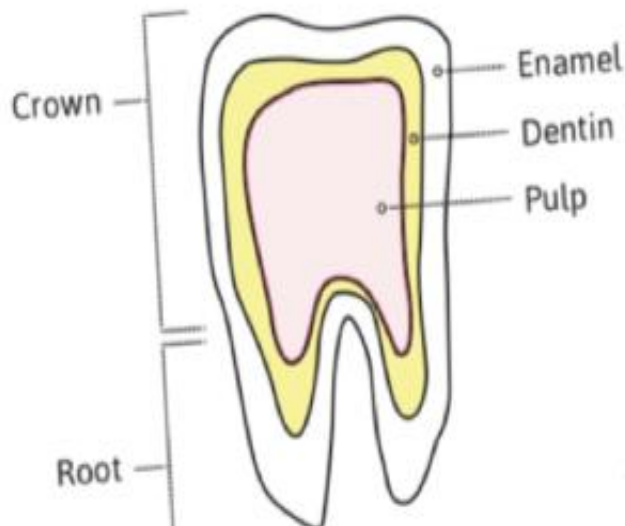
1

Trace your hand to create the shape of a tooth.



2

Draw the different parts of a tooth!



Brushing

1. Brush before bedtime and one other time during the day
2. Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
3. Just a smear on the brush for under 3-year-old
4. Pea sized amount for over 3-years-old
5. Spit – don't rinse when finished
6. Supervise under 7-years of age when brushing
7. Children should be taken to the dentist for regular visits



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"/>



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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