



Oral Health for Children



Nursery and Reception October 2022 Activity Pack

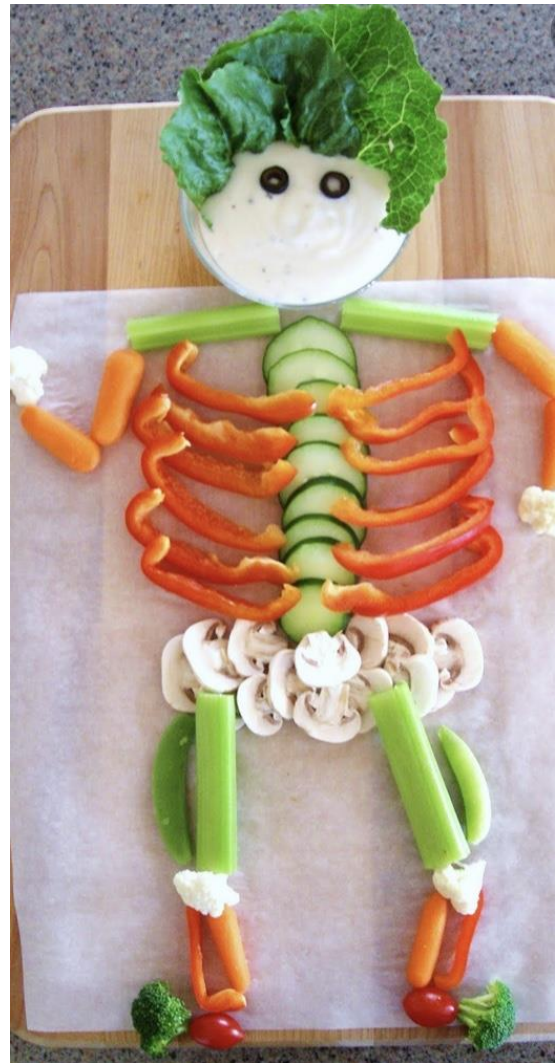
Whittington Health NHS Trust Oral Health
Improvement Team



Here are our top tips for tooth-friendly trick or treating:

- Keep sweets to mealtimes only to reduce the amount of time teeth are exposed to them.
- Limit the number of houses you visit to help cut down how many sweets are collected.
- Make sure your child does not eat sweets less than an hour before bedtime, as they could risk brushing off enamel from their teeth which has been weakened by an acid attack.
- Supervise tooth brushing children's teeth with a fluoride toothpaste before they go to bed.
- Brushing teeth last thing at night is very important as the mouth produces less saliva overnight.
- Offer sugar-free treats such as cheese, nuts, crackers, and breadsticks as they are healthy alternative and reduce the risk of tooth decay.
- You could even try these healthy treats below!





HAPPY HALLOWEEN





Match the monster mouth!

Cut out the monsters and match the correct mouth



Can you find the words?

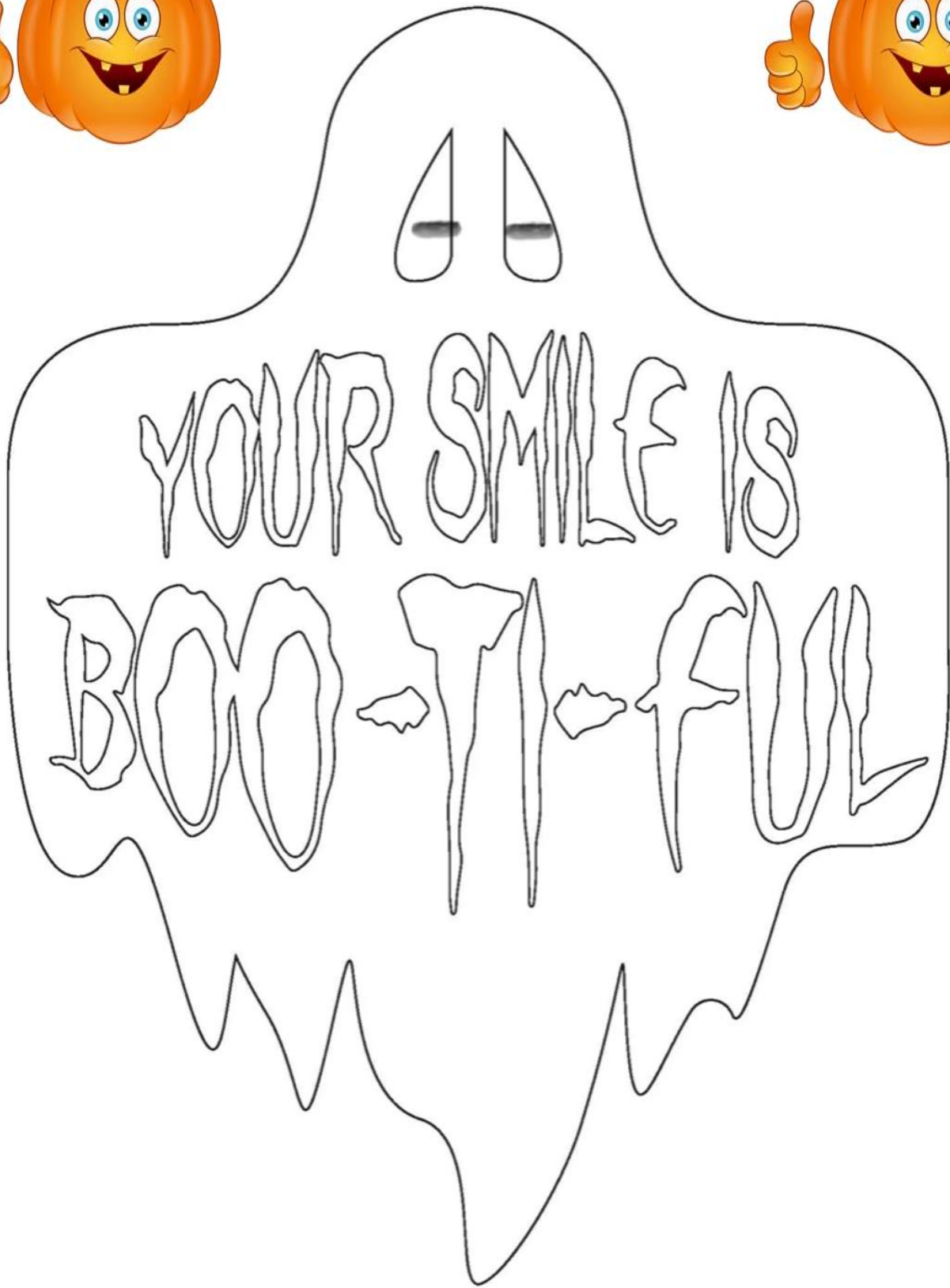
C	A	V	I	T	Y	J	A	W
P	L	A	Q	U	E	T	W	O
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B	R	U	S	H	G	U	M	S
K	X	D	E	N	T	I	S	T
H	A	L	L	O	W	E	E	N
M	E	D	I	R	O	U	L	F

HALLOWEEN
TOOTH
BRUSH
PLAQUE

DECAY
DENTIST
GUMS
CAVITY

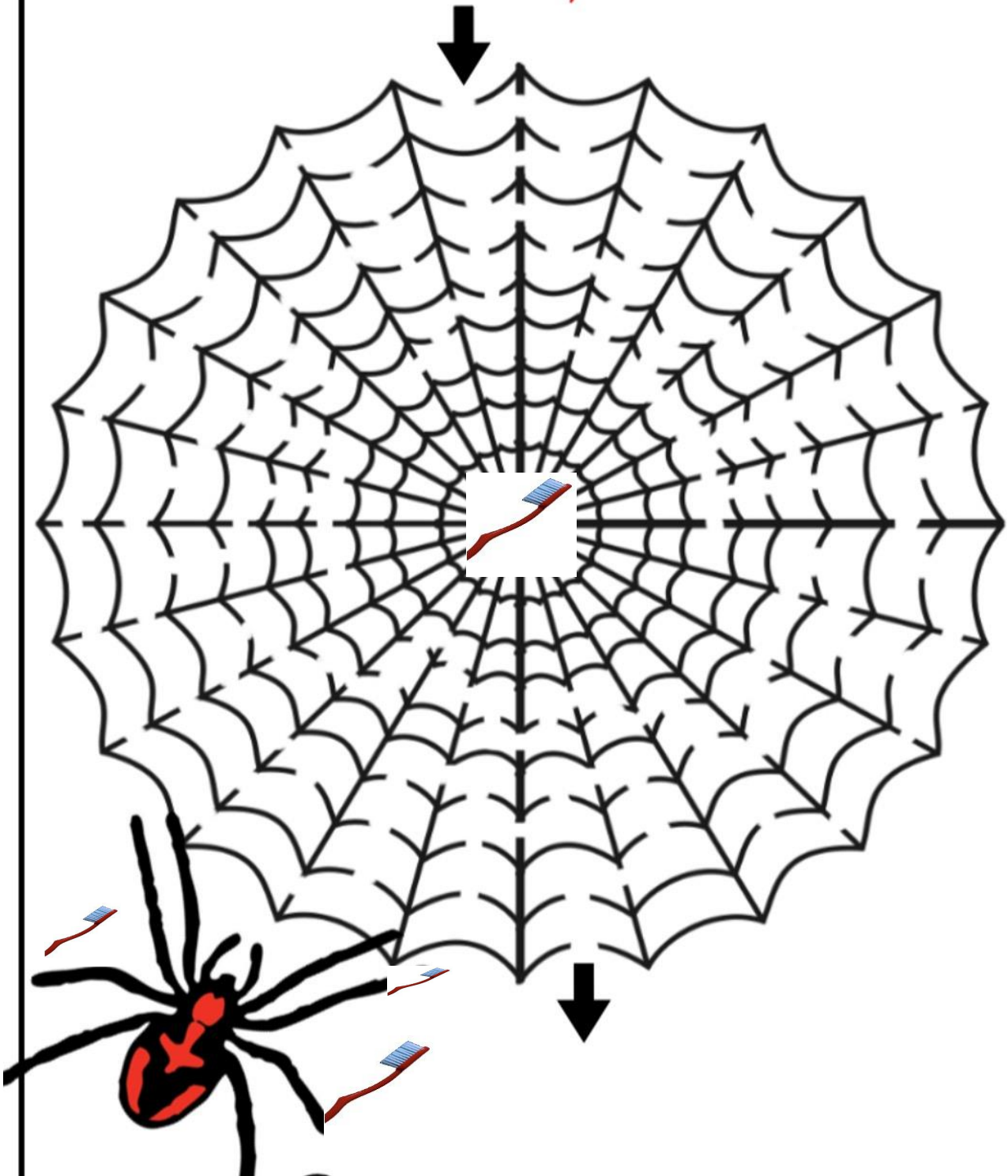
FLUORIDE
TWO
ORAL

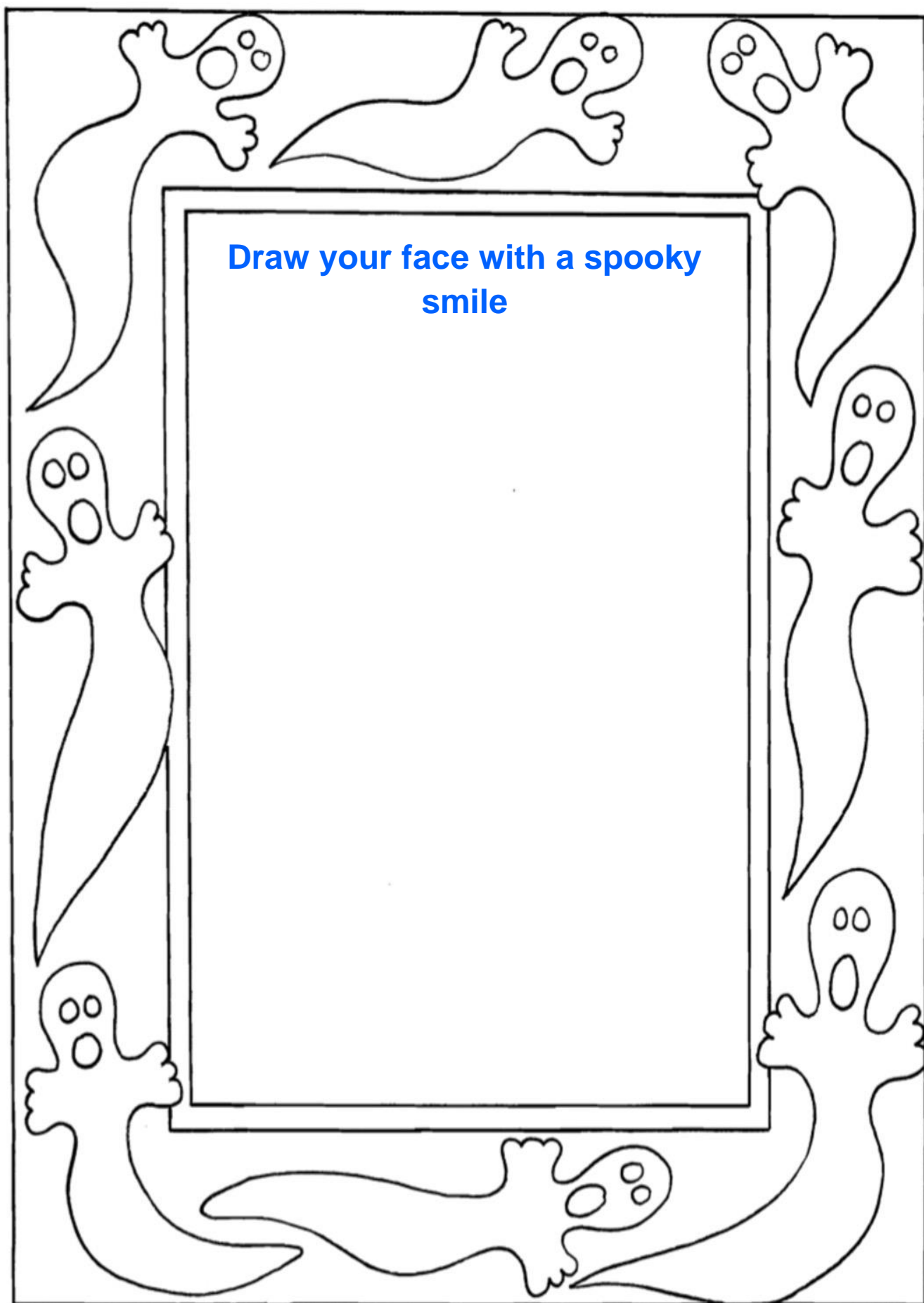




Find a Route Through The Web

(don't twang any threads!)







Looking after your teeth during half term

The simplest ways you can begin to improve your oral health during the half term is:

- Having a great oral care routine will ensure that your teeth stay protected.
- Remember to brush twice daily with an appropriately sized soft bristle brush.
- When tooth brushing position the toothbrush at a 45 degree angle towards the gum line and use gentle strokes to effectively remove plaque.
- Toothpaste – with fluoride and containing 1,350-1,500. The box will give you this information.
- Brush for two minutes
- Spit do not rinse out toothpaste.
- Keep to regular dental checkups “Prevention is better than cure”
- Reduce sugary foods and drinks intake. The more often your teeth are put under attack and risk of damage to you enamel increased.



Leaflet by the Whittington health oral health improvement team

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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