



Oral Health Pack



Summer 2023 Activity Pack

**Whittington Health NHS Trust Oral Health
Improvement Team**

We hope you enjoy summer!

Please remember it's important to look after your teeth this summer. Make sure to maintain good a daily oral health routine.



- 1. Limit the frequency of sweet treats**
- 2. Enjoy sweet treats with meals**
- 3. Wash down your sugary treats with water**
- 4. Brush your teeth twice a day especially at night-time**
- 5. Remember to spit but do not rinse**



Number 2 Practice Sheet

Practice by tracing along the lines with a bold colour pencil

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2



Draw a line between the matching pictures



Letter T Practice Sheet

Practice by tracing along the lines with a bold colour pencil

T T T T T T

T T T T T T

t t t t t t

t t t t t t



Can you find the words?

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

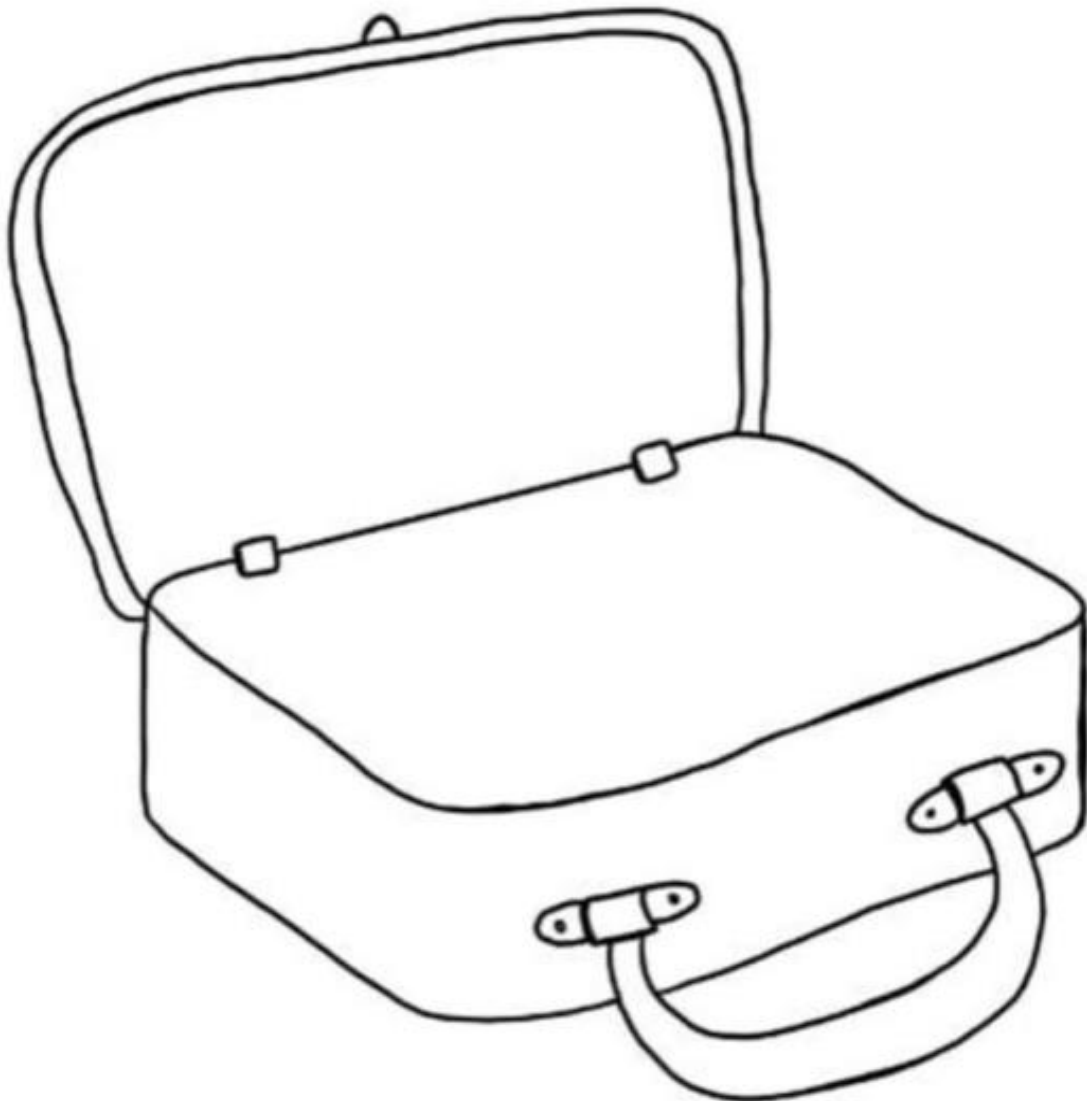
Decay Oral Fluoride Minutes
 Tooth Sun Dentist Two
 Brush Plaque Gums Cavity



Can you draw your dentist and Dental nurse



Can you draw all the healthy foods you like in your lunch box



Key word match-up

Can you match the word to the meaning?

Enamel

ways to keep teeth clean

Plaque

tiny holes in the tooth caused by a build-up of plaque

Cavity

hard, outer layer of the tooth

Oral hygiene

soft, sticky film that builds up on teeth and contains bacteria

Answers

Oral hygiene: ways to keep teeth clean

Cavity: tiny holes in the tooth caused by a build - up of plaque

Plaque: soft, sticky film that builds up on teeth and contains bacteria

Enamel: hard, outer layer of the tooth





Whittington Health
NHS Trust

Brush your teeth twice a day using a fluoride toothpaste. Then when you have finished spit your toothpaste out, but do not rinse!

புளோரைடு பற்பசையைப் பயன்படுத்தி ஒரு நாளைக்கு இரண்டு முறை பல் துலக்கவும். பின்னர் நீங்கள் உங்கள் பல்பசையை வெளியே துப்பி முடிந்ததும் மறுபடி அலச வேண்டாம்!

Caday ama rumeysa
ilkahaaga laba jeer maalintii
adigoo isticmaalaya
daawada cadayga ilkaha ee
Fluoride leh. Kadib markaad
dhamaysatid waa tufi kartaa
daawada ilkaha ee laakiin
ha biyo raacsiin!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ
ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ ਆਪਣੇ ਦੰਦਾਂ
ਉੱਤੇ ਬੁਰਸ਼ ਕਰੋ। ਫੇਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ
ਟੂਥ ਪੇਸਟ ਨੂੰ ਥੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ
ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟਨੂੰ ਉਪਯੋਗ ਕਰਨੇ ਦਿਵਸਮਾਂ ਦੇ
ਵਜ਼ਤ ਤਮਾਰਾ ਦਾਂਤ ਸਾਫ਼ ਕਰੋ। ਪછੀ જ્યારે તમે
સમાપ્ત કરો ત્યારે તમારા દਾਂતની પેસ્ટને ਥੂੰਡੀ ਨਾਂਯੋ,
ਪਰੰਤੂ, કોਹਲਾ ન કરੋ!

اپنے دانتوں کو دن میں دو بار فلورائڈ ٹوٹھ
پیسٹ سے برش کریں۔ جب برش مکمل
کریں تو ٹوٹھ پیسٹ کو تھوک دیں، مگر
کلی نہ کریں

Czyść zęby dwa razy dziennie używając
pasty z fluorem. Następnie, kiedy skończysz,
wypluj ale nie płucz!



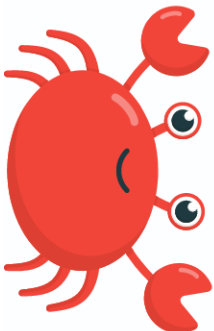


Toothbrushing Chart

Make your teeth sparkle and shine this summer



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							



Clean teeth?
Shell-yeah!



Fizzy drink



Fizzy drink

Fizzy drink



Fizzy drink

Premolars



Premolars

Premolars



Premolars

Water



Water

Water



Water

Incisor



Incisor

Incisor



Incisor

Canine



Canine

Canine



Canine

Molar



Molar

Molar



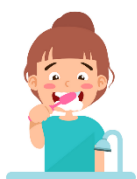
Molar

Spit don't
rinse



Spit don't
rinse

Spit don't
rinse



Spit don't
rinse

Brushing
Chart



Brushing
Chart

Brushing
Chart



Brushing
Chart

**Electric
toothbrush**



**Electric
toothbrush**

**Electric
toothbrush**



**Electric
toothbrush**

Toothpaste



Toothpaste

Toothpaste



Toothpaste

Dentist



Dentist

Dentist



Dentist

Toothbrush



Toothbrush

Toothbrush



Toothbrush

Milk



Milk

Milk



Milk

Vegetables



Vegetables

Vegetables



Vegetables

Dental nurse



Dental nurse

Dental nurse



Dental nurse

Fruit



Fruit

Fruit



Fruit

Brushing My Teeth

Brushing my teeth is really important to keep them healthy and strong.



First I take my toothbrush.



Then I add a pea size amount of fluoride toothpaste.



I brush the back teeth.



I brush the front teeth for 2 minutes in total.



Then I spit into the sink but do not rinse my mouth.



Remember visiting the Dentist is **FREE** for children!



What Does the Dentist Do?

The Dentist is a doctor who is trained to care for teeth.

When you visit for a check-up, your Dentist will,

- Look at your teeth and gums to check for any problems.
- The dentist also wants to make sure your teeth are developing properly as you grow.
- The dentist will show you how to brush your teeth.

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.



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



Leaflet by the Whittington health oral health improvement team

Erinna Proudfoot and Louise McLean

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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