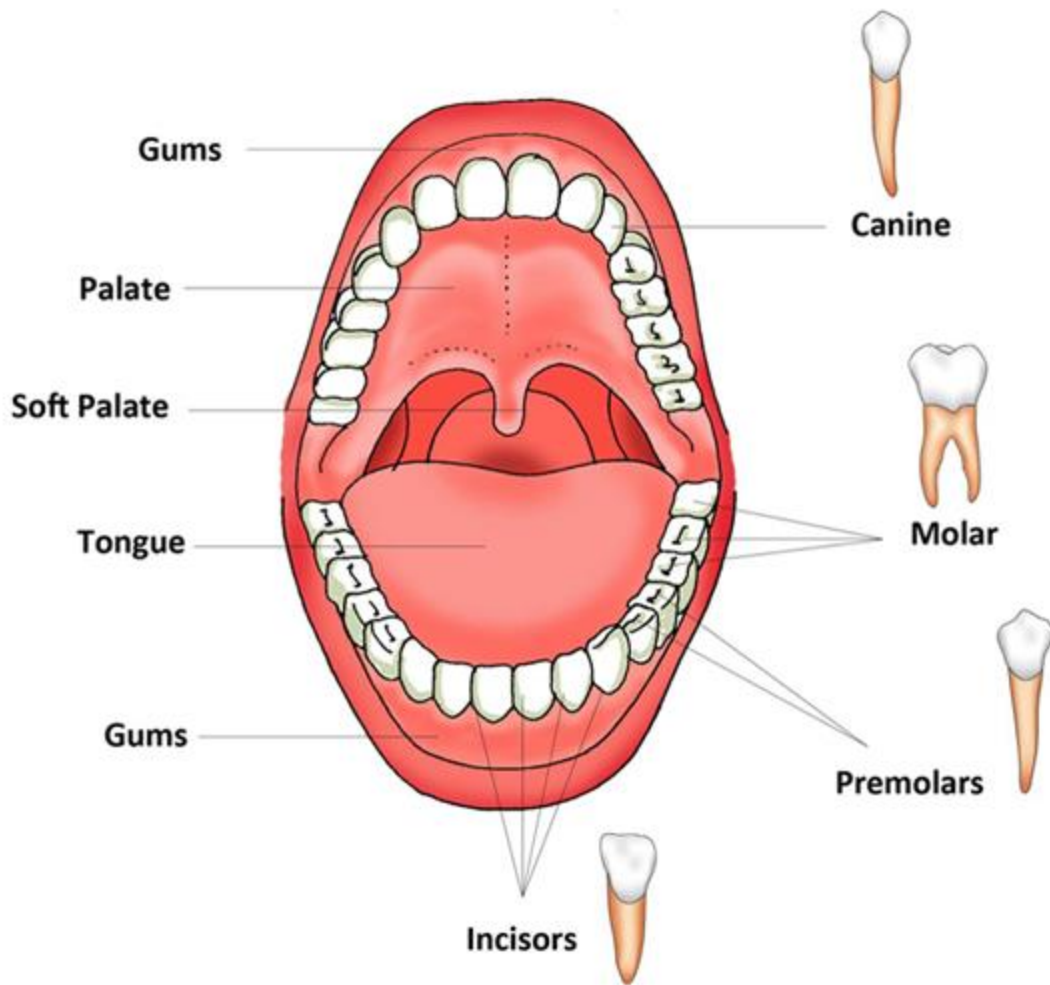




Summer Activity Pack

Oral Health for Children

Whittington Health NHS Trust Oral Health
Promotion Team



Tiny Teeth

Unlike your heart or brain, your teeth were not ready to work from the day you were born. Although babies have the beginnings of their first teeth even before they are born, teeth do not become visible until babies are about 6 to 12 months old.

If you open your mouth wide, you will see your **molars**. Molars are the toughest of the bunch. They are even wider and stronger than premolars, and they have more ridges. Molars work closely with your tongue to help you swallow food. The molars grind it until it's mashed up and ready to be swallowed.

Brushing your teeth with fluoride toothpaste is your best bet when it comes to keeping your teeth clean it's best to brush 30 minutes after eating or at least twice a day. It is especially important to brush before bedtime and spit don't rinse out.



All about teeth

How many sets of baby /deciduous teeth do we have?

How many teeth are in full adult set?

What do the Molar teeth do ?

What ingredients is in toothpaste that helps prevent decay?

How long should we brush our teeth for ?

How many times should we see a dentist a year?



True or false



Colour in the tooth that is the correct answer?

Brush your teeth twice everyday

Rinse out after toothbrushing



Toothpaste should cover most of
the toothbrush

Eat lots of sugary food & Drinks



Water has no sugar

I should eat fruit and vegetable every day



Can you sign Dentist?

Index
taps
teeth
twice



+

Hand
moves
down
slightly



Dentist



To brush your teeth you will need



You need



toothbrush



toothpaste



a sink or bowl



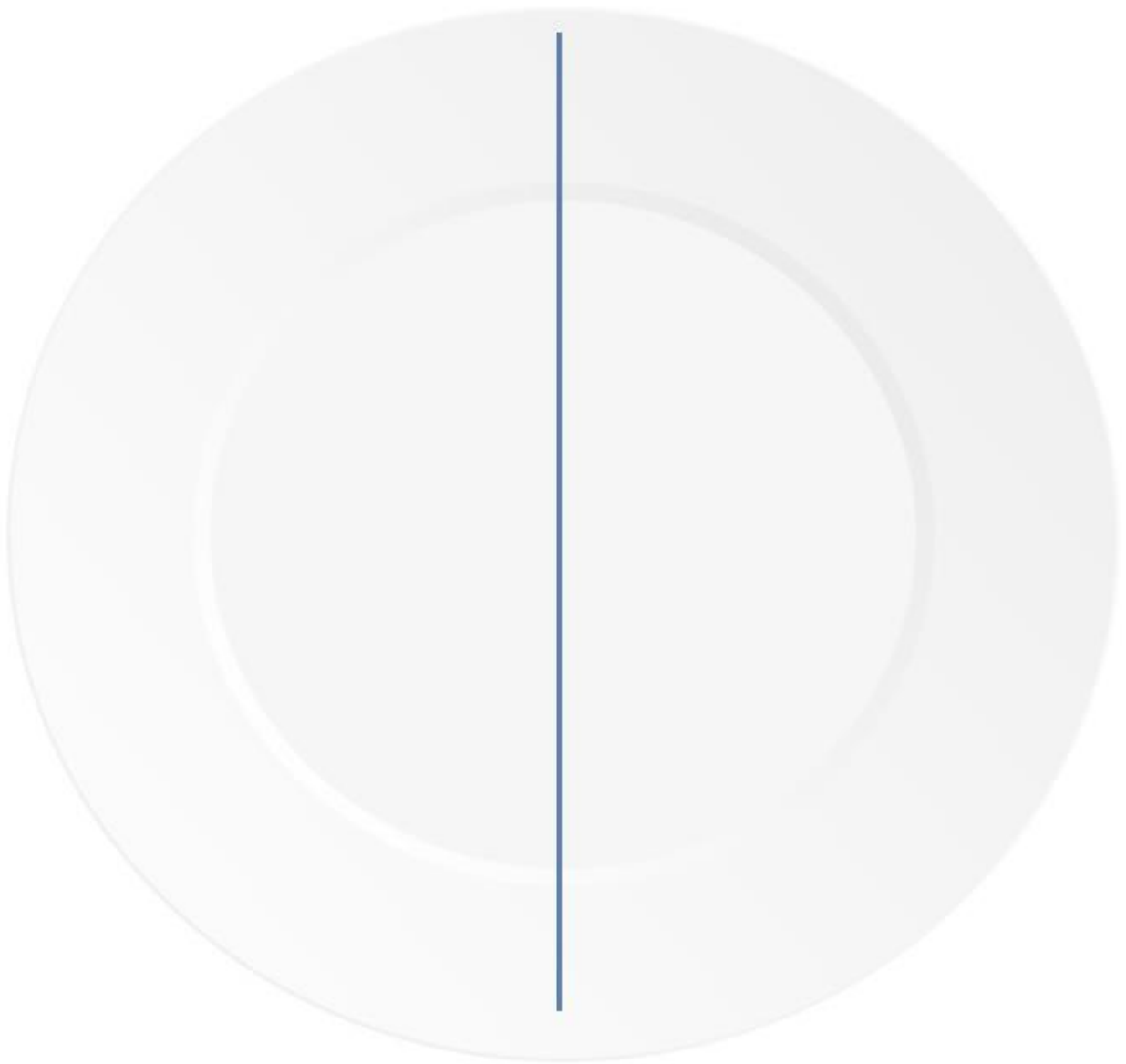
a clock or timer



Cut out the pictures below and sort into the correct side of the plate



Healthy food



Unhealthy food





Healthy Eating



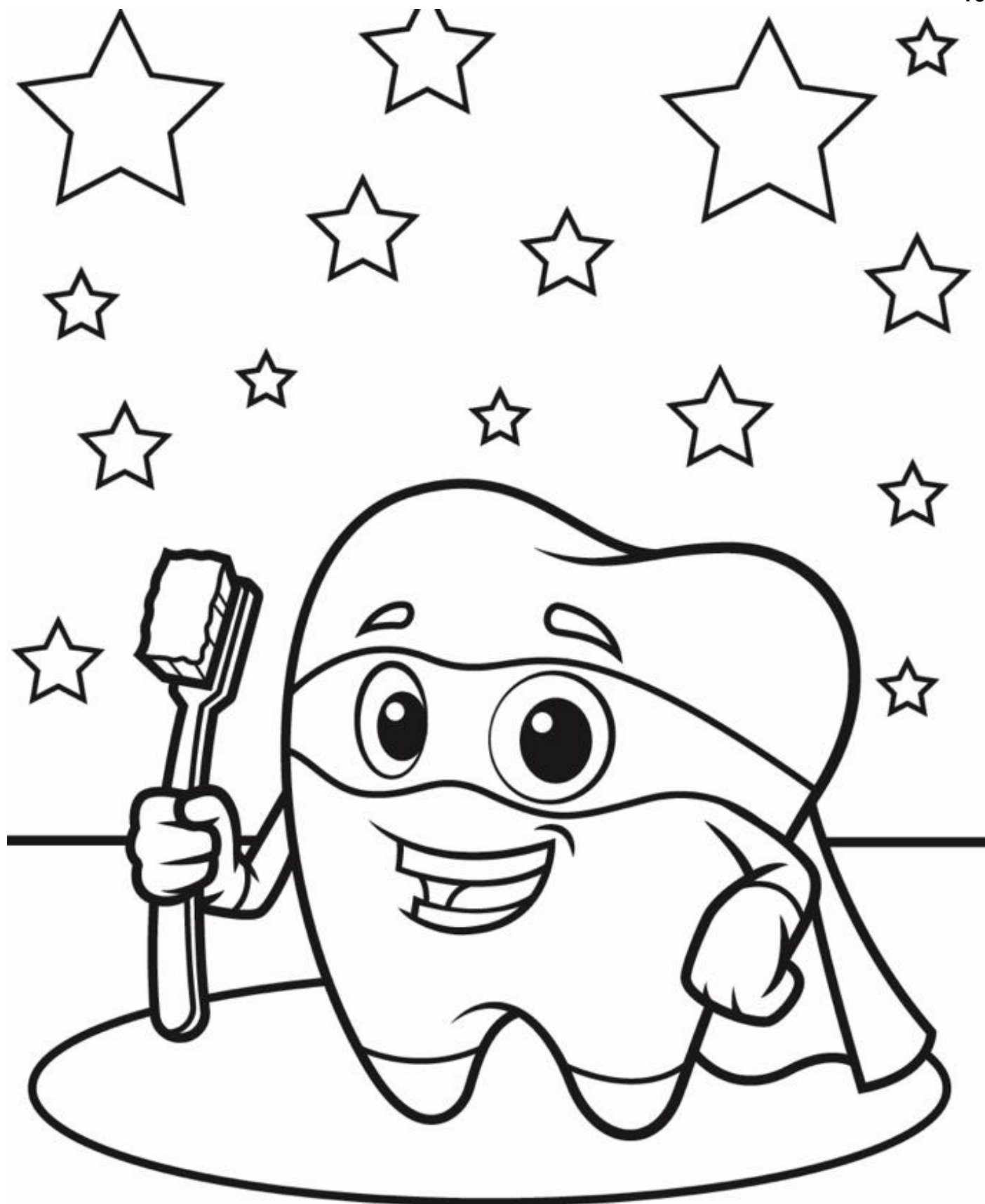
B Z N K H N H P C B T H X W Q P G E K C G B A G
 G B K O G M E Z O E P K Z L D B F H S K I X L U
 R E I A Z A P S O H X G S Y T A M T F H N N X E
 Q A U G S A S S L A R E N I M I O R A G D Y S Q
 K X R S E L B A T E G E V K H R F H M A K V O K
 T A O P R O T E I N H Q I Z R J Q I H W W J G I
 X Q G R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

Diet Carrots Peas Nuts Butter Tomatoes

Fruit Vegetables Protein Carbohydrates Fat Minerals Vitamins

Eggs Potatoes Beans Fish Meat







Dentist

I BRUSHED MY TEETH!

	Morning	Night
MONDAY ----->	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY ~~~~~	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY ~~~~~	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY ----->	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY ~~~~~	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY ----->	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY ~~~~~	<input type="checkbox"/>	<input type="checkbox"/>



THIS IS TO CERTIFY THAT



DATE _____

PARENT / CARER _____



COMPLETED THE ORAL HEALTH
SUMMER ACTIVITY PACK WELL

DONE!!

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.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)

[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust

Magdala Avenue

London

N19 5NF

Phone: 020 7272 3070

www.whittington.nhs.uk

Date published: 13/07/22

Review date: 13/07/24

Ref: SC/DentServ/HAPOHC/01

© Whittington Health

Please recycle

