



## Easter Activity Pack

# Oral Health for Children

Whittington Health NHS Trust Oral Health

Promotion Team

# BRUSH

2 times each day for 2 minutes



# REPEAT

every day!



# 5 Tips for Healthy Teeth

**1**

Brush your teeth for two minutes two times every day.

**2**

Floss between your teeth every day.

**3**

Get a new toothbrush every three months and after you are sick.

**4**

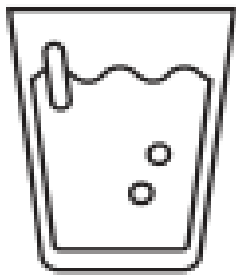
Eat tooth-friendly snacks. Do not eat foods that stick to your teeth.

**5**

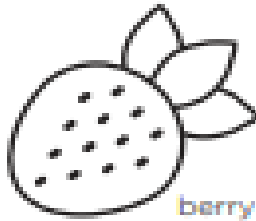
Visit your dentist every six months.



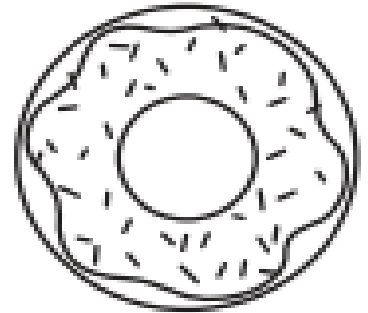
Colour in the food. Put an X over the foods that are bad for your teeth.  
Draw a line from the healthy foods to the tooth.



water



berry



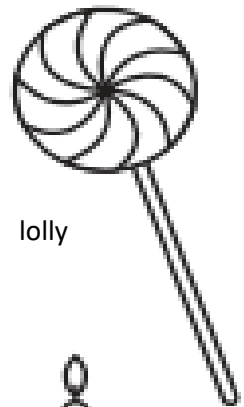
donut



apple



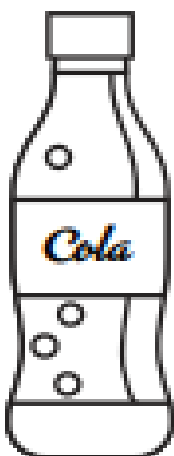
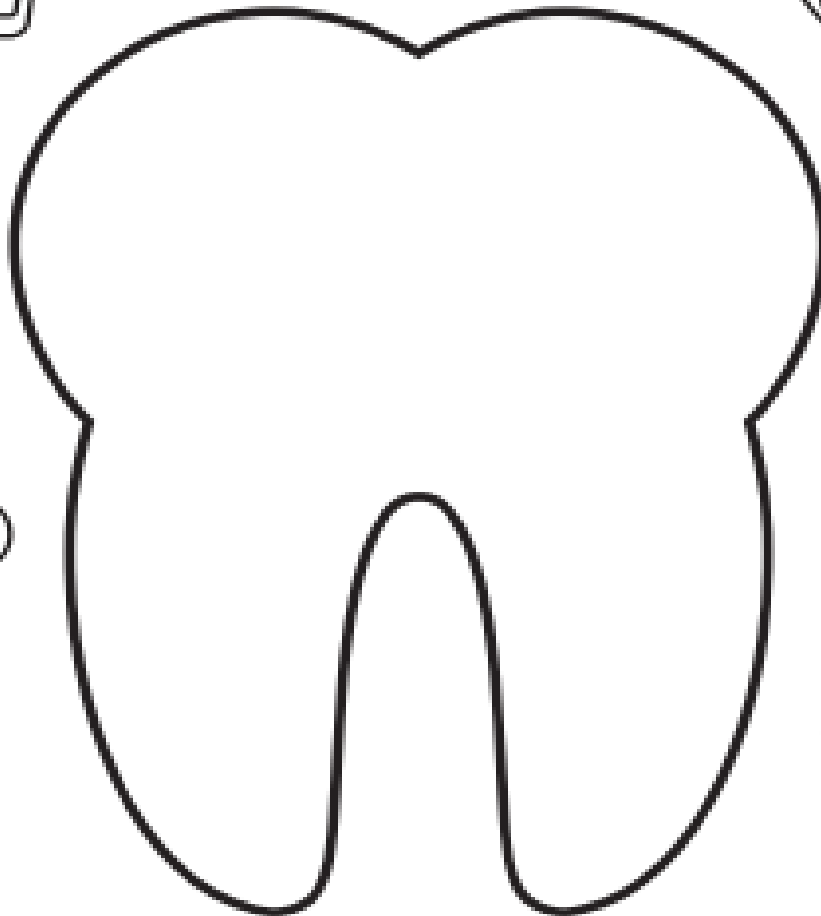
broccoli



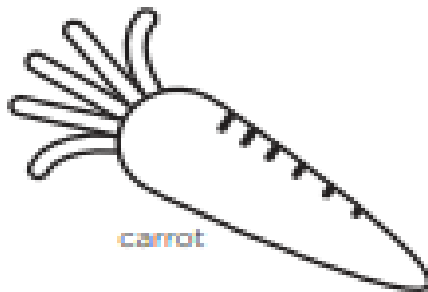
lolly



cake



soda

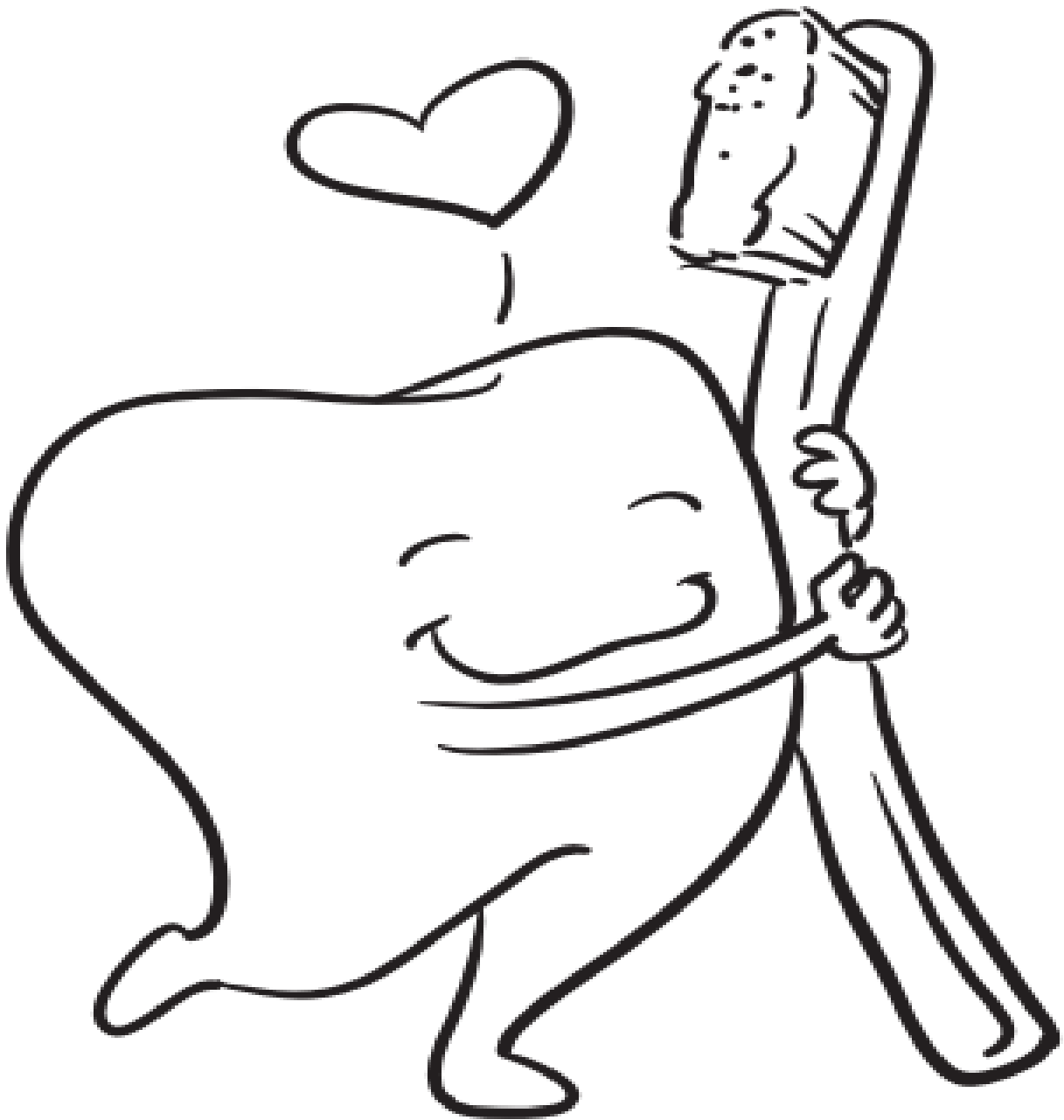


carrot



watermelon

Colour in the tooth and their favourite toothbrush.



Colour in the animals with teeth.



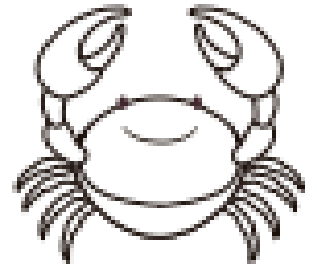
cat



bear



snail



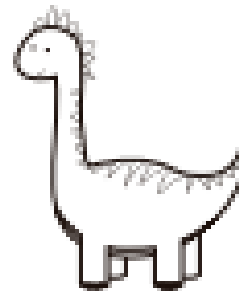
crab



fly



dog



dinosaur



jellyfish



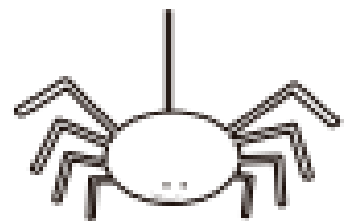
alligator



starfish



bird



spider



shark



worm

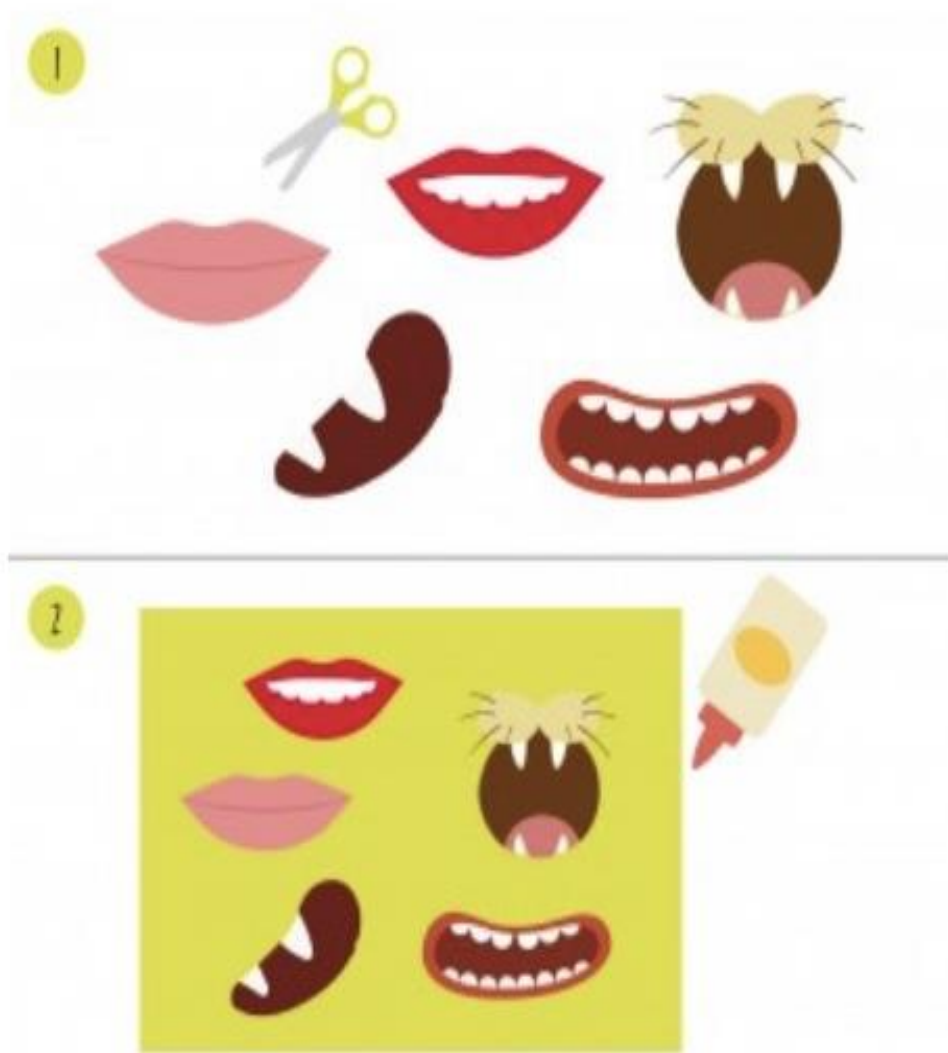


tiger



frog





### **Smiles Collage**

1. Cut out magazine pictures of smiles.  
(Not whole faces, just mouths – any kind – human or animal!)
2. Glue on paper.



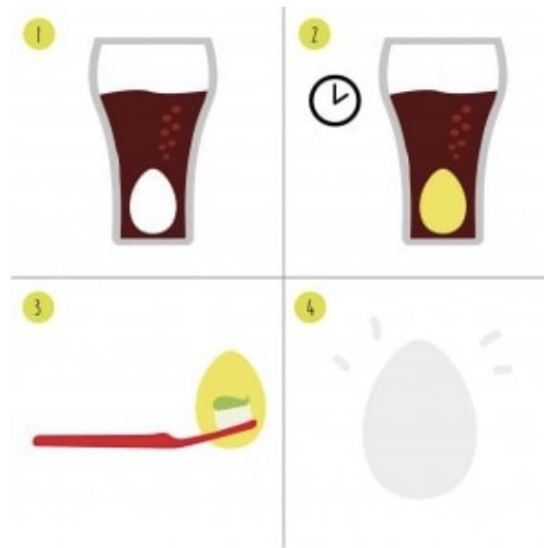


# Healthy easter treats!

8







## “Eggs”tra Fun Experiment

### “Eggs”tra Fun Experiment

One thing you can do when doing dental health is to hard boil an egg ahead of time. Then bring in some dark soda.

1. Place the egg in the soda for a day.
2. Then the next day talk about why we should keep our teeth clean and how we can keep them clean. Then take the egg out. It is discolored, yellow, looks like plaque.
3. Take a toothbrush with a little tooth paste, and brush it off.
4. It REALLY comes off. They love it.



## Fun Teeth Quiz

Tick or circle your answer

1. How many times a day do we need to brush our teeth?
  - Once a day
  - Twice a day
2. How many minutes do we need to brush our teeth for?
  - 1 minute
  - 2 minutes
3. When we have finished brushing our teeth what do we do?
  - Rinse our mouth with water
  - Spit our tooth paste out, but do not rinse
4. What are the best drinks to keep teeth healthy?
  - Water & Milk
  - Orange Juice
5. What are the best snacks to keep teeth healthy?
  - Cakes & Biscuits
  - Fruit & Breadsticks

Answers: 1. Twice a day. 2. 2 Minutes. 3. Spit tooth paste out, but don't rinse. 4. Water & Milk. 5. Fruit & Breadsticks



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#### 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](mailto: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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