

## 1. Introduction

### 2. Why do we need our teeth? *(Use puppet to show teeth)*

- ✓ Eating - sharp teeth at front to bite & chunky teeth at back to chew.
- ✓ Help us to speak - teeth help tongue to make correct shape
- ✓ Help us to smile & look nice *(ask to see their smiles)*

### 3. What do healthy teeth look like?

- ✓ Shiny & clean
- ✓ No black bits or fillings
- ✓ Can be crooked & wobbly
- ✓ May be gaps where baby teeth have come out

### 4. What can we do to keep our teeth and mouths healthy?

1<sup>st</sup> - Brush our teeth twice a day - in morning after breakfast and before we go to bed.

- ✓ Invisible germs called bacteria live in our mouths. They form a sticky coat on our teeth called plaque. It is really hard to see but as it grows it can feel furry when you rub your tongue over your teeth. We need to brush it off every day.

### 5. How should we brush? *(Show putting on paste)*

- ✓ A small toothbrush is best
- ✓ A pea size amount of fluoride toothpaste (fluoride is a special ingredient helps to make our teeth strong)
- ✓ Brush in small circles over all teeth & gums *(demonstrate with puppet)*
- ✓ Count to six and do all surfaces
- ✓ Spit out toothpaste and do not rinse with water - this lets the fluoride work for longer.

- ✓ How long should it take to brush our teeth? - 2 mins

## **6. Avoid sugary snacks & drinks**

- ✓ Plaque on teeth gobbles up the sugar we eat and drink and turns it into acid.
- ✓ Sugary snacks produce lots of acid.
- ✓ Acid attacks teeth causing holes & eventually pain
- ✓ Eat healthy snacks between meals
- ✓ If having sugary foods have them at mealtime as a dessert
- ✓ Milk & water are the only safe drinks for teeth
- ✓ Sugary & fizzy drinks are not good for teeth - but if having them have at mealtimes and use a straw
- ✓ Only have sweets as treats/special occasions

*(Play healthy/unhealthy snacks game with children)*

## **7. Visit the Dentist**

- ✓ Dentist is a doctor who takes care of our mouths
- ✓ Shows us how to keep our mouth and teeth healthy
- ✓ Will repair any holes by fillings or taking teeth out

## **8. What does the dentist and the surgery look like when you go in?**

- ✓ White coat or tunic, Mask, Gloves, Goggles/glasses
- ✓ Big fancy chair - goes up & down and you get to lie down
- ✓ Has a big light & instruments - little mirrors

## **9. Finish - Recap messages**

- ✓ Brush twice a day with a fluoride toothpaste
- ✓ Avoid sugary snacks & drinks
- ✓ Eat more healthy snacks & drinks between meals
- ✓ Visit the dentist.

## **10. Any Questions?**