

Oral Health Pack



Summer 2024 Activity Pack

Whittington Health NHS Trust
Oral Health Promotion Team

Developing regular toothbrushing and healthy eating habits is very important from an early age as children will start to build their choices on what they like and want to eat.

Including toothbrushing into their daily routine at home is the best way to encourage your child to brush their teeth.

Starting at an early age, will help build behaviours that will last them a lifetime.

Toothbrushing

Simple steps ensure your child's teeth stay healthy.

- Use an age-appropriate fluoride toothpaste. (1000-1450ppm sodium fluoride)
- Use a pea size amount of toothpaste on the toothbrush.
- Brush for 2 minutes, make sure all teeth are brushed.
- Brush before bed and at one other time during the day.
- Children need help from an adult to brush effectively up to the age of 7.
- Encourage them to spit out excess toothpaste and avoid rinsing out.

This will allow fluoride from the toothpaste to protect teeth for longer.



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TOOTH BRUSH PASTE TWO
DIET PEA WATER NATIONAL
SMILE MONTH

Word Tracing Practice

Two halves

Two thirds

Twice

Two minutes

Two birds

Twenty

Twenty-eight

Number 2 Practice Sheet

Practice by tracing along the lines with a bold colour pencil

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2 2 2 2 2 2

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2 2 2 2 2 2

Letter T Practice Sheet

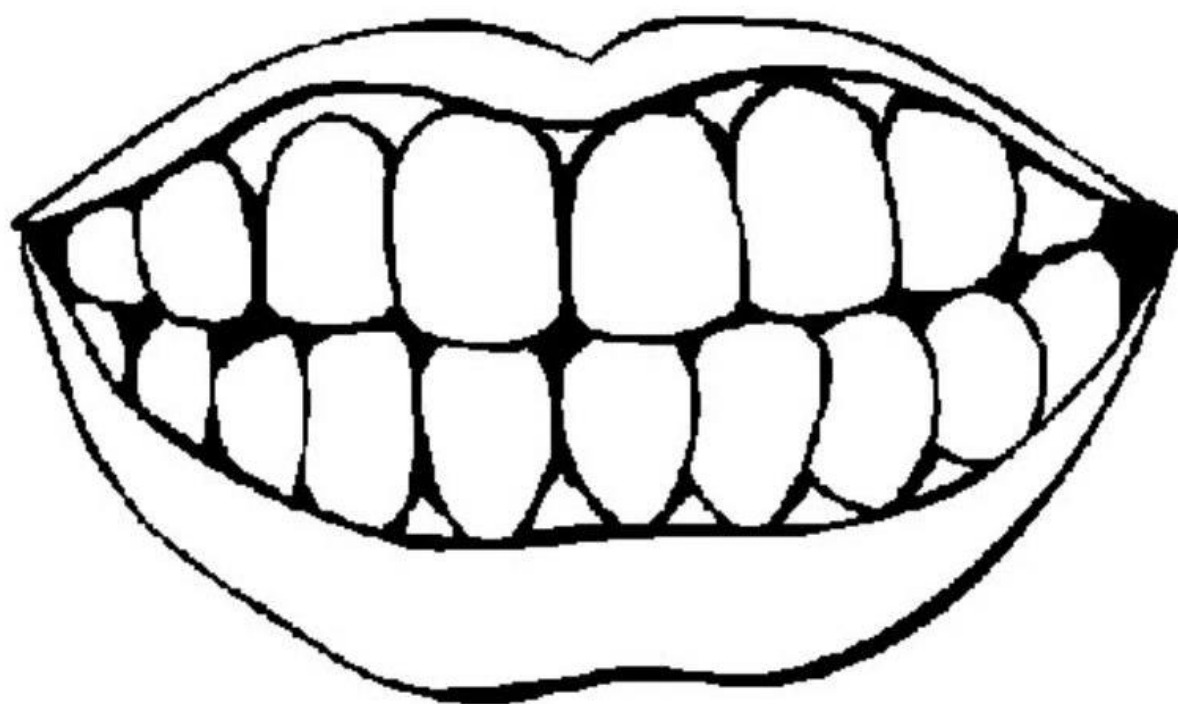
Practice by tracing along the lines with a bold colour pencil

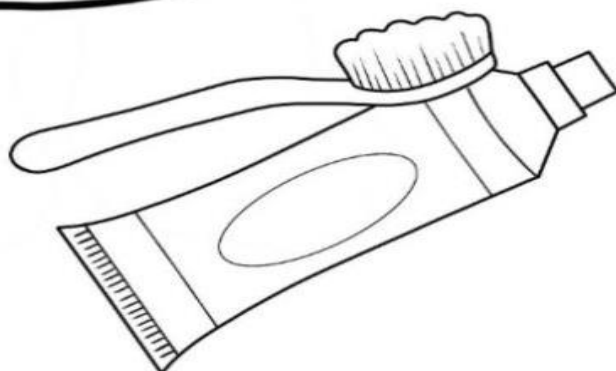
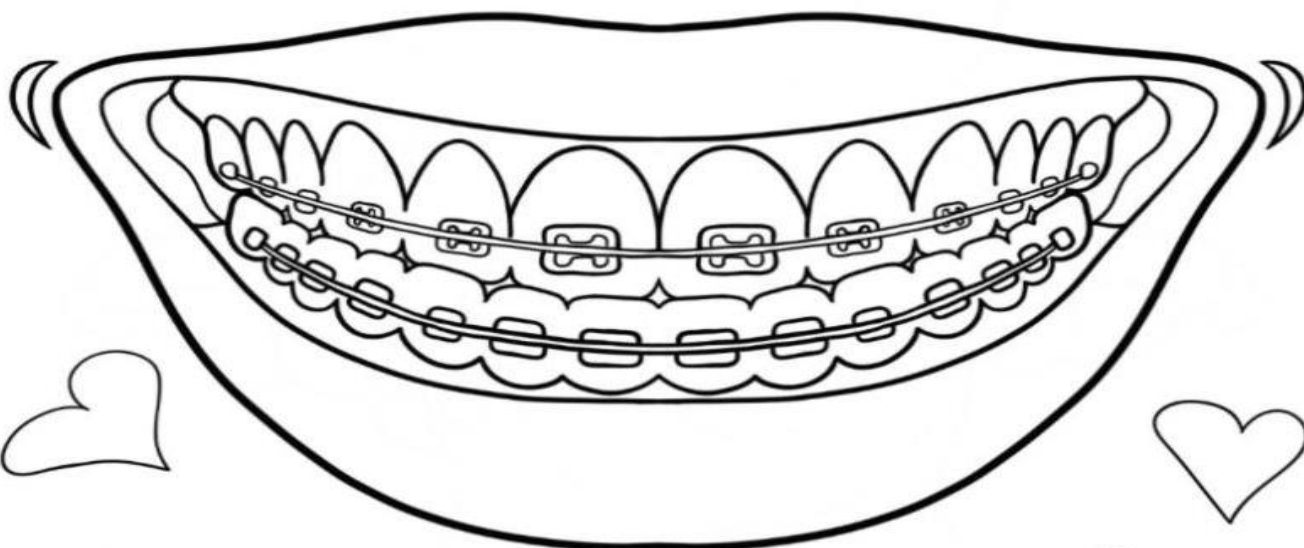
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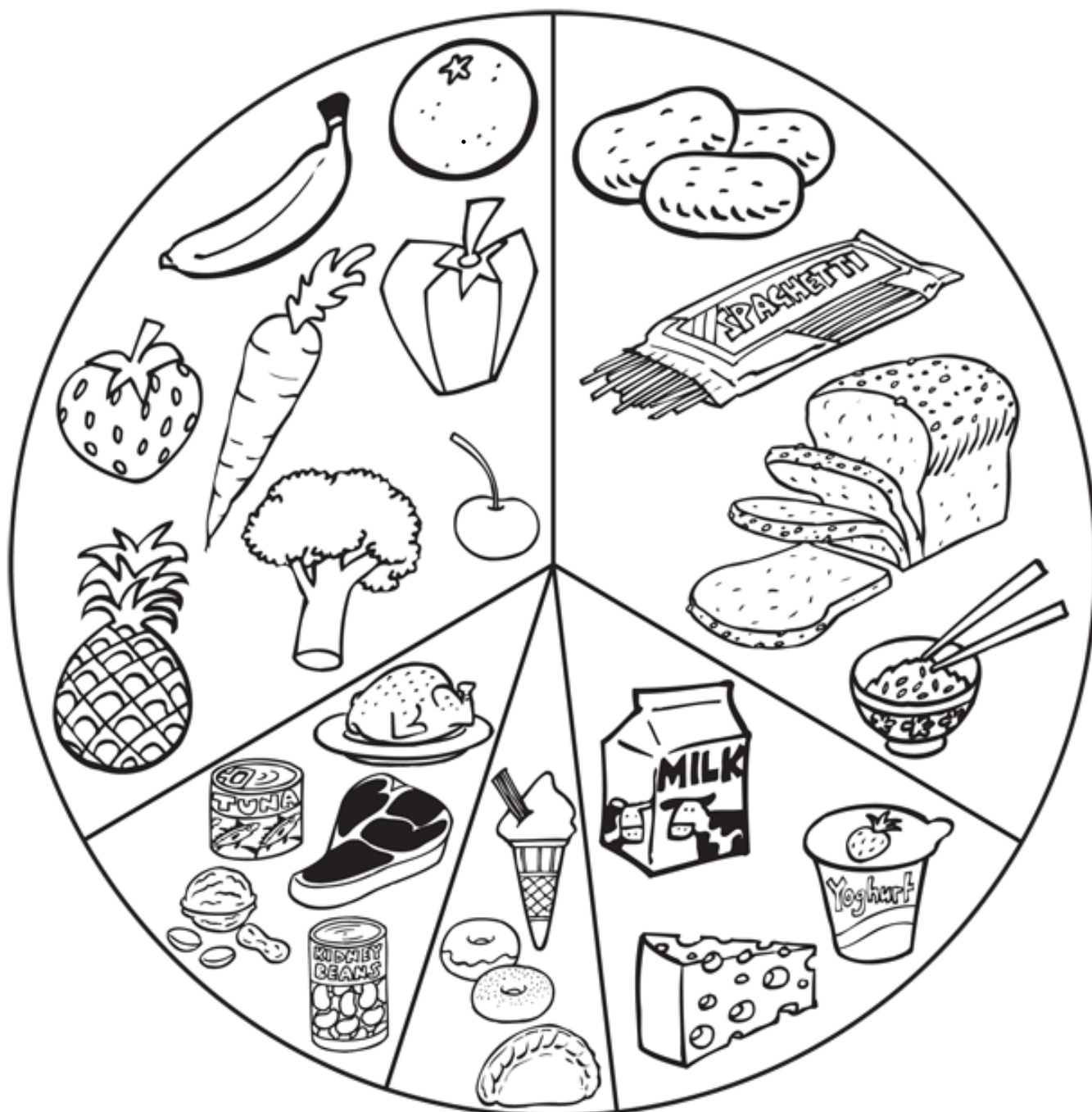
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Why not use a paper plate to create your very own Eatwell Plate!



LOVE YOUR SMILE BY
BRUSHING YOUR TEETH
TWICE A DAY WITH A
FLUORIDE TOOTHPASTE



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG

LOVE YOUR SMILE BY
CUTTING DOWN ON HOW
MUCH AND HOW OFTEN
YOU HAVE SUGARY
FOODS AND DRINKS



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

LOVE YOUR SMILE BY
USING A FLUORIDE
MOUTHWASH TO
REDUCE PLAQUE.
REMEMBER, HEALTHY
GUMS DON'T BLEED

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

LOVE YOUR SMILE BY
SPITTING OUT THE
TOOTHPASTE AFTER
YOU BRUSH. DON'T BE
TEMPTED TO RINSE YOUR
MOUTH OUT WITH WATER

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

LOVE YOUR SMILE BY
VISITING THE DENTIST
REGULARLY, AS OFTEN
AS THEY RECOMMEND

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG



National Smile Month
12th May - 19th June 2024

#LOVEYOURSMILE

LOVE YOUR SMILE BY
CHEWING SUGAR FREE
GUM IN BETWEEN
MEALTIMES

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION WWW.SMILEMONTH.ORG

Healthy Smile Tips



Brush your teeth 2x/day with fluoride toothpaste.



Clean between your teeth daily.



Eat healthy foods and limit sugary beverages.



See your dentist at least twice a year.



Healthy eating games & activities

Games and activities are a great way to teach children about food and healthy eating while having fun at the same time. Play-based learning helps support children's development across many areas such as physical, social, emotional, and intellectual.

Increase children's recognition and awareness of different vegetables and fruit games and activities.

To make a veggie/fruit guessing bag you will need:

- A selection of vegetables or fruit (real or toy)
- A bag or pillow slip

Place vegetables/fruit inside bag or pillow slip. Ask children to feel inside the bag and guess the vegetables inside. You can also blindfold children and place a vegetable/fruit from the bag in their hands, ask them to guess what the vegetable/fruit is by feeling, smelling, or/and tasting it.

GUESS THE VEGETABLE VS FRUIT NAME



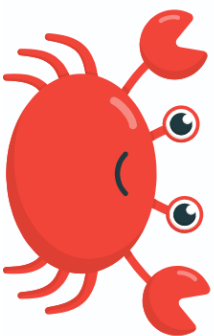


Toothbrushing Chart

Make your teeth sparkle and shine this summer



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							



Clean teeth?
Shell-yeah!




NHS

 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 ਟੁੱਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ ਆਪਣੇ ਦੰਦਾਂ ਉੱਤੇ ਬਰਸ਼ ਕਰੋ। ਫੇਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ ਟੁੱਥ ਪੇਸਟ ਨੂੰ ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟਨੂੰ ਉਪਯੋਗ ਕਰੀਏ ਫਿਰਸਮਾਂ ਕੇ ਵਯਤ ਤਮਾਰਾ ਏਂਤ ਸਾਫ਼ ਕਰੋ. ਪਛੀ ਝਖਾਰੇ ਤਮੇ ਸਮਾਪਤ ਕਰੋ ਟਯਾਰੇ ਤਮਾਰਾ ਏਂਤਨੀ ਪੇਸਟਨੇ ਖੁੱਡੀ ਨਾਂਪੋ, ਪਰੰਤੂ, ਡੋਗਯਾ ਨ ਕਰੋ!

اپنے دانتوں کو دن میں دو بار فلوراڈ ٹوٹھ پیسٹ سے برش کریں۔ جب برش مکمل کر لیں 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!



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

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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