

# 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.



N	A	T	I	O	N	A	L	O
S	M	I	L	E	A	H	P	R
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O	H	S	U	R	B	R	U	H
P	A	S	T	E	R	T	W	O
O	T	N	E	D	I	E	T	S

TOOTH BRUSH PASTE TWO  
DIET PEA WATER NATIONAL  
SMILE MONTH

# Word Tracing Practice

Toothpaste

Toothbrush

Twice

Two minutes

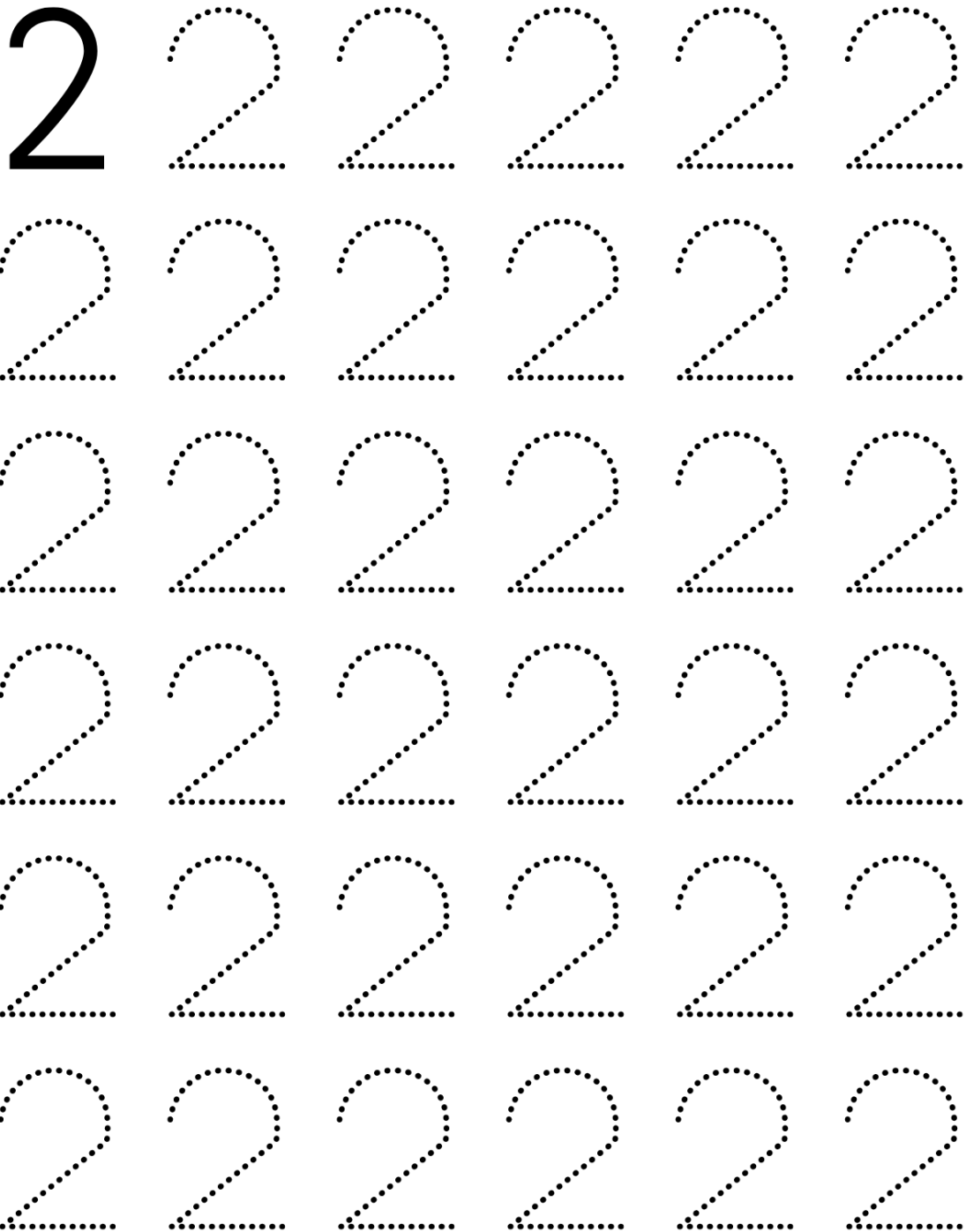
Toothbrush

Twenty

Twenty-eight

## Number 2 Practice Sheet

Practice by tracing along the lines with a bold colour pencil



## Letter T Practice Sheet

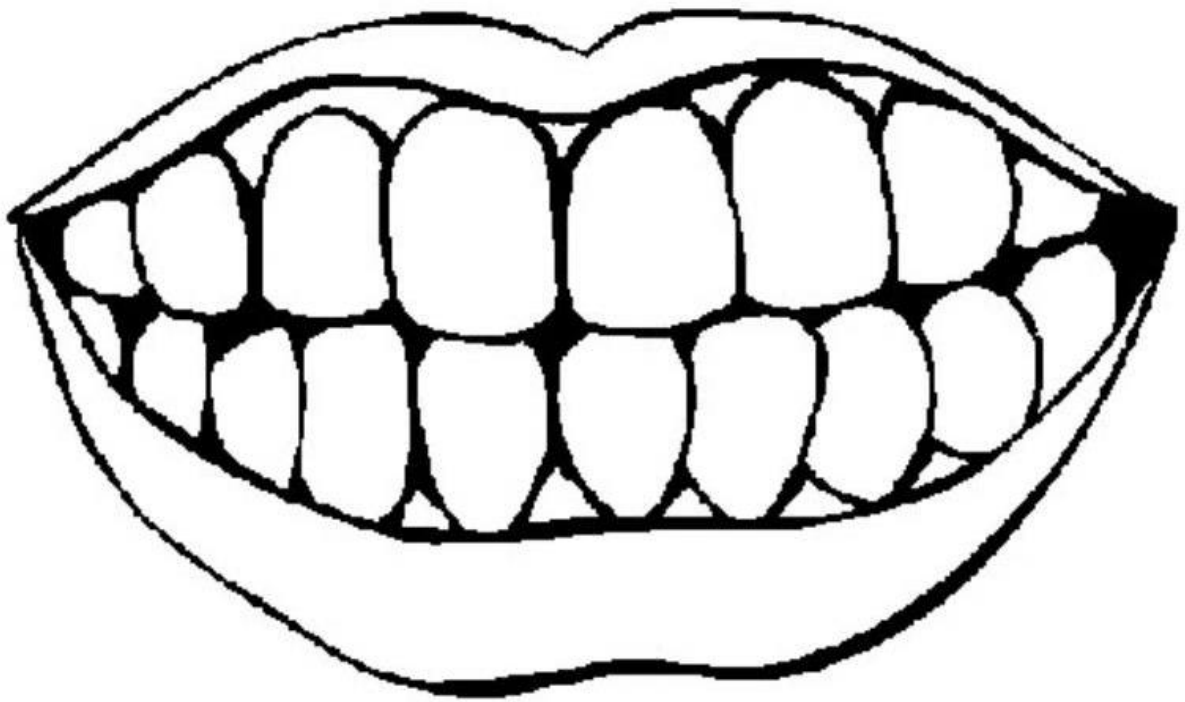
Practice by tracing along the lines with a bold colour pencil

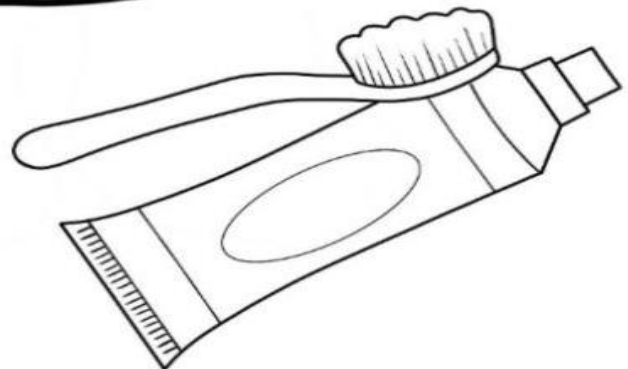
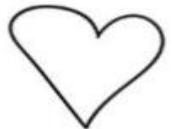
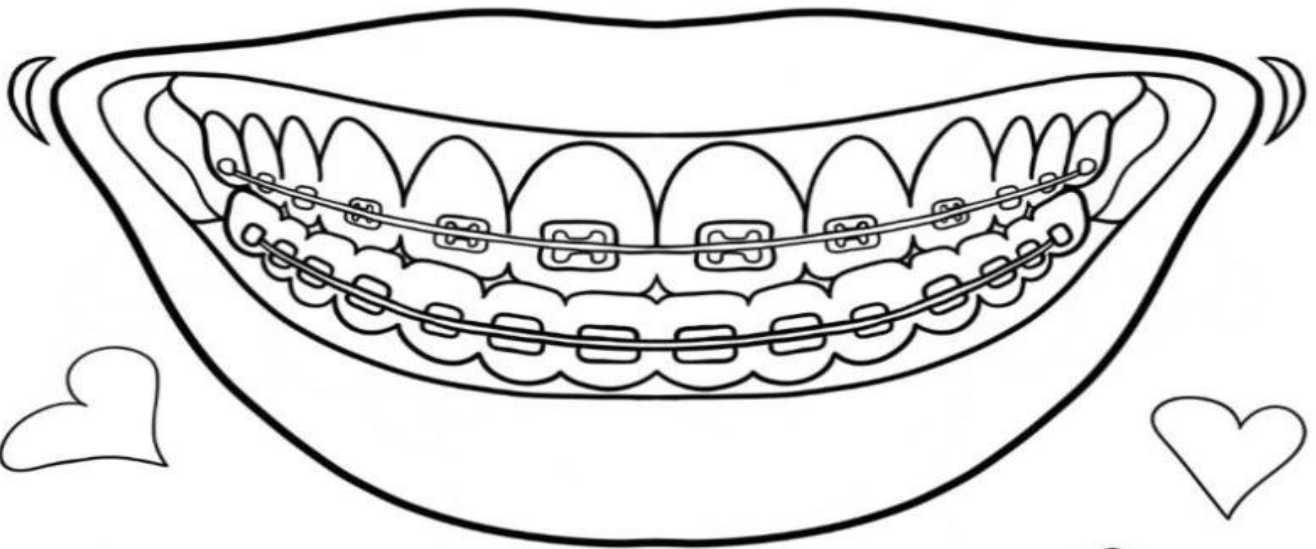
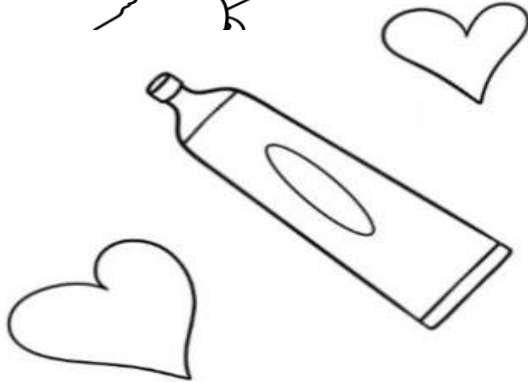
**T** T T T T T

T T T T T T

**t** t t t t t

t t t t t t







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



#LOVEYOURSMILE

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION [WWW.SMILEMONTH.ORG](http://WWW.SMILEMONTH.ORG)

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



#LOVEYOURSMILE

A CHARITY CAMPAIGN BY THE ORAL HEALTH FOUNDATION [WWW.SMILEMONTH.ORG](http://WWW.SMILEMONTH.ORG)



#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](http://WWW.SMILEMONTH.ORG)

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



#LOVEYOURSMILE

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#LOVEYOURSMILE

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

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#LOVEYOURSMILE

LOVE YOUR SMILE BY  
CHEWING SUGAR FREE  
GUM IN BETWEEN  
MEALTIMES

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# Healthy Smile Tips



Brush your teeth 2x/day  
with fluoride toothpaste.

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Clean between your  
teeth daily.

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Eat healthy foods and limit  
sugary beverages.

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See your dentist at least  
twice a year.

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## 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



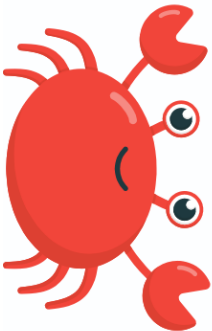


# Toothbrushing Chart

Make your teeth sparkle and shine this summer



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							



Clean teeth?  
Shell-yeah!





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 ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ  
ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟਨੂੰ ਉਪਯੋਗ ਕਰੀਏ ਦਿਵਸਮਾਂ ਭੇ  
ਵਖਤ ਤਮਾਰਾ ਏਂਤ ਸਾਫ਼ ਕਰੋ। ਪછੀ ਝਯਾਰੇ ਤਮੇ  
ਸਮਾਪਤ ਕਰੋ ਟਯਾਰੇ ਤਮਾਰਾ ਏਂਤਨੀ ਪੇਸਟਨੇ ਥੂੰਡੀ ਨਾਂਘੋ,  
ਪਰੰਤੂ, ਡੋਗਲਾ ਨ ਕਰੋ!

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!





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](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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Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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