

Bromley Healthcare Special Care Dental Service



Dental Activity Pack

Early Years Foundation Stage

Guidance notes

Whilst COVID-19 restrictions are in place, we hope this pack will assist you in delivering key oral health messages in a useful format for your setting.

The key messages are:

1. Brush teeth at least twice a daily with a pea-sized amount of fluoridated toothpaste. Spit-out after brushing but do not rinse to maintain fluoride concentration levels
2. The frequency and amount of sugary food and drinks should be reduced
3. Encourage regular visits to the dentist

(Department of Health document: Delivering better oral health: an evidence-based toolkit for prevention. 3rd edition June 2014 and Public Health England, Health Matters, Preventing tooth decay, June 2017)

Please feel free to use the following activity suggestions to reinforce the above messages at a learning level you see suitable for your setting and children.

Key message 1

Brush teeth at least twice a daily with a pea-sized amount of fluoridated toothpaste. Spit-out after brushing but do not rinse to maintain fluoride concentration levels.

Activity one

Fill a messy play tray with shaving foam, add some toothbrushes, some plastic animals/ dinosaurs and encourage the children to brush the animal's teeth.

Discuss the related key message.

Activity two

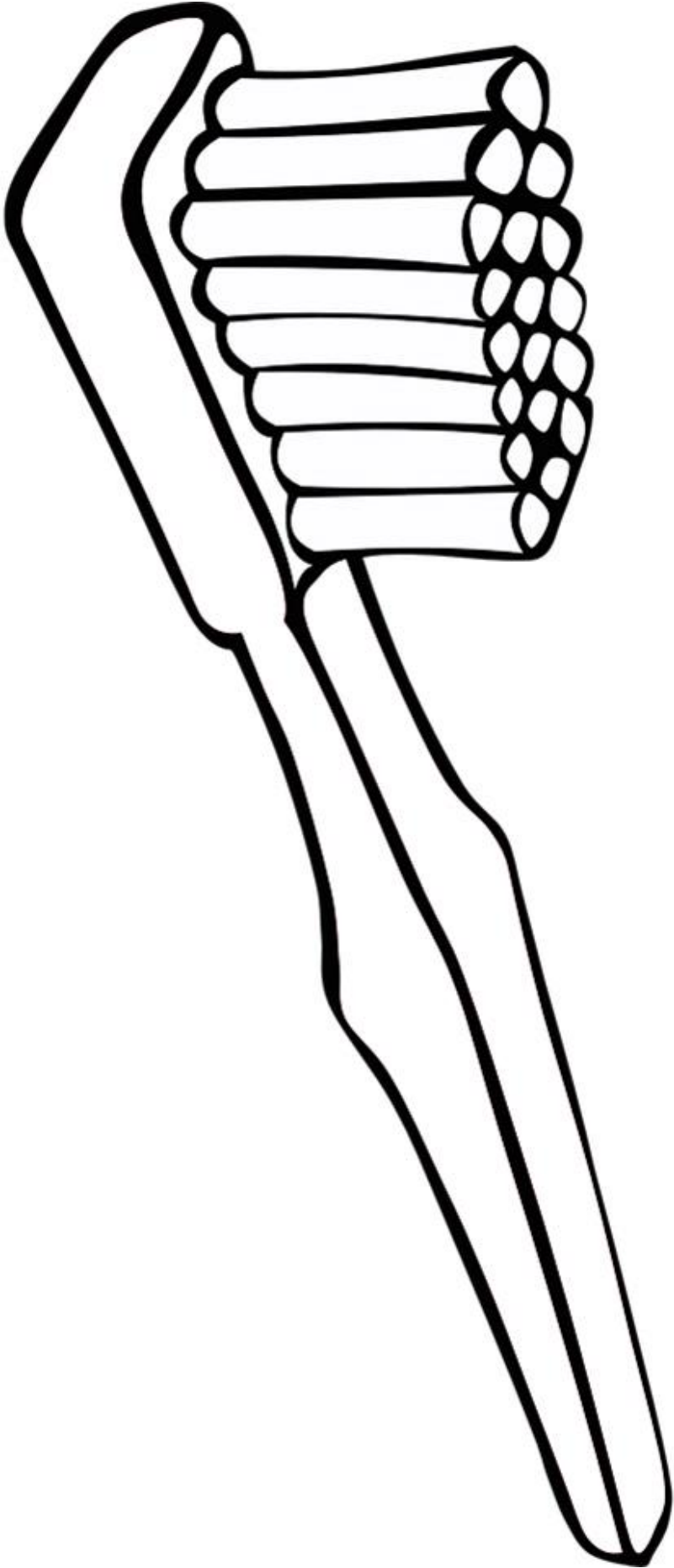
Photocopy the toothbrush pictured over-leaf. Ask the children to glue short pieces of wool, string or straws to create a bristly toothbrush or encourage them to decorate it how they like.

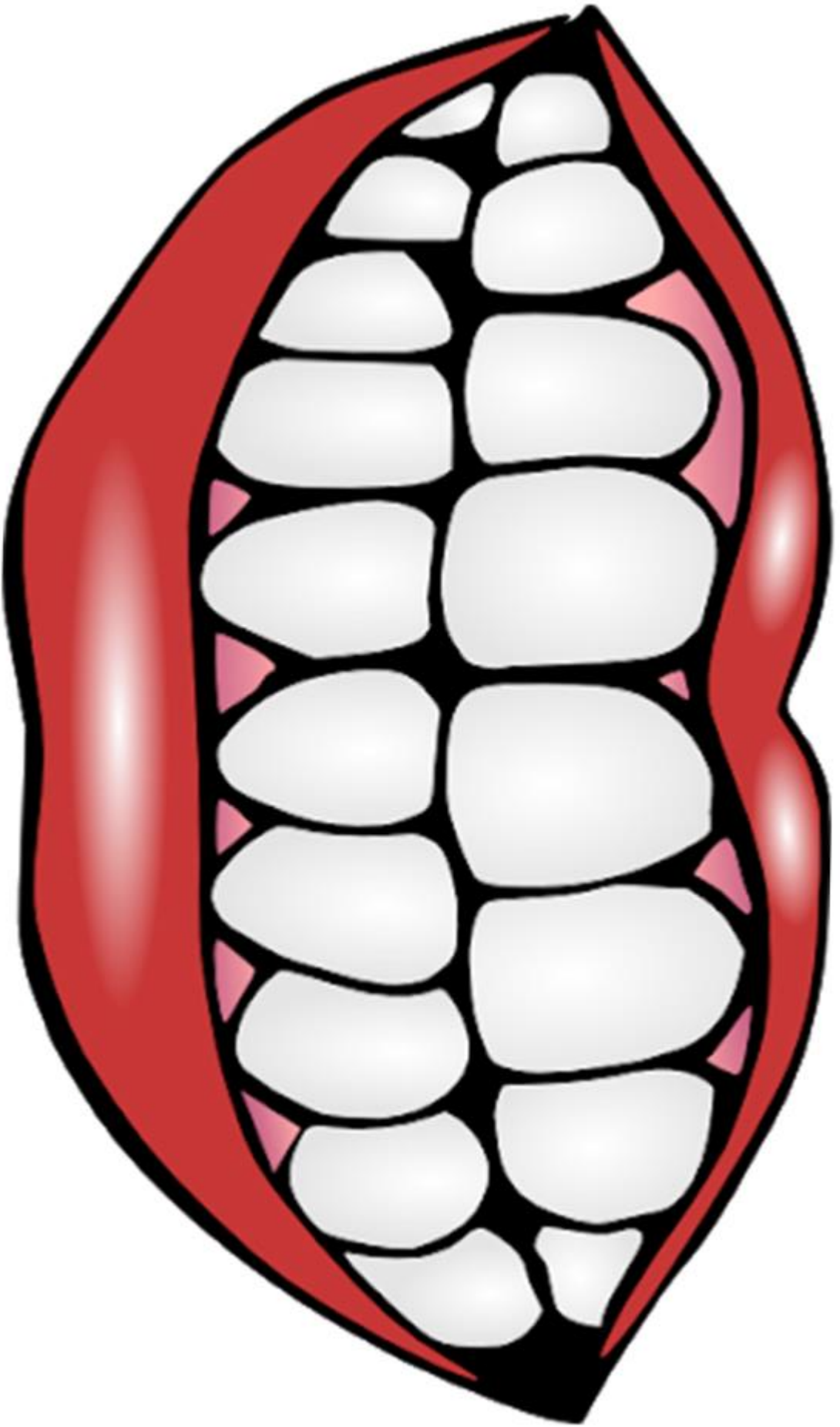
Discuss the related key message.

Activity three

Photocopy and laminate the large mouth pictured in the pages over-leaf. Use a washable felt-tip to colour marks on the teeth. Ask the children to use a toothbrush to clean off the marks.

Discuss the related key message.





Key message 2

The frequency and amount of sugary food and drinks should be reduced.

Activity one

Place two hoops on the floor. Have a selection of toy foods or pictures of foods e.g. vegetables, fruit, milk, water, bread, cheese, meats, cakes, chocolates, biscuits and sweets. Ask the children to sort the foods into the two hoops.

Hoop one should be for safer food and drinks for teeth (this should be the fruit, veg, bread, cheese, meat, milk and water).

Hoop two should be for sugary foods and drinks.

Discuss the related key message.

Activity two

A quiz good for circle time; use the pictures overleaf.

Ask the children to do thumbs up or thumbs down if they think the food or drink is sugary.

(Please remember that fruit juice, squash, smoothies and most fruity yoghurts are classed as sugary.)

Discuss the related key message.









Key message 3

Encourage regular visits to the dentist.

Activity one

Explain to the children they will have 20 baby teeth.

Use the pictures on pages 13-16 to discuss with the children what their teeth are for.

Discuss the key message.

Activity two

Set up a dentist play area. Have a receptionist table and a treatment room area.

Use teddies, dinosaurs and dolls as patients. Let the children role play.

Discuss the key message.

Activity three

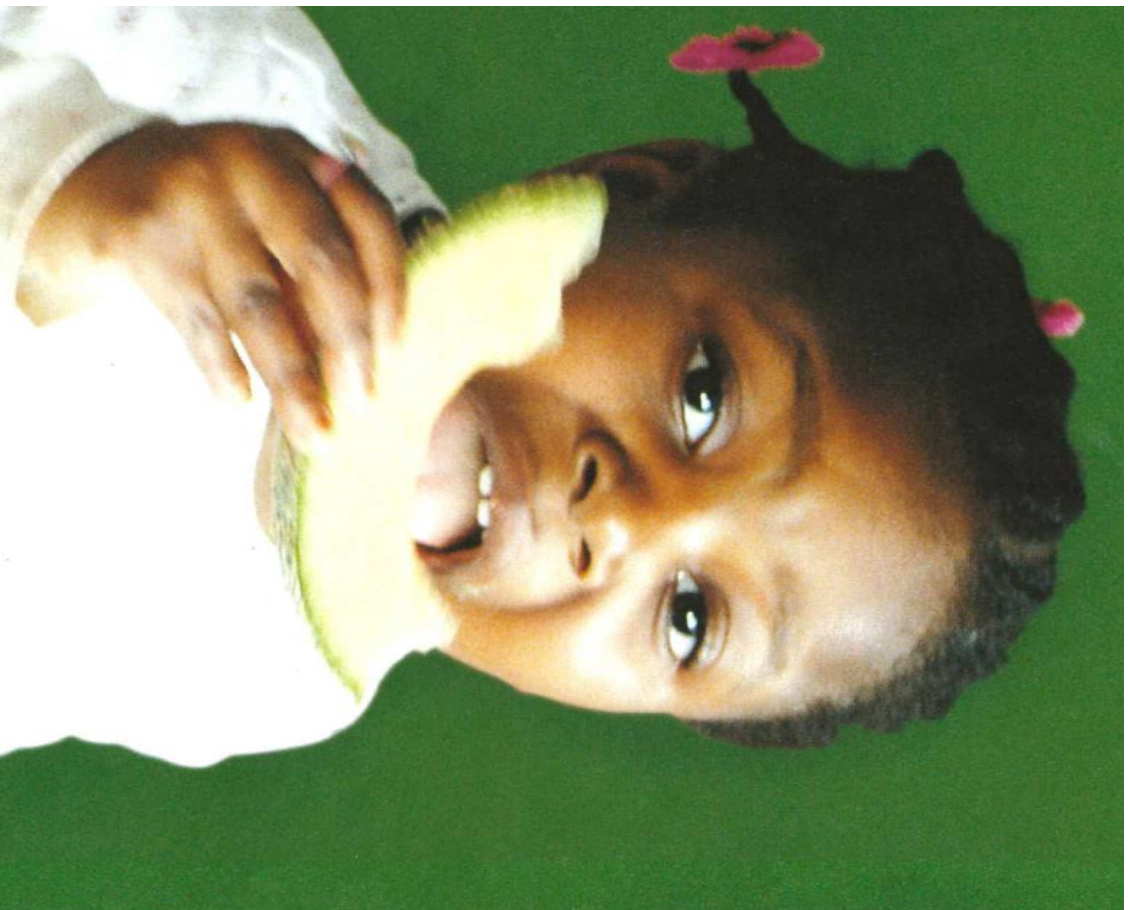
Read a book from your library about visiting the dentist. (See overleaf for some recommended reads.)

Afterwards encourage a discussion about this with your children.

Recommended reads:

- Peppa Pig - Dentist Trip
- Usborne First Experience – Going to the dentist
- Maisy, Charlie and the wobbly tooth
- Topsy and Tim meet the dentist

When you have finished your dental activities with the children please feel free to photocopy our brushing chart in the pages overleaf and give it to the children, (it is a double sided page, our key messages are on the reverse for the parents to read.)



bite



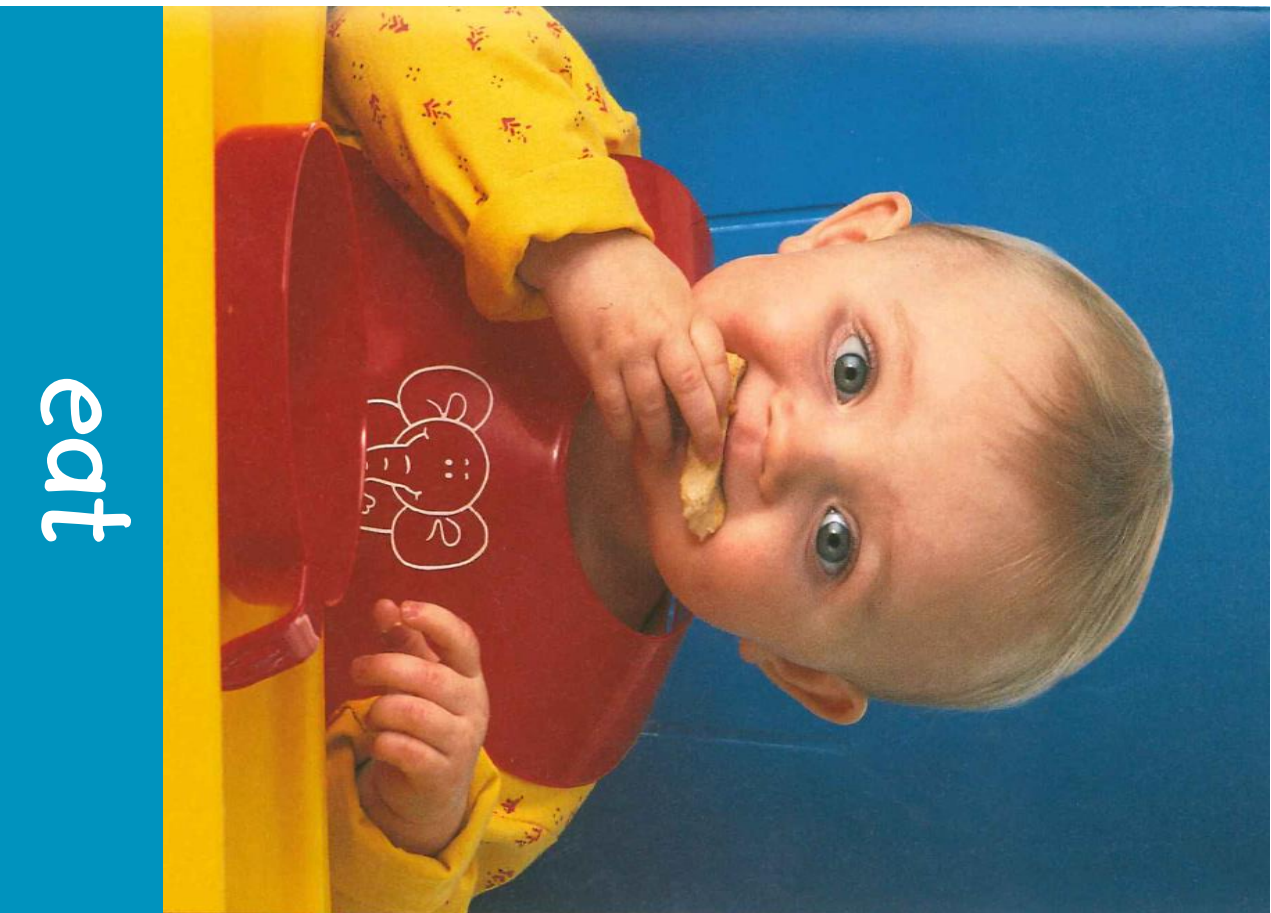
brush



chew



drink



eat



talk



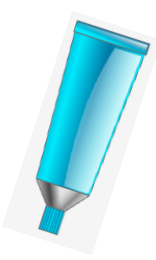
sing

















smile



Brushing Chart



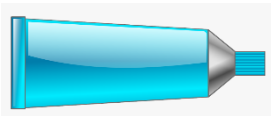
Draw a smiley face when you have cleaned your teeth

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	 	 	 	 	 	 	 
Week 2							
Week 3							
Week 4							

Your name: _____

Looking after your teeth

Clean your teeth
twice a day



Use a pea-sized blob
of family toothpaste

Remember to spit but not rinse



Milk and water are the best
drinks for teeth

Keep sweet food and drinks to mealtimes

Visit your dentist for
a healthy smile



Evaluation

We welcome all feedback.

Copy and paste the form below and edit it to reflect your scores, once you have done this please send it to us in an email at: bromh.dentaladmin@nhs.net

Please use scores of 1, 2, 3, 4, or 5 for each point

1 strongly disagree	2 disagree	3 neither disagree or agree	4 agree	5 strongly agree
----------------------------------	----------------------	---	-------------------	-------------------------------

Did you think the pack:

- was age appropriate
- gave enough information
- was enjoyable for the children.....
- let us know if there is anything else you would have liked included.

.....
.....

Best wishes, we hope to keep working with you more closely in the near future.

The Special Care Dental service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 0JA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1 Knoll Rise, Orpington BR6 0JA

BHCEYC2021