



## Dental Hygiene



Copyright RuthGrimes©2006

All our Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, recording or otherwise, without our prior permission.

**\*\*DISCLAIMER\*\***

We take no responsibility for the validity, timeliness, or presentation of the information contained in this booklet.

Use of OR putting into practice any of the information contained within - is done so at your entirely at your own risk.

By downloading this book and using it's contents we assume you have read and agreed to the terms and conditions contained on Silksteps.

My thanks go to a friend who gave some excellent pointers and a little extra information for the book ☺

Contact us at [www.silksteps.com](http://www.silksteps.com)

This activity/teaching resource pack has been written to help you in the planning of your dental theme. We have, in brief covered all the curriculum areas and hope you find our ideas useful. Feedback on the pack would be most welcome and if you have additional ideas on what we could include in other packs or in a revision of this one please drop us a line through our website – [www.silksteps.com](http://www.silksteps.com)

### INDEX

- Suggestions for other teaching ideas.
- Clean teeth for school?
- Letter to parents/carers explaining your forthcoming dental theme.
- Name the teeth
- Dentist terms
- Group time presentation and discussion about looking after your teeth.
- Toothbrushes
- Visiting a dentist
- The Tooth Fairy
- Tooth fairy box
- Lost tooth packet
- How to brush your teeth
- Maths number line with teeth and toothbrushes!
- Clean teeth catch game
- Mirror Craft
- Toothbrush Collage
- Dental sounds – music
- Our mouths – Physical running game.
- Making Toothpaste
- Other art and crafty ideas
- Acid experiment
- The healthy food choice
- 2 Activity Sheets
- 2 Coloring pictures
- Parents sheets on dental care – this is a short letter supporting your work with the children by helping to continue the work at home. It is for guidance only and can be edited as you wish.
- Fluoride

## Suggestions

These are some ideas that you could use to help deliver a lively and active dental theme.



Schedule this theme to coincide with a dental check up visit.

OR – ask a dentist if they are able to come in and talk to the children about tooth care. It could be advantageous to introduce a dentist ‘figure’ to the children at a young age as this may allay any fears that they may have about visiting a dentist’s clinic.



Books, poems and rhymes bring a topic to life.



Maybe as a school or class you could make a ‘story sack’ resource for the children to take turns in taking home.

- Write a letter explaining your story sack, what is ‘free’ for the parents to keep in it and how they can use it with their child – a note on when the sack should be returned would also be a good idea.
- A checklist – so that you can check off the items and replace any that are missing or that are intended to be kept by the child.
- Include a book on dental hygiene and the tooth fairy!
- Make the ‘Clean teeth’ catch game below and include it with a set of instructions.
- A copy of the ‘Dentist sounds’ tape and instructions.
- A list of local dental practices and places where help on dental matters can be sought.
- Photocopy and include a few coloring pictures and box of crayons.



A free toothbrush and tube of toothpaste given out for the children to use at home would be a great way to actively involve the parents/carers - as we all like ‘freebies’!



Could this theme unit be introduced to the whole school at the same time so that a maximum benefit can be seen through it’s resources? Maybe deliver it during a ‘National Dental month’ or similar national event that focuses on dental hygiene.



Use the letter below, just prior to your beginning the theme.



Print and pass out the parent information letter (at the end of this book) on the last day of your theme.



Transfer all the information from the tooth care chart (that is attached to the ‘Dental hygiene theme’ letter) to a large chart that you can fill in with all the children.



## 'Clean Teeth for school' – an innovative idea

We have discovered that in some schools they have adopted a practice of encouraging the children to brush their teeth on entering their classroom or during the first phase of the school morning. Whilst this is usually done throughout a dental themed unit only, we think it would be a fantastic idea to establish it as part of a school's 'personal, social and emotional' policy.

If you can introduce the 'tooth brushing' practice before, during or just after the first assembly period of the daily routine it would actively encourage and promote the importance of tooth brushing and of overall oral hygiene.

*If your school/group do implement a 'clean teeth' for school program please let us know all about it. OR if you already run a similar project – we would love to know how you got it going and how you feel it is progressing.*

If you do not have running water available in your room or water available in the toilets that is not of drinkable quality – have a large jug of water dedicated to filling up the cups. Make the filling of this jug a 'responsibility' where a child is chosen on merit to fulfil the daily errand.

Invest in a 2 minute egg timer, so that the children can experience the time it takes to brush their teeth for the recommended amount of time.

Storing your children's brushes in your room could be part of a creative display to advertise your commitment to helping your students look after their teeth.

Involve the children in designing a storage and naming system for the jug, brushes and cups.

Include a write up on how you all achieved your display design.

During the design period discuss a set of possible rules that you and the children think are suitable to maintain a hygienic and safe cleaning area.

Although it would be preferable to have toothpaste for the children to use, it is not essential, if an ongoing cost is too much to budget for, then dry or water only brushing can be done – OR with donation of ingredients making toothpaste could become a regular occurrence!

The main aim of introducing a 'clean teeth for school' practice is so that the children can appreciate the benefit of healthy teeth clean feeling teeth and to perfect their brushing technique.

Collection and disposal of the dirty water should be the responsibility of the teacher or other suitable person and information sought as to the health and safety issues of this job.

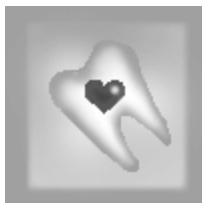
### Storage ideas.....

Name every toothbrush using a permanent marker. Choose toothbrushes with holes in the handles so that they can be hung up.

Do you have any willing parents that would drill a large enough hole into your toothbrush cups? This may be simpler than trying to find cups with this feature or using disposable plastic or polystyrene cups (both un-environmentally friendly options)

Old yard rules can be screwed or glued to the wall and nails/pins used to hold the brushes.





## *Dental Hygiene Theme*

Dear Parents

For our dental hygiene topic we will be looking at how we can look after our teeth to keep them strong and healthy.

Beginning on ..... We will be taking part in many creative projects and would greatly appreciate a donation of ....

- A small glass jar – for the toothpaste
- A small mirror tile
- A Toothbrush per child (labelled with their name)

We will be using the tooth brushing chart below as a way of finding out what the children already know about cleaning and looking after their teeth and would very much like it if you could help them by writing in the answers and returning the form to us by the date above.


Many thanks for your support



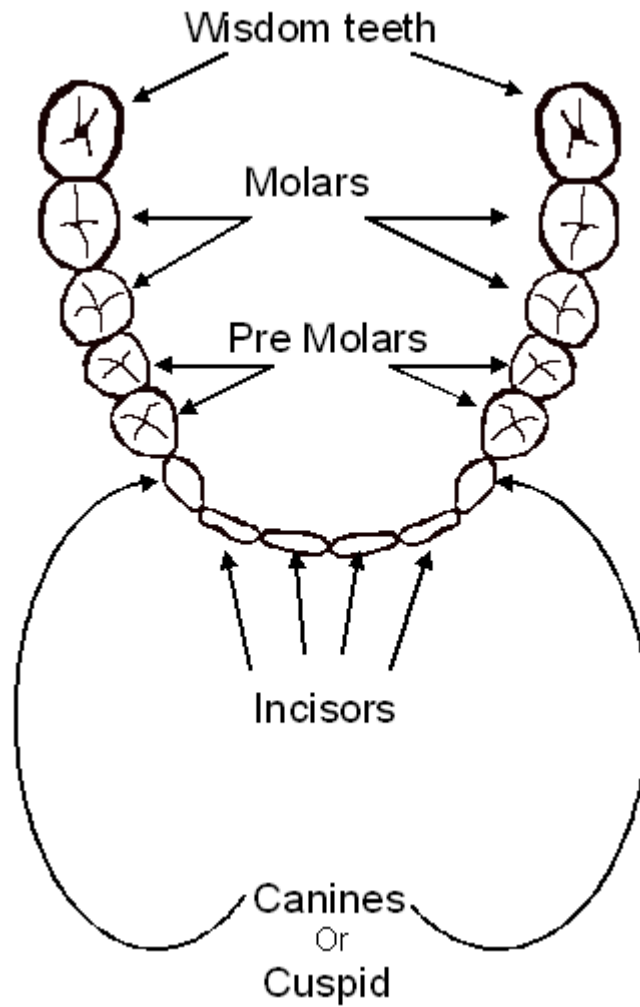
Name of child.....Class.....

Question	Answer
What color is your toothbrush?	
Does it have a special shape? <small>You can draw it below if you want to.</small>	
When do you brush your teeth? In the morning? Just before going to bed?	
Do you put anything on your toothbrush? Water? Toothpaste? Powder?	
What does it taste like? Mint? Orange? Another flavour?	
Does anyone help you brush your teeth?	
Do you watch yourself in the mirror when you brush your teeth?	

This is my toothbrush

 Name the Teeth!

- Incisors
- Canine (cuspid)
- Pre molars (Bicuspid)
- Molars
- Wisdom teeth



## Dentist Terms!

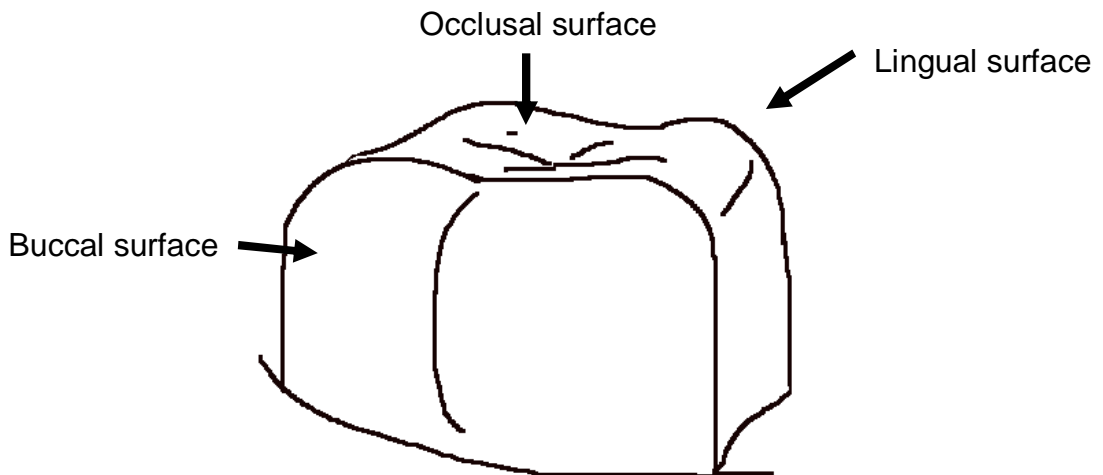
It can be baffling for adults and children alike to visit the dentist and hear terms that can sound quite alarming!

To try and remove the fear that every single one of our checked teeth doesn't need a filling here is a very brief rundown of a few words you may hear.

- Occlusal – the top of your tooth
- Buccal – the inside of your cheeks – the side of your tooth that is nearest to your cheek.
- Bruxism – the habit of grinding your teeth during sleep
- Palatal – The inner side of the tooth next to your palate (roof of the mouth)
- Caries / Cavity – dental decay eventually causing a hole in your tooth.
- Decalcification – the loss of calcium from your tooth making it weaker and more susceptible to decay.
- Distal – 'behind' - word used to describe position
- Labial – teeth next to the lips
- Lingual – side of the tooth closest to the tongue.

It may help if you can make a large scaled model tooth and label it.

This will help in using positional language when aiding the children in practicing their brushing technique.



## GROUP TIME presentation and discussion about looking after teeth Communications, Language & Literacy

Collect these items prior to delivering your group time demonstration.

- A doll or picture of a face showing their teeth!
- A toothbrush
- Pot of the homemade toothpaste (recipe below!) and a tube of purchased toothpaste.
- Roll of dental Floss – the use of floss is dependant on the age of the children and their dexterity. It is also not recommended for children who still have their 'baby' (deciduous) teeth as there is usually a built in gap between the teeth. Explain that floss is vital to clean away plaque between the teeth but that it takes a long time to learn how to use it. (popping the floss between teeth harshly can split the gum and make it bleed)
- Packet of plaque tablets – suitable as a visual aid but explain that not all tablets are ok for young children to take – the children may recognise them as part of their parent/carers hygiene regime.
- Picture of a dentist and his chair! Or ideally, a puppet that you can have to narrate the whole discussion so that it is brought to life - or just to make an appearance at the end!
  - Lay all the items out on the table and open your group time by asking the children to examine them all.
  - Which ones do they recognise – where from? Home, shop, friend's house?
  - Do they know what each one is used for and how to use it?
  - Have they visited a dentist before?
  - What was their visit like? Can they share their experience with the rest of the group?
  - What sorts of oral care items do they use at home?
  - Do they like the taste or feel of these items?

Once you have finished this part of the discussion move on to the tooth decay process.

### The decay process!

This is written in a simplistic bullet point 'story telling format so that you can explain to the very young children the process of decay in our teeth and the importance of tooth brushing as a means to keep our teeth clean and healthy.

Keywords – Bacteria, Plaque, acid, cavity, saliva, toothbrush, toothpaste.

- When they (the children) eat food - some of it gets stuck on their teeth.
- Lots of bacteria bugs start to live on this food.
- Bacteria bugs are so tiny that we can't see them with our eyes.
- These bacteria bugs turn the food into plaque – that's an acid that we need to brush off of our teeth.
- But if we don't brush off the plaque acid, It begins to hurt our teeth.
- After a while holes called 'cavities' will appear in our teeth.
- These will need to be filled by the dentist.
- Nobody wants cavities in their teeth....
- SO it is really important that we brush our teeth in the morning and just before we go to bed to get rid of the sticky plaque acid.

Use the prop items to support your storytelling and at the end of the story ask the children to imitate some of your movements/actions – eg – when you brushed the teeth of the doll/picture of teeth!



## The Tooth Fairy

If your children are aged between 6 and 9 (approx!) you could include a section of teaching on baby teeth and adult teeth.

Explain to them how they have 20 baby (primary) teeth and that as they get older these 'baby' teeth will come out and be replaced by 'adult' (permanent) teeth. When all their big teeth have grown they will have 32 new teeth.

Everybody's teeth fall out at different times so they should not be worried if their friend's tooth has come out and theirs has not!

The tooth fairy visits the child whose tooth has fallen out and leaves some money in exchange for the tooth.

The amount of money varies! What the fairy does with the tooth also varies!!

What does the child think the fairy does with them?



## Tooth Fairy Box

This box can be used to hold the tooth under the child's pillow or on their bedside table whilst waiting for the tooth fairy to visit and exchange the tooth with a coin!

Print and cut out

Fold along the lines and tape the tabs into place.

Place a small amount of soft cotton wool into the box as a 'cushion' for the tooth.





## Lost Tooth Packet



This sealable tooth packet is for when a child loses a tooth in school/kindergarten etc and needs a safe way to ensure it reaches home!

Print it out and allow the child to colour it in.

Fold along the lines and tape into place.

Pop the tooth inside and seal the top.

Pin the packet to the child's jumper etc to make sure everyone can see what a special event has taken place!

Fold along this line	<p><b>Guess what I Lost today?</b></p> <p>Name.....</p> <p>Date.....</p> 	Fold along this line
Fold along this line		
<p><a href="http://www.missgrimes.com">www.missgrimes.com</a></p> 		
fold and tuck over the top		



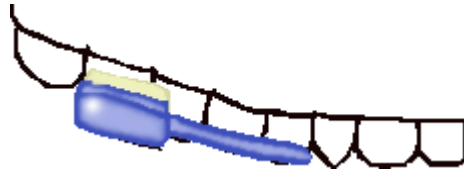
## How to brush teeth

Practice will help the children learn how to brush their teeth.

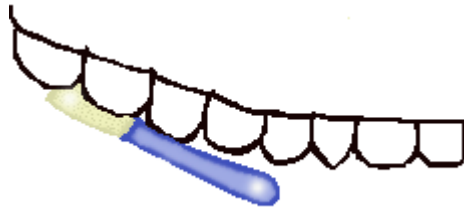
A pattern needs to be established and repeated so that each time they brush.... they brush all of their teeth.

Patience and perseverance is the key to encouraging the children to practice technique!

In a **slow** gentle circular motion –  
brush the outsides of your teeth



Then insides of your teeth



Then do the tops of the teeth



Repeat this on the right then the left  
On the top jaw and the lower jaw.

Some children may find this circular action awkward.

Encourage them to practice this technique as brushing backward & forwards can result in more damage done to the tooth- by causing grooves and channels to appear – these can become very sensitive.

Your Dentist will refer to this process as 'Abrasion'.



## *Toothbrushes*

Small children have small teeth – and need small toothbrushes.

The bristles need to be firm enough to brush the teeth safely - not to go squashy when you put a bit of paste on them or so hard that they could pose a danger to the gums.

Try a medium textured brush - most child toothbrushes should be suitable.

These brushes do not need to be very expensive or 'fancy' - a plain level bristled brush is perfect for children to learn good habits & techniques for brushing their teeth.

Look after your brush by soaking it for 15 mins a week in a mild disinfection – rinse thoroughly.

If the bristles start to bend out of shape, replace it so that the child's gums aren't 'stabbed' by the ends of the bristles. Ideally it should be replaced every three months.

### Electric toothbrushes

You could perhaps use a quality electric toothbrush (We do not recommend battery operated ones as these are not powerful enough over the time to warrant the cost or performance.)

ALTHOUGH – nothing is better than the children being given the time to practice, perfect and enjoy the sensation of looking after their own teeth.



## *Role play - Visiting a Dentist*

To bring an understanding of why we need to see a professional dentist every 6 months let the children experience the 'visit' - turn your role play area into a dental surgery/clinic.

If possible borrow a reclining arm chair and position a small table next to it. Depending on whom the patients are likely to be..... Have a selection of soft toys ready to have their mouths checked out (might be a more hygienic idea than having the children themselves as patients!)

Dress up clothes could include white shirts/aprons, face masks, disposable rubber gloves.

A play doctor's set should have a few of the instruments in it that a dentist would use, spread these on the table with some toothbrushes, empty toothpaste tubes and cups.

Pin up some 'tooth' related posters and create a 'waiting room'!

Get in touch with your local practitioners to see if they have any free resources you could use in your role play.

Some 'tongue in cheek' role play toys could be – wind up chattering teeth, Denture boxes. White Playdough to make teeth!

Have a look around your shops to see if there are any products you could replicate to show the children their uses ....

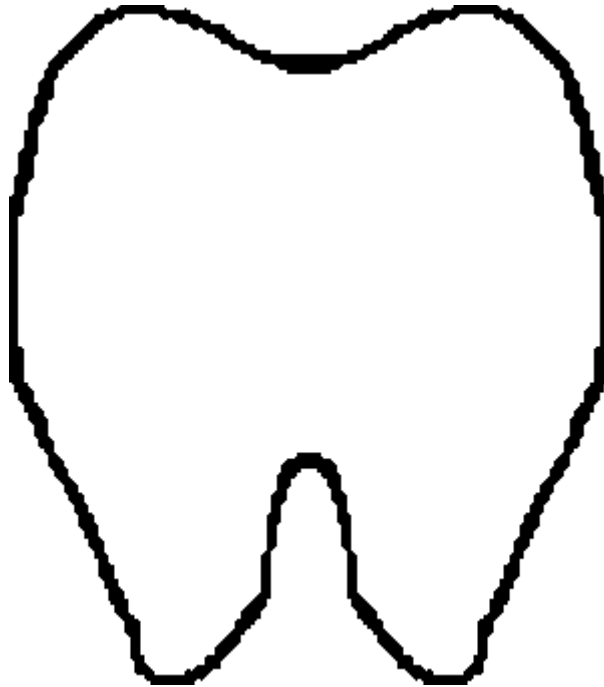
## Tooth Line and Toothbrush

Math



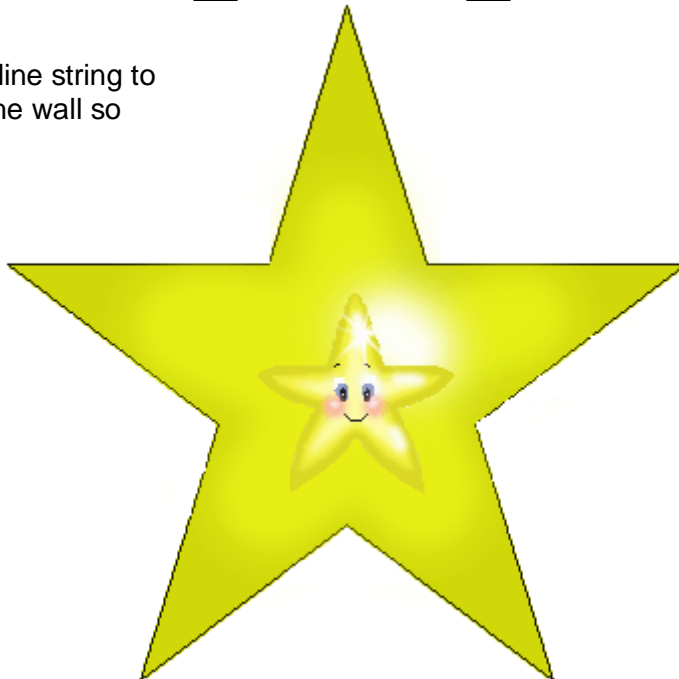
- Photocopy 2 of the line holder 'Star' pictures, laminate and cut out.
- Using dental floss as the string line – photocopy and laminate the required number of tooth templates!
- Glue the back of each tooth to a clothes peg.
- On the front of each tooth glue a piece of Velcro (or staple it in place) or use sticky tac!
- Photocopy the same number of toothbrushes, write numbers on each. Laminate and cut out.
- Put an opposing piece of Velcro onto the back of each toothbrush or use the sticky tape to attach the toothbrush in numerical order to each tooth!


Tooth Template – cut as many as you require



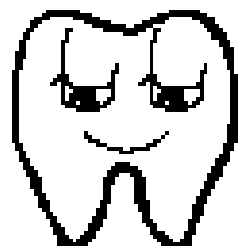
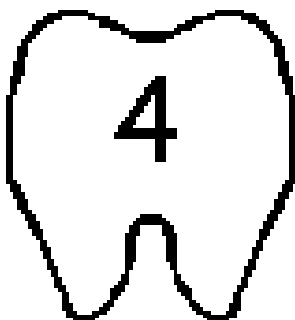
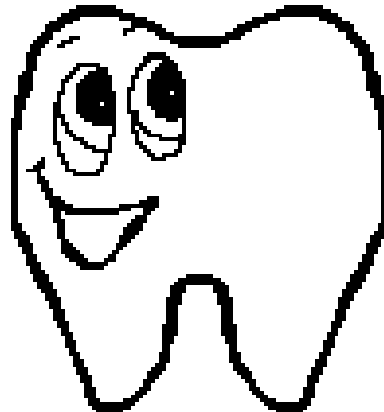
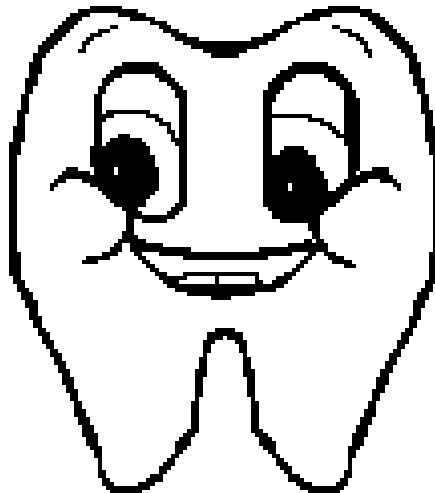
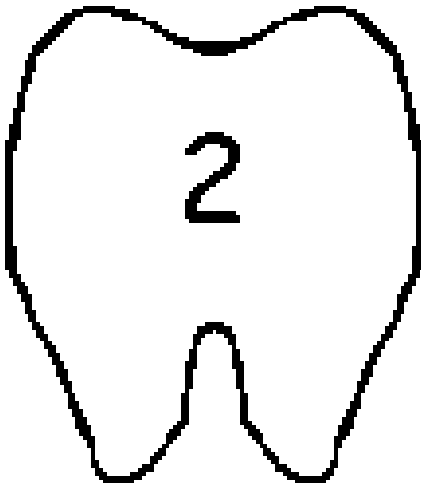
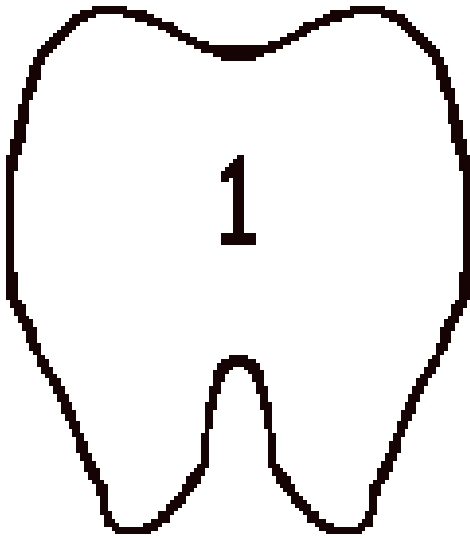
Star line holders!

Tape the ends of your number line string to 2 of these stars and attach to the wall so that the string is taut.



 Tooth Number Matching

Print, cut out, laminate and enjoy.





## Clean Teeth Catch Game

Personal, social, moral, emotional development  
Sequencing interactive hygiene game

### You will need to make

4 Catch Rods – made from short lengths of wooden dowel with ‘dental floss’ used as the catch line.  
Tie on a magnet to the end of each line.

### Playing Pieces

Photocopy and laminate the playing pieces.

Attach a metal paper clip or similar to the picture so that the rod magnet can catch it!

*Healthy tooth*

*Plaque tooth*

*Tooth with a cavity.*

*Dentist*

*Bacteria*

### ‘Open Wide’ lips picture base.

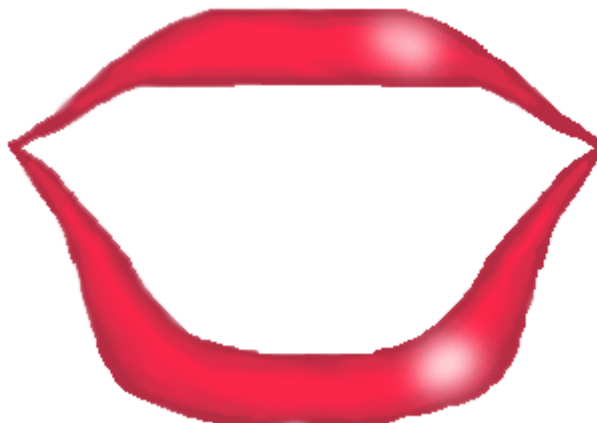
This is the base picture that holds all the playing pieces.

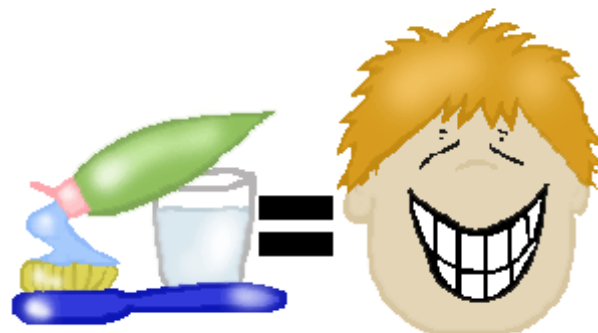
### Playing Boards

Print out 4 boards & laminate.

### Rules and instructions

- Lay all the playing pieces down in the ‘Open wide’ lips/mouth picture.
  - Enlarge the one below or cut out a pair of lips from red paper backed onto black paper.
  - To make this game 3D use clay, sawdust mixed with glue and model a set of lips,
  - They will take quite a while to dry so preparation should be done well in advance of the topic starting.
  - Making a permanent 3D base will be a great talking point and give the game additional stimuli!
- Pass out the 4 playing boards and the catch rods to the children.
- Have them take turns to ‘fish’ for a picture.
- Each time they catch one place it onto the corresponding black and white image on their playing board.
- Help to relay the sequence of good dental hygiene by reading each of the pictures in the correct order so as to re affirm the importance of teeth brushing.

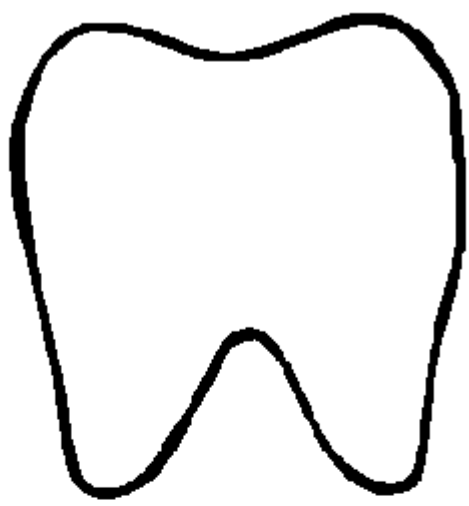






www.sifysteps.com

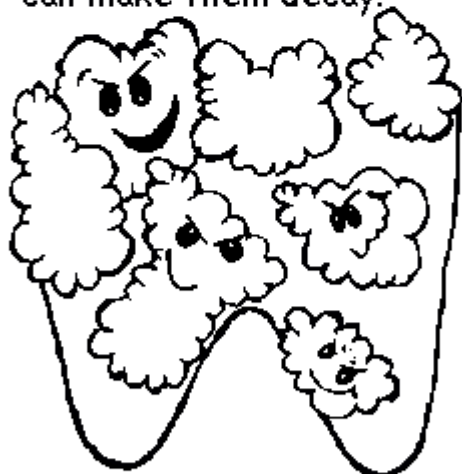
1. Healthy tooth



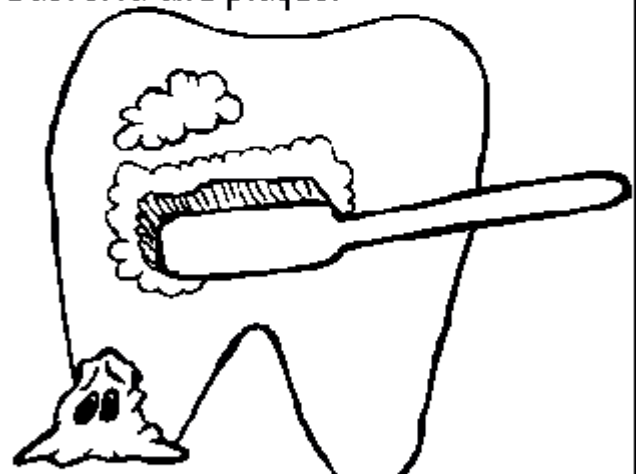
2. The dentist can tell us good food and bad food.



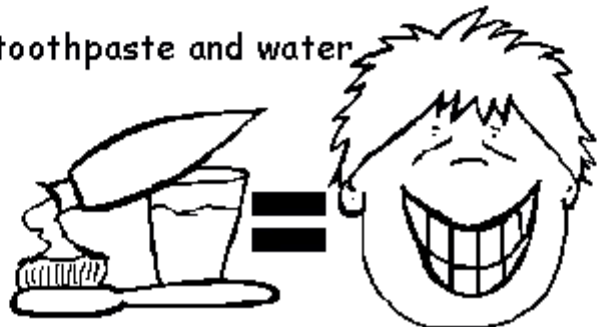
3. Bacteria on our teeth can make them decay.



4. We need to brush away the bacteria and plaque.



5. Toothbrush, toothpaste and water



adds up to .....  
a brilliant smile

Print and laminate 4 playing boards.

## Mirror Craft

### Art

Activity – use the constructed mirror to help show the children that it is good practice to watch where and how you brush your teeth.

#### You will need

A mirror tile – pre edged with a tape that will ensure no sharp edges.

Thick piece of card

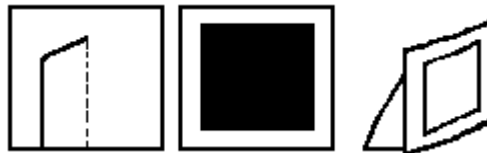
Glue gun

Coloring pens, crayons etc

Collage materials if required– feathers, gems, buttons,

PVA glue

- Make sure all the glass mirrors have their edges taped so that the children can handle them safely.
- Place a mirror tile onto the thick card, draw around the outside cut out.
- Use this template to make a back and front for each of the tiles.
- Following the diagrams below first draw a 'door' shape onto one piece of card. Use a craft knife and cut the solid lines – fold the card along the dashed line – this will enable your mirror to stand.
- For the front, use another square and measure a border edge – cut out the centre area.
- Make as many front and backs as required.
- Use your collage materials to decorate the front border edge.
- Assemble the 3 layers together with a hot glue gun – backing card – mirror tile – front border.



## Toothbrush Collage

#### You Will Need

4 old toothbrushes

Selection of coloured poster paints

Assorted wools, yarns, string for the bristles.

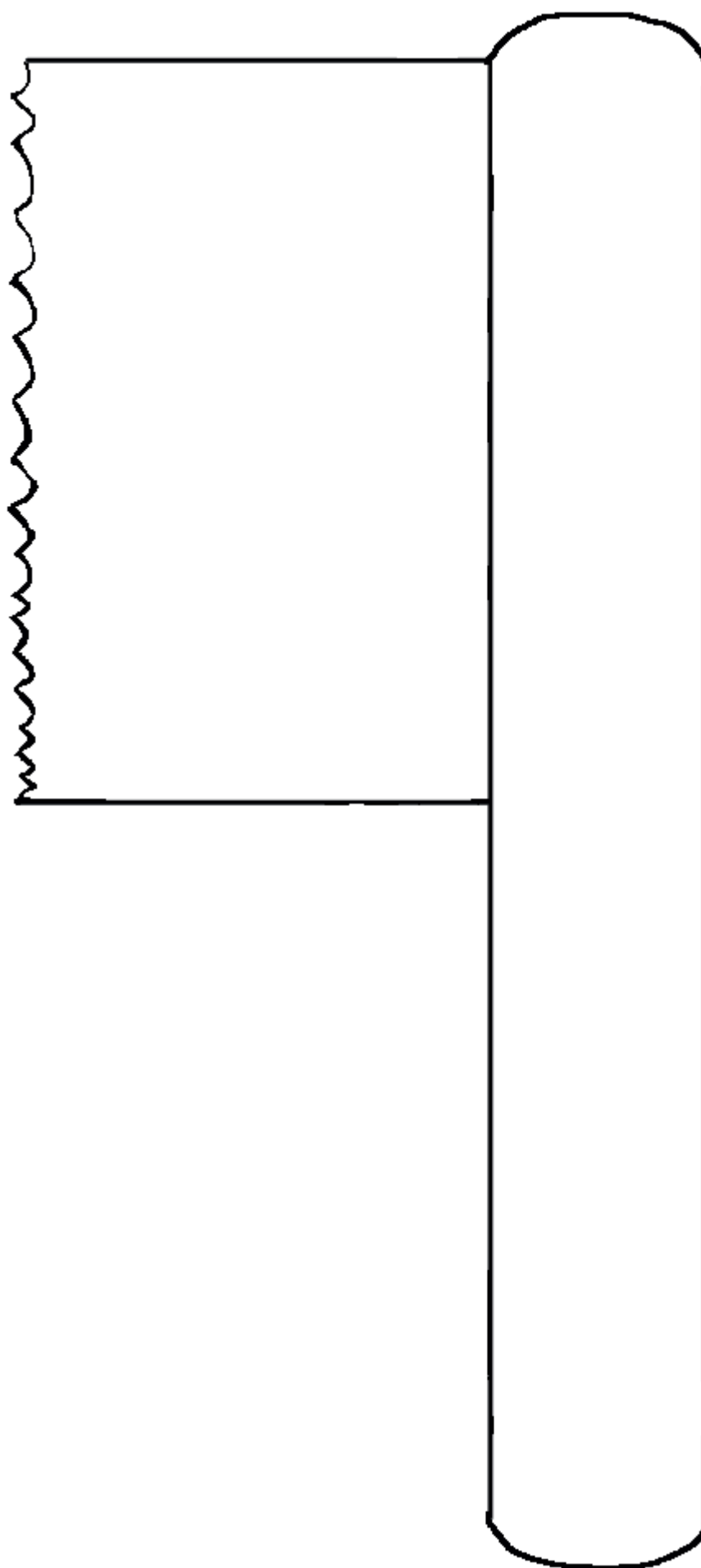
A toothbrush template for each child.

Scissors

PVA glue

- Photocopy the toothbrush template
- Use the real brushes dipped into the poster paints to decorate and pattern the handle of the template.
- Cut lengths of the wool etc. and glue onto the head of the template to represent the bristles.
- Have a selection of toothbrushes old and new so that you can look at the colours and patterns, designs and shapes of the handles.

Toothbrush Template



## *Other Art and crafty ideas –*

- Collect magazines and pamphlets etc. and ask the children to cut/rip out the smiles only! Glue these onto a pair of lips shaped template.
- Turn old empty fizzy drink bottles upside down – the bottoms resemble our molar teeth! Use a craft knife to cut the bottoms from the main bottle.
  - Use as a single craft – Paint with white acrylic or collage with ripped pieces of tissue paper and PVA glue.
  - Use a glue gun to stick them into a mouth shape – this can form an area large enough to serve as a border to your themed notice /display board.
  - String them together to form a ‘Toothy number line’!
  - Use the basic tooth shape as ‘cups & scoops’ in your water tray add shaving cream and real toothbrushes for a water based role play area!
  - Use Shower gel, conditioner styled bottles (with pinched base) to act as the incisors.
- Use Toothbrushes to paint splatter pictures. Dip the brush bristles into a shallow tray of poster paint, turn over the brush over into a downwards position, run your finger along the tooth brush bristles so that the paint splatters onto the paper below – Warning – incorrect positioning of the brush will result in a decoratively spotty face!!!!
- Paper plate ‘teeth’ crafts – mark off triangular ‘tooth’ shapes around the outside of a paper plate.
  - Allow the child to snip these with scissors.
  - Fold up the resulting triangle points.
  - Once finished fold the paper plate in half.
  - Decorate the plate with paints and collage materials – add bobbly eyes for frogs, paint grey for a shark! Color in orange and add black stripes, 3D ears and a nose for a growling Tiger!



## *Dental Sounds* Music

Activity– Make a tape recording that you can play and talk about. Sounds that would be found in a dentist surgery – If possible ask your local dentist if they can record the sound of their drill and mouth rinse machine! Discuss things like pitch and reverberation. Do the noises sound nice or nasty – do any of the children know anyone who is afraid of the dentist. If the answer to this is ‘yes’ be ready to explain that lots of people are and that it is okay to be scared of things – however it is also very important to see the dentist so that he can help keep your teeth strong and clean. Tell the child that it might be a good idea if ‘the scared person’ rings up the dentist to tell them how they feel – the dentist can tell them all about what is going to happen so that there is nothing to be afraid of.

Some things you could record are –

- The sound of the chair going up and down
- Someone gargling water
- The dentists drill
- Dentists suction tube
- The mouth rinse machine (as it disposes of the gargled water!)

Make an inlay sleeve for your tape detailing the order of sounds and what they are!



## Our Mouths

### Physical

Prepare the room for this game by printing out the pictures listed below and cutting them out. Pin them up around the room making sure there is enough distance between pictures for some energetic running!

- This run around game is where the children hear a 'keyword' in a story sentence (written in capitals)
- Pause the story whilst the children spot the 'keyword' picture pinned up in the room
- Encourage them to run over to it and then wait whilst the next story sentence is read.

Find pictures of..... OR make them from cut out paper pieces.

Toothbrush

Tooth/teeth

Mirror

Glass of water

Tube of toothpaste

## Story

It was Monday morning and the sun was shining outside in the garden.

It is time to get ready to go out and play..... but first we have to wash and get dressed.

- First I think we need to brush our TEETH
- Into the bathroom we go to find our TOOTHBRUSH
- Now we have that we need something to go on the toothbrush ---→ (ask) 'what do you think we need?'---→ (children hopefully answer) TOOTHPASTE
- So now we squeeze the squishy paste on to the TOOTHBRUSH
- 'I want to see how you all brush your TEETH'
- So let's find a MIRROR
- 'Can you all show me how you brush your TEETH' ( have the children mime the actions to brushing their teeth')
- That was great. Shall we rinse out our mouths now? Find a GLASS of WATER.
- 'Take a drink, and pretend to spit out your TOOTHPASTE'
- It's always good to keep things neat and tidy so lets put away your TOOTHBRUSH.
- Now we have brushed and cleaned our TEETH
- Look into the MIRROR
- And give everyone a beautiful shiny smile!



## Making Toothpaste

### Science

With all the debate about unnecessary additives like Fluoride, Sodium lauryl Sulphate and the over use of other anti bacterial substances, it is important to show the children and parent carers that alternatives are available. Fluoride free toothpaste is not widely available in the shops at the moment but hopefully as common sense prevails it soon will be! Visit your local organic shop to ask about safe fluoride free toothpaste.

#### **For older children**

- Use a pestle and mortar so that they can make their own batch of paste to take home.
- Have the ingredients on display and prior to mixing ask the children why they think each item is required to make the paste.
- Have some (empty or full!) tubes of purchased toothpaste. So that a comparison can be made on the ingredients list.
- Different ideas on dispensing the paste could be good – which do the children like the most and what would they design?
- Allow them to smell, taste and base the flavour of their paste on their own preferences.
- Supply the tools for them to make their own label for the jar.
- They will need to think about writing an ingredients list, maybe create their own 'brand' name, and to extend this further maybe they could think up an advertising slogan – or campaign!

Reasons for the paste ingredients are .....

Baking soda – grainy texture acts as a mild abrasive to remove the plaque

Alkaline to neutralist the mouths acidity

Anti bacterial

Glycerine – For making the paste a creamy consistency

Salt – for cleaning and natural healing ability

Mint, eucalyptus – flavouring

- 6 teaspoons baking soda
- 1/3 teaspoon salt
- 4 teaspoons glycerine
- 15 drops peppermint
- 1 drop of Lemon juice
- 4 drops of Eucalyptus or wintergreen oil





## Acid experiment

Science

*You will need*

Clear glass jar or bottle

A litre of white vinegar

2 hard boiled eggs

Acid test on calcium – visual explanation of how bacterial plaque acid breaks down the enamel calcium structure

- Pre boil a couple of eggs
- Gather the children into a group and pass the eggs around.
- Explain that the shell of an egg is made of almost the same materials as our teeth.
- Ask them if the shell feels hard or soft?
- Now place a hard boiled egg into a clear glass container of white vinegar.
- Tell the children that white vinegar is like the acid that plaque makes in our mouths. (key point – reiterate how bacteria eating sugar food is what makes the plaque)
- Show the children how the vinegar bubbles and egg shell bubbles.
- Leave the eggs in the vinegar for a couple of hours then remove gently and dry.
- Call all the children together at the end of the day and allow them to examine the egg shells.
- They should now be very soft and pliable.
- Explain that this is how our teeth could be if we don't brush them!

Reassure the children that brushing with toothpaste and drinking lots of safe water will help to keep their teeth clean, strong and healthy.

Additional -

Depending on your own personal point of view we make these additional comments on the reverse side of how fluoride is supposed to protect us....

This acid test, was & is used to try and prove the benefits of adding fluoride to toothpaste /water supplies etc – This was done by first dipping one egg into a solution of mouth wash, leaving it for a few moments to absorb the fluoride in the wash and then it was put into the vinegar.

The result is that the vinegar does not make the mouthwash dipped egg as weak as the plain egg.

But as ever – this experiment is an immediate reaction, not really depictive of the results brushing regularly with a fluoride free toothpaste would be.

As we have detailed above, it is our belief that this does not prove how fluoride can protect our children's teeth but in contrast PROVES how quickly our teeth can absorb an incredibly toxic element.



## The Healthy Food Choice

As a visual sorting area – put out a request to parents just before beginning this theme for.....

- Sugar – granulated  
Caster  
Icing sugar  
Brown sugar

You will only need a spoonful of each on a tray to show the children how many different types of sugar there are available.

- Variety of small full fizzy drinks bottles
- Jelly / soft fruit sweets and candies
- Fruit juices
- Milk – the natural drink choice as it contains calcium and other minerals essential for our teeth and bones.
- Vegetables – any!!
- Fruit – all fruit has natural sugar inside but are the preferred choice to candy/sweets etc because of their vitamin content.
- Syrup,
- Breads
- Cakes and cookies/biscuits

Alternatively collect pictures from magazines and glue them into a display poster.

- Display all the products on a low table.
- With adult help separate all the items into 3 groups (the lists in these groups are by no means complete – you can use additional resources to make up your own food lists for the groups)
  - Bad for our teeth
  - Sticks to our teeth! Good food but we will need to brush our teeth again.
  - Good for our teeth

### Bad for our teeth

Group 1
Lollipops
Candy & sweets
All Fizzy drinks – <i>even sugar free – as carbon dioxide 'Fizz' is acidic!</i>
Syrup
Fruit juice – <i>very acidic</i>

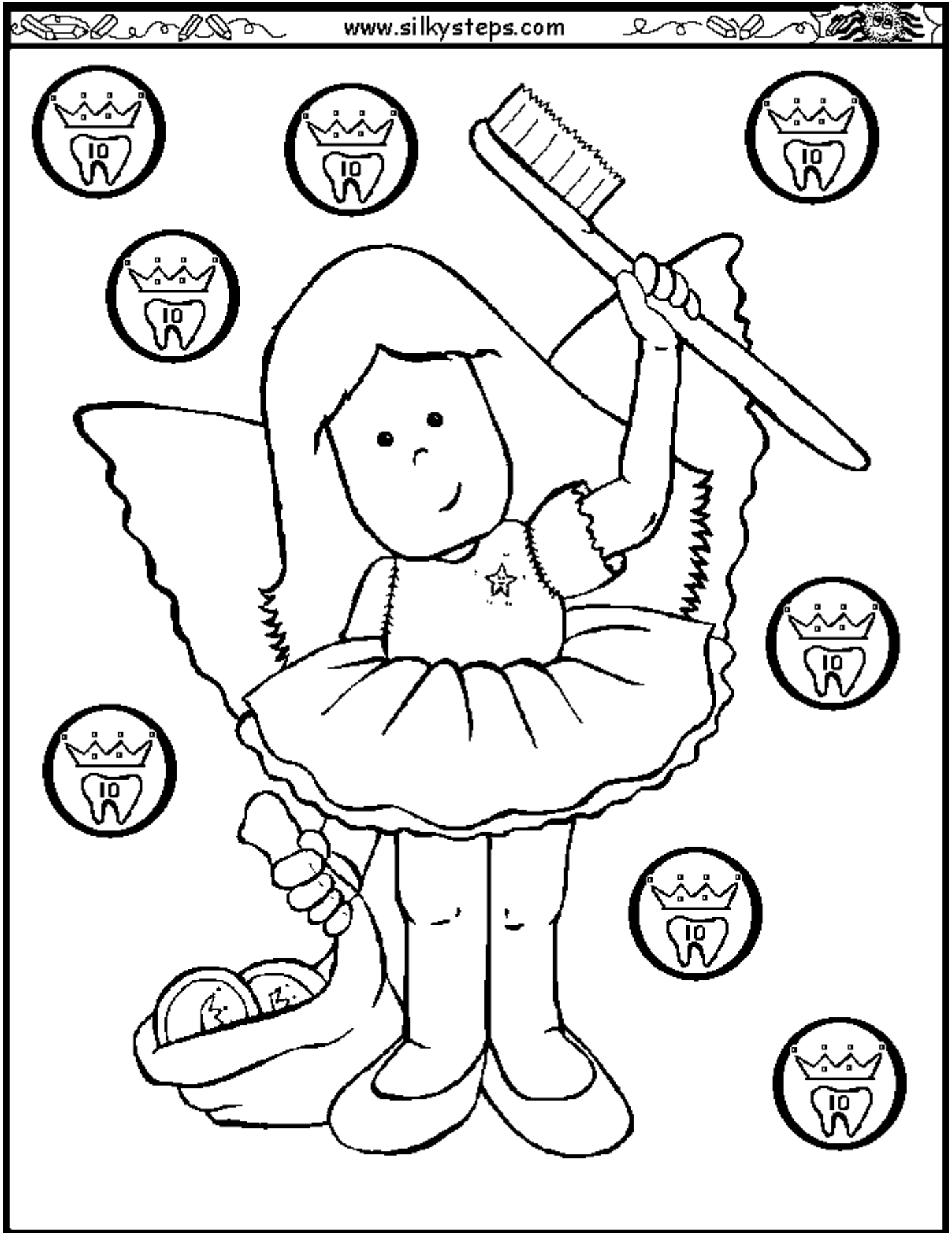
### Okay but sticks to our teeth

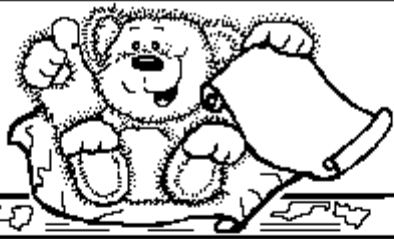
Group 2
Breads
Pastry
Cakes
Fruit – <i>because of the natural sugar content.</i>
potatoes
Crackers
Pasta

### Good for our teeth

Group 3
Vegetables –
Cucumber
Carrots
Peas
Runner beans
Cabbage
Milk

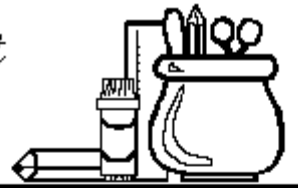






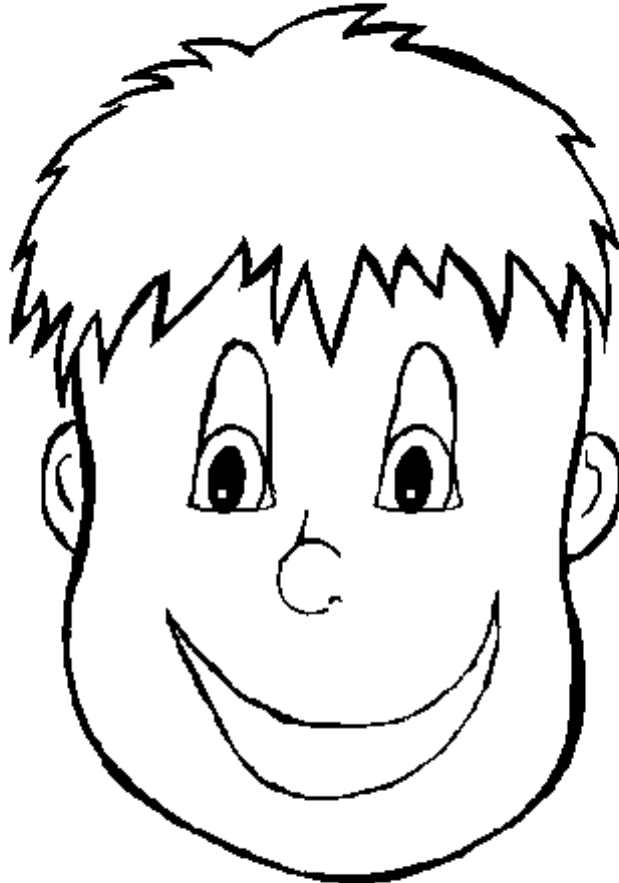
## Tooth care activity sheet

Name \_\_\_\_\_  
Date \_\_\_\_\_



www.silkysteps.com

It is time for this boy to brush his teeth.  
Can you cut out his brush and toothpaste and help him to clean his teeth.



Toothpaste

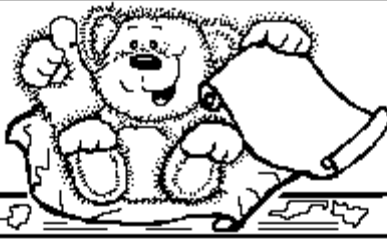


Tooth brush



Dental floss



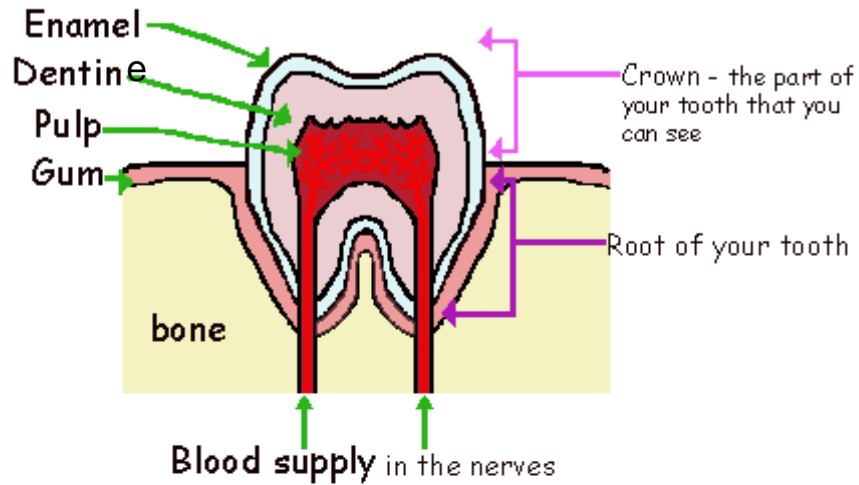


# Tooth care activity sheet

Name \_\_\_\_\_

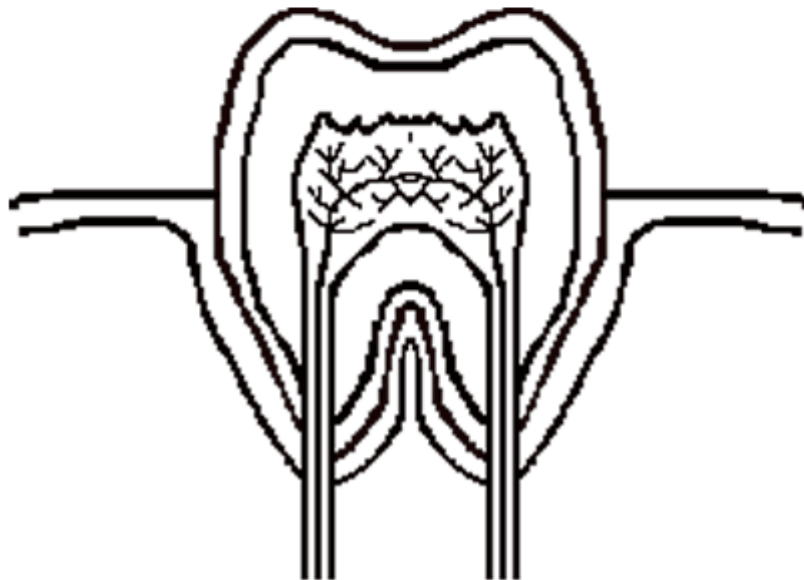
Date \_\_\_\_\_

www.silkysteps.com



This is what the teeth in my mouth look like!

Color in the picture



Turn this into a craft by having a large tooth shape and collage materials that are similar to the tooth parts. Collage in the correct areas.

EG. Pink plastic for the gums, Cream paper for gums, white shiny glitter for the enamel, pink cotton wool for the pulp etc.



# For Our Parents Information



Date.....

Dear parents, guardians and carers

During our dental theme, we have been looking at how to keep our teeth and mouths clean and healthy. The children have thoroughly enjoyed our work in this area and we would be very pleased if they could share their enjoyment with you by continuing everything they have learnt at home, with you.

Over the course of our the unit we have made a –

Mirror craft – this is so that they can use the mirror to see what the inside of their mouth looks like, where their teeth are and how to use a toothbrush.

We could also make lots of funny faces in the mirrors!

A tooth brush collage picture – all the children have learnt how important it is to brush their teeth with a small soft toothbrush. They watched and practised brushing .....

The tops of their teeth  
'Occlusal'

The front of their teeth  
'Buccal'

The backs of their teeth  
'lingual'

It is very important that over time you gently correct your child into learning how to brush their teeth in the right way.

We all have individual teeth that have different grooves and dips in.

Spend some time looking at your child's teeth, do they have lines on their teeth that will need particular attention paid to them.

Practice brushing gentle circles on the teeth.

Ask your dentist about the grooves and how they would recommend brushing them.

\*\*\*\*\*

We also made our own toothpaste and have included the recipe here so that you can try even more flavours -

## Homemade Toothpaste

- 6 teaspoons baking soda
- 1/3 teaspoon salt
- 4 teaspoons glycerine
- 15 drops peppermint
- 1 drop Lemon juice
- 4 drops Eucalyptus oil

**Directions:** Mix all the ingredients together in a blender. Store in an airtight container. Use as required. Reuse the glass jar that the original toothpaste was sent home in.

We examined what foods were really bad for our teeth like fizzy drinks and candies.

And also at foods that are very good for our teeth like fresh and frozen vegetables and milk.

The children learnt that it is the sugar that causes tooth decay and that if the sugar is regularly brushed away; our teeth are much less likely to become bad.

Visiting a dentist every 6months makes sure the children's teeth stay strong and healthy and that if there are any problems then they can be sorted out early

If you have any questions about what we covered in this topic please contact us as we would be pleased to discuss it with you.

.....



## *Fluoride and other unnecessary 'oral care' additives*

As a beginning to this teaching resource pack we want to let our readers know that we are strongly AGAINST the use of commercially added Fluoride in any product that comes into contact with our children's mouths.

The minute amount of fluorine that our bodies need to re-mineralize enamel and thus strengthen our teeth is found naturally.

Public fluoridation is an action that we believe is completely unnecessary and appears to involve much more than the apparent 'oral health of the people'.

There is no base evidence that fluoride benefits us – merely the time tested concept that if we are told it's okay .... then we openly accept it ... because we trust that the health system has our best interests at heart.

Unfortunately .....having delved a little deeper into the debate - we don't think it does - Fluoride is a corrosive toxic element that is also a neurotoxin – we think our children's brains are too precious to expose to any type of neurological poison.

It will eventually come to light - that the decrease of dental cavities is due to an increasing awareness of the importance of oral hygiene, our teaching practices in the classroom and home environment and of course - the advocacy of visiting a dental practitioner on a regular basis.

Fluorosis – Is a disfiguring poisoning of the teeth caused by too much Fluoride . It is becoming more prevalent and we can only hope that something is done about this before we ruin a generation of children's teeth.

We also hope that the 'hands tied' scenario that a lot of dental practitioners may be working under in terms of what products they are financially allowed to buy may change and that the knowledge they possess about the industry, health benefits and chemical information ... is allowed to become 'free speech' between professionals and their patients .....Without fear of retribution.

There are also other additives of toothpaste and oral care products that do not benefit us in any way. Addition of most, is merely for aesthetic /'cosmetic' reasons and some are toxic!

If this issue interests you then please take the time to look into it further. There is a great deal of information available for both sides of the argument and it will allow you to make an educated and sensible decision on whether to purchase fluoride added oral care products.

We will be happy to answer emails where we can.

To read our terms and conditions on the use of this book please visit our website

[www.silkysteps.com](http://www.silkysteps.com)

Thank you and we hope you enjoy our book of dental hygiene.....



[www.silkysteps.com](http://www.silkysteps.com)