



# Maintaining our Dental health

Play this slideshow from  
beginning





# **We are learning about the importance of dental health routines**



## **We will be able to:**

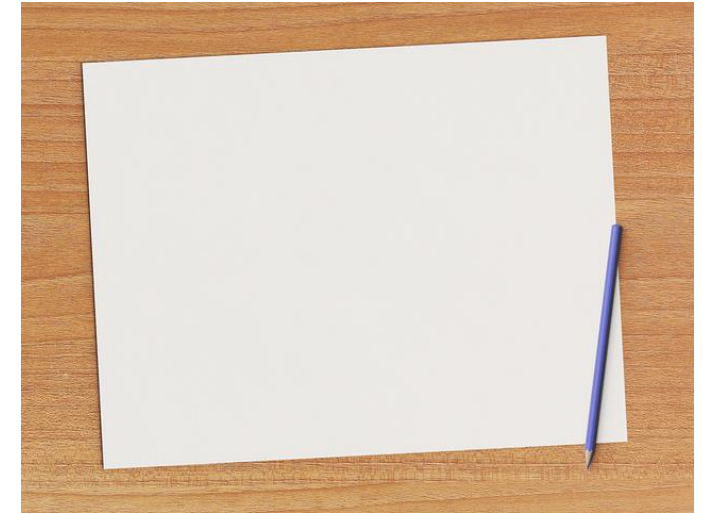
- ✓ identify how everyday actions affect dental health
- ✓ describe ways to maintain good dental health
- ✓ explain common risks to dental health and how to manage them

# What's our starting point?

## Ideas pool

Write your ideas about keeping teeth healthy by answering these questions:

- **What** can help to keep teeth healthy?
- **What** might damage teeth?
- **Why** is it important to look after our teeth?



# Key word match-up

Can you match the word to the meaning?

**Enamel**

ways to keep teeth clean

**Plaque**

tiny holes in the tooth caused by a build-up of plaque

**Cavity**

hard, outer layer of the tooth

**Oral hygiene**

soft, sticky film that builds up on teeth and contains bacteria

# Key word match-up    **ANSWERS**

**Enamel:** hard, outer layer of the tooth

**Plaque:** soft, sticky film that builds up on teeth and contains bacteria

**Cavity:** tiny holes in the tooth caused by a build-up of plaque

**Oral hygiene:** ways to keep teeth clean

# Everyday Actions

The **Everyday actions cards** are a mix of actions that can affect our dental health.

On a piece of paper, draw three columns with the headings:

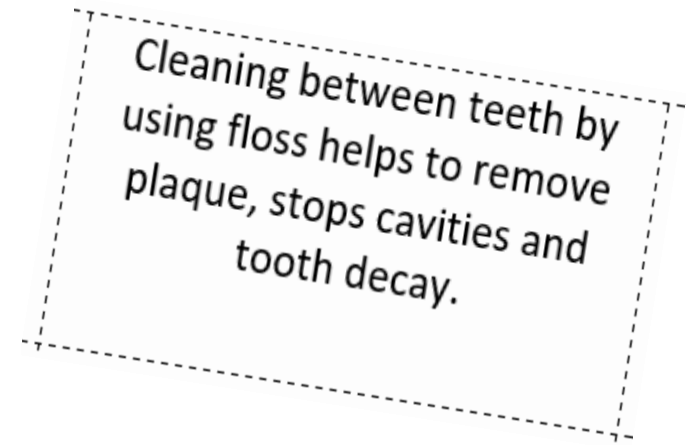
- **positive actions ✓**
- **negative actions X**
- **not sure/depends ?**

Write the card numbers in the correct column.

✓	X	?

# Dos and Don'ts

Use the ***Dental health facts*** in your worksheet pack along with the ***Everyday actions*** to create a list of Dos and Don'ts for maintaining good oral hygiene.



## Example:

**Dos** Brush teeth for 2 minutes — to keep them clean and get rid of plaque

**Don'ts** Rinse with water after brushing — it washes away the fluoride in the toothpaste

# Dental dilemmas



Choose 1 or 2 dilemmas (from 'Dental dilemmas' in your worksheet pack) and come up with solutions for the character using the following questions:

1. **What actions** might affect the character's dental health?
2. **What information** might help the character in this situation?
3. **Who can help** them with the dilemma?





# Dental Dilemmas: Answers

# Sam

1. If not treated by a dentist, Sam's toothache could get worse and cause more serious issues.
2. Sam should eat fewer sweets because the sugar is causing harm to their teeth.
3. So that the situation can be resolved quickly, Sam could talk to a parent or trusted adult so that they can make an appointment with the dentist.

# Lea

1. If Lea's sister doesn't brush her teeth, it could cause plaque to build up.
2. Lea could tell her sister about the importance of brushing teeth twice a day.
3. Lea could brush her teeth each day at the same times as her sister or help her create a brushing routine poster or chart to remind her. In addition, Lea should let a parent or carer know what is happening, so that they can help with a brushing routine.

# Bailey

1. & 2. Bailey shouldn't worry too much, it is normal for teeth to fall out at different times and it happens to children at different stages.
3. Bailey could also let a parent or carer know about his worries so that they can talk them through.

# Jesse

1. Using mouthwash and chewing gum can help to prevent plaque from building up.
2. But, as long as Jesse is following a good oral hygiene routine e.g. brushing twice a day for 2 minutes and eating foods lower in sugar, then chewing gum and mouthwash are extras rather than necessities.
3. Jesse could ask for advice from a parent/carers or dentist if not sure what is best for their teeth.

# Yasmin

1. Fruit juice is a drink high in sugar (14.7g in one small glass).
2. Yasmin should ensure she is drinking the recommended daily limit of 150ml (small glass) of fruit juice a day.
3. Yasmin could also let a parent or carer know about the sugar content of juice.

# Mohammed

1. Mohammed should have his tooth taken out to avoid the problem getting worse.
2. & 3. It could help Mohammed to talk to a parent, carer or trusted adult about how he is feeling.
4. Mohammed's parent could let the dentist know he is feeling nervous so that they can take him through the appointment slowly, and reassure him about what to expect.

# Maintaining our dental health

Well done for completing the activities!

Now go back to the 'What's your starting point?' activity

## Ideas pool

Is there anything you would like to change?

Is there new information that you can add now?

