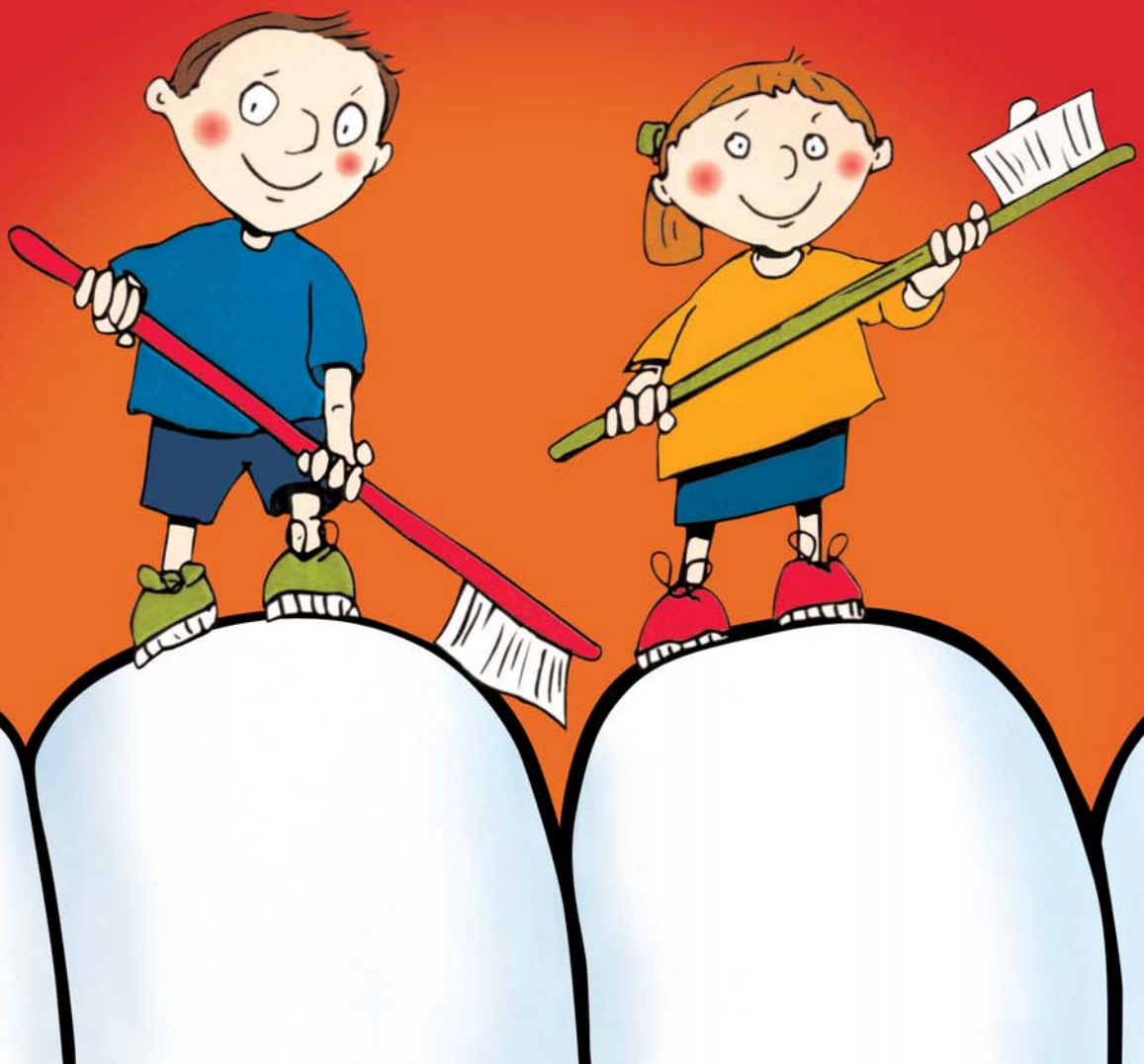


# MIGHTY MOUTH

Infant Curriculum



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## Resources

### Available in this Pack:

- Colouring Cards
- Children's Posters
- Drinks Posters
- Acid Attack - Tooth Decay Poster

### Available from The Oral Health Promoter:

- Certificates
- Tooth Fairy Box
- Food Pyramid Poster
- Large Toothbrush and Puppet
- A Tube of Fluoride Toothpaste for Demonstration

# Introduction

The Mighty Mouth Schools Programme has been developed as a significant evidence based oral health promotion tool in the overall delivery of dental care services for young children living in Ireland. It was commissioned by the dental services in the Eastern Regional Health Authority Area and developed by the Dental Health Foundation, Ireland, in collaboration with the oral and general health promotion teams in the eastern region and in partnership with teachers, parents and children.

The overall aim of the programme is to focus attention on the importance of oral health for children who are at greatest risk of developing dental disease. The programme concentrates on the value of good dental care as part of childrens' overall health and well being. In particular it emphasises the essential role of tooth-friendly foods and drinks, and of supervised regular effective tooth brushing with fluoride toothpaste. It also includes information and advice on dental services for children.

This programme uses an educational settings-based approach and it has been developed based on the needs identified by parents and teachers concerned with childrens' oral health. It is also consistent with the Social Personal Health Education (SPHE) curriculum for primary schools in Ireland.

We are very grateful to the members of the oral and general health promotion teams, the children, their parents and teachers involved in the overall development of this programme. We are also grateful to the Department of Health and Children for funding the publication of this important resource. The Mighty Mouth Schools Programme is also supported by the Irish Expert Body on Fluorides and Health.

# TEACHERS' GUIDE



# How to use the Pack

- This pack has been designed and tested in schools.
- It provides teachers with an Oral Health Educational Resource that can be used as part of the Social Personal and Health Education Curriculum, for infant classes.
- It should be used with the support of the Oral Health Promoter, in the Dental Section of your local Health Board.

The pack contains the following materials:

## Teachers' Guide

- Links the pack to the specific Social Personal and Health Education (SPHE) Strands and Strand Units.
- Contains information for teachers on Dental Health issues and concerns

## Information Leaflets for Parents and Guardians

- There is a Parents and Guardians guide associated with each lesson plan.
- These guides are copyright free and can be distributed to all the Parents and Guardians of the pupils in a class or they can be used by the teachers as deemed appropriate.

## Lesson Plans

The pack contains:

- Three Lesson Plan sheets including optional extra learning suggestions.
- A plan for the presentation of certificates.
- Teaching resource materials.

## Please note the role of the Oral Health Promoter

- The Oral Health Promoter is available to support the teacher in the delivery of the programme.
- Resources & information available directly from the Oral Health Promoter include;

*Contact names and numbers for the Dental Services to be inserted on page 12 of Teachers' Guide and for use in Parent and Guardians Guide 'Tooth-friendly Guide' and 'Dental Services'.*

*The Food Pyramid Poster for use in Lesson Plan 1*

*A Toothfairy Box for each pupil for use in Lesson Plan 2*

*A Toothbrush and Toothpaste for use in Lesson Plan 2*

*A Large Toothbrush and Puppet for use in Lesson Plan 2*

*Certificates for presentation to pupils for use on the Presentation Day as explained in Lesson Plan 4.*

---

# Links with Social Personal and Health Education - Infant Curriculum

Strand	Strand Unit	Topic	Content	Mighty Mouth
Myself	Taking care of My Body	Knowing about My Body	<ul style="list-style-type: none"> <li>appreciate the need to understand how to care for his/her own body in order to keep it healthy and well - <i>balanced diet</i></li> </ul>	Lesson Plan 1: Nutrition
			<ul style="list-style-type: none"> <li>Recognise and practice basic hygiene skills - <i>taking proper care of teeth</i></li> </ul>	Lesson Plan 1: Nutrition Lesson Plan 2: Toothbrushing Lesson Plan 3: The Dentist
			<ul style="list-style-type: none"> <li>Realise that each individual has some responsibility for taking care of himself/herself</li> </ul>	Lesson Plan 1: Nutrition Lesson Plan 2: Toothbrushing Lesson Plan 3: The Dentist
		Food & Nutrition	<ul style="list-style-type: none"> <li>Become aware of the importance of food for growth &amp; development - <i>Food helps to protect against illness, food helps us to grow</i></li> </ul>	Lesson Plan 1: Nutrition
			<ul style="list-style-type: none"> <li>explore food preferences and their role in a balanced diet - <i>Treats, snacks, fruit, vegetables</i></li> </ul>	Lesson Plan 1: Nutrition

Links with Social Personal and Health Education - Infant Curriculum				
Strand	Strand Unit	Topic	Content	Mighty Mouth
Myself	Taking care of My Body	Food & Nutrition	<ul style="list-style-type: none"> <li>discuss and explore some qualities and categories of food - <i>Fruit, vegetables, foods that can be eaten at breakfast</i></li> </ul>	Lesson Plan 2: Toothbrushing
Myself and Others	Relating to Others		<ul style="list-style-type: none"> <li>Listen and respond to the opinions and views of others</li> </ul>	Lesson Plan 3: The Dentist
			<ul style="list-style-type: none"> <li>Use verbal and non-verbal behaviour to perform social functions</li> </ul>	Lesson Plan 3: The Dentist
			<ul style="list-style-type: none"> <li>Practice care and consideration, courtesy and good manners when interacting with others</li> </ul>	Lesson Plan 3: The Dentist



# WHY IS IT IMPORTANT TO TEACH CHILDREN ABOUT DENTAL HEALTH?



- Habits formed in early years can last a lifetime.
  - Poor oral health can affect self-esteem.
  - Poor nutritional practice can affect general health as well as oral health.
  - Poor oral health can cause unnecessary pain and trauma.
  - Children can avoid the need to have teeth extracted particularly under general anaesthetic.
  - Baby teeth act as an important guide for permanent teeth.
-



# "I THOUGHT IRISH CHILDREN HAD GOOD DENTAL HEALTH"



75% of Irish children  
eat sweets or chocolate  
at least once a day

Recent studies have shown that there is much to be concerned about, when addressing the issue of Irish children's dental health. The preliminary results of the survey Children's Oral Health in Ireland 2002 reports "that despite the overall decline in decay levels over the last three decades, there is little cause for complacency since tooth decay continues to be a very common childhood disease"<sup>(1)</sup>. The First International Report of Health Behaviour in School Age Children <sup>(2)</sup>, for example, shows that Irish children rank way below other EU countries when it comes to dental care. Barely half of all Irish children brush their teeth more than once a day, more than 75% eat sweets or chocolate at least once in the same period and 63% consume a can of soft drink every 24 hours. Compared to countries like Canada and Norway our children eat almost four times more sweets and chocolate and drink three times as many soft drinks. Both these dietary habits and oral hygiene practices of Irish children are inadequate to protect and promote oral health.

---

<sup>(1)</sup> A North-South Survey co-ordinated by the Oral Health Services Research Centre, University College Cork commissioned by the Department of Health and Children and the Health Boards.

<sup>(2)</sup> HBSC (2000) Health Behaviour in School Children International Reports, Geneva, WHO

# REDUCING SUGAR INTAKE



## *Did you know!*

- Harmful sugars hidden in foods and drinks are not that easy to identify. If you look at ingredient labels you might be surprised that products saying 'no artificial additives', 'low fat' or 'healthy' may contain a large amount of added sugar.
  - The sugar names are: sucrose, glucose, corn syrup, fructose, maltose, dextrose, and fruit sugar.
  - Products labelled as being 'low in sugar' may only be low in sucrose sugar and high in other sugars!
  - Some products saying 'no added sugar' may contain fruit sugars instead of sucrose and can still be harmful.
  - Fizzy drinks are not tooth-friendly. These drinks contain carbonate, which wears away the enamel covering of the tooth.
  - For information on which drinks to choose check the Lesson Plans.
-

# TOOTH DECAY

Most people know that 'sugar is bad for their teeth', however the process of tooth decay is not generally well understood.

Briefly, whenever sugar is taken in any form, acids are produced in the mouth by bacteria living in the dental plaque on the surface of the teeth. It only takes a very small amount of sugar to start this action off. Within minutes of a sugar intake, acid is produced in the mouth and this will start to break down the enamel surface of the tooth.

Fortunately the mouth has its own in-built defence mechanism and after about 20 minutes, if no further sugar is taken, the acid begins to neutralise and the tooth surface will be restored to normal by the buffering effect of the saliva. The teeth can withstand three or four of these '**acid attacks**' each day without too much damage being done.

The problem arises when sugar containing foods/drinks are taken more often than four times a day! They are then unable to restore the natural balance between attacks and tooth decay is the result.

A simple formula to help remember this is:

**PLAQUE + SUGAR + TEETH = TOOTH DECAY**

How can we prevent tooth decay

In very basic terms there are two main actions we can take to prevent tooth decay:

- 1. Restrict sugar containing foods and drinks to meal times; and**
- 2. Brush teeth twice daily with a fluoride toothpaste. This will help by making the tooth enamel more resistant to tooth decay.**

By teaching young children these simple rules we can help to ensure that they know what to do to keep their teeth strong and healthy.

---

# GUM DISEASE

Gum disease is a condition that often starts in childhood or adolescence although it may not become a real problem until later in life. It is caused by the accumulation of dental plaque on the tooth surface and around the gum margins, generally as a result of poor toothbrushing. It can be identified in the early stages as inflammation of the gum margins with redness, swelling and bleeding on brushing.

If left to progress the accumulation of plaque at the gum margin can lead to destruction of the bony support resulting in loosening and eventually loss of the tooth.

A simple formula to help remember this is:

**PLAQUE + GUMS = GUM DISEASE**

What can we do to prevent this from happening?

Effective daily plaque control is the answer:

- The most important plaque control method is toothbrushing and this should be established as a daily routine from early childhood.
  - Toothbrushing skills should be taught to people of all ages. It is important that plaque is removed effectively and daily without damage to the teeth or gums.
  - The use of a toothpaste which contains fluoride will have the added benefit of helping to protect the tooth enamel from acid attack.
-

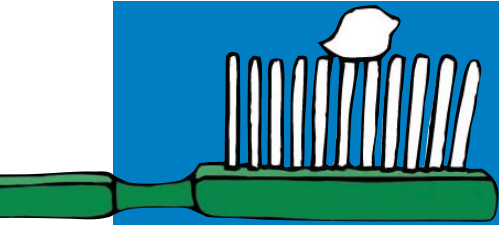


# WHAT ARE THE MAIN DENTAL HEALTH MESSAGES FOR 5/6 YEAR OLDS?

- Reduce the frequency and amount of sugary and fizzy drinks and confectionery in the diet.
- Foods from the top shelf of the food pyramid (See Food Pyramid Poster supplied by the Oral Health Promoter for the Resource Section) can contain a lot of sugar and fat and should only be eaten occasionally.
- Supervised brushing twice a day with a pea sized amount of fluoride toothpaste

*Try to ensure that parents are aware of the dental service available to them and how to contact their local service.*

---



# BRUSHING

## *Children under seven years of age?*

- Children under two years of age **do not use toothpaste**.
- From two until seven years parents and guardians can start to use toothpaste, but only use a small pea-sized amount of fluoride toothpaste.
- Supervise brushing twice a day, in the morning and at night just before bedtime.
- Children under seven are not able to brush their own teeth properly, they need help from an adult, the same way they need help shampooing their hair and tying their shoelaces.
- Remember children should never eat or swallow toothpaste. Children should not eat toothpaste from the tube.
- It takes three minutes to brush teeth properly (about the length of a song!).

## *Why?*

Recently there has been concern that young infants and children could swallow some of the toothpaste when brushing <sup>(3)</sup>. The use of fluoride toothpaste containing 1000-1500 ppm fluoride could give rise to enamel fluorosis of the front permanent incisors. This condition can vary from minor white spots to yellow/brown discolouration of the enamel. Recent survey results in the Republic of Ireland show that these very slight changes do not affect appearance and are not a public health issue. Most fluorosis is caused by young children swallowing too much toothpaste. This risk does not exist after seven years of age <sup>(4)</sup>.

*Highly flavoured toothpastes e.g. blackcurrant, strawberry, which contain the 1000 - 1500ppm F levels of fluoride are also available. These may be more attractive to younger children and if used special supervision to avoid ingestion may be required.*

More details on this and other oral health issues are available on [www.dentalhealth.ie](http://www.dentalhealth.ie) or from the Dental Health Foundation, 26 Harcourt Street, Dublin 2.  
Tel: 01 - 4780466 Fax: 01 - 4780475

<sup>(3)</sup> Dental Health Foundation, Ireland (2001) Oral Health in Disadvantaged Schools in the Eastern Region [www.dentalhealth.ie](http://www.dentalhealth.ie)

<sup>(4)</sup> Department of Health and Children (2002) Report of the Forum on Fluoridation [www.fluoridationforum.ie](http://www.fluoridationforum.ie)

# DENTAL SERVICES



## *Who can use the children's dental service?*

- Children under six years of age.
- Children who are attending primary school.
- All children who have left primary school and are under 16 years old.
- Children with special needs.
- Child dependants of medical cardholders.

If parents have any concerns about their child's teeth, they should contact their local clinic.

## *The School dental programme*

Primary school children and special needs children are screened in selected classes each school year. These children may receive treatment at their local clinic.

For further information contact the Dental Services section of your local health board.

The phone number for your local Health Board is \_\_\_\_\_

Or visit the dental services section of the governments oasis website

<http://www.oasis.gov.ie>

*Note: The phone number is to be inserted by the Oral Health Promoter.*



# PARTNERSHIP WITH PARENTS AND GUARDIANS

Parents play a very important role in the oral health of their children. A strong home link is therefore encouraged by this programme and wherever possible home based activities should be encouraged. Information and back up materials are included in this pack for Parents and Guardians.



## *Guidelines for Supporting Parents and Guardians*

- Inform the Parents and Guardians of this programme.
- Work closely with the Home School Community Liaison Teacher on this programme.
- Inform them that the Programme is beginning.
- Inform them of its key messages.
- Inform the Parents' Council and Board of Management of this programme.
- Brief a representative from the Parents Council.
- Inform and consult with Parents on food policy in the school.
- A Dental Team member is available to support you in the delivery of this programme, and queries Parents and Guardians may have can be referred to them.
- Also included is a sample letter, which you may wish to use to introduce the programme to Parents and Guardians.



# MIGHTY MOUTH

## Parents and Guardians Guide



Dental Health Foundation  
Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# Tooth-Friendly Guide

## A Guide for Parents and Guardians

Dear Parent or Guardian,

Over the next few weeks I will be showing your children how to look after their teeth. I will be teaching them:

- how to brush their teeth properly and
- how to choose foods and drinks that are tooth-friendly.

I will give them exercises to do at home. I hope you will be able to help them finish these exercises.

I will give them some leaflets, which I hope will answer some of the questions you may have about your children's teeth.

A member of your local dental team is available to answer any other questions.

The telephone number to contact us at is **(01) 8567748**

Yours sincerely

---

Teacher



# Tooth-Friendly Eating

## A Guide for Parents and Guardians



### SUGAR



- Milk and water are tooth-friendly. These are the best drinks for children and should be given during and between meals.
- Cut down on how often children eat sugary foods and drinks.
- Sugar + Bacteria = Acid Monster = Acid Attack on the tooth. Acid dissolves the enamel of teeth.
- The trick is to reduce the number of acid attacks. Remember every time sugar goes into your child's mouth it can cause an acid attack.
- Fizzy and diet drinks are not tooth-friendly because they put teeth at risk of decay and can also cause erosion of the enamel. This is due to their acidic content.
- Try to keep unsweetened fruit juice for meal times.



### FOOD LABELS

#### Did you know!

- Harmful sugars hidden in foods and drinks are not easy to identify. If you look at ingredient labels you might be surprised that products saying 'no artificial additives', 'low fat' or 'healthy' may contain a large amount of added sugar.
- The sugar names are sucrose, glucose, corn syrup, fructose, maltose, dextrose, and fruit sugar.
- Products labelled as being 'low in sugar' may only be low in sucrose sugar and high in other sugars!
- Some products saying 'no added sugar' may contain fruit sugars instead of sucrose and can still be harmful.

# School Lunches

## A Guide for Parents and Guardians

### Understanding the Food Pyramid

Healthy eating can be fun. Remember, a good lunch can go a long way to keeping your children healthy. A healthy lunch should include foods from the four main shelves of the food pyramid. Make lunchtime more fun by trying some of the ideas mentioned below.

- **Vegetables, Salads and Fruit Shelf**

The foods from this shelf provide us with vitamins, minerals and fibre. Try and use something from this shelf in a sandwich such as banana, or salad with tomatoes, peppers, carrot and celery sticks. On cold days, why not try a flask of soup? Remember to include a piece of fruit. Fruits such as mandarin oranges and bananas are easy for children to peel.

- **Wholemeal Cereals and Breads, Potato, Pasta and Rice Shelf**

These foods help provide us with energy.

To make sandwiches more fun – cut them in different shapes and mix brown and white bread. Don't forget to use rolls, crisp breads, french sticks, crackers, pitta bread or scones to give variety. Sandwich fillings can come from the different shelves of the food pyramid.

# School Lunches

## A Guide for Parents and Guardians

- **Milk, Yogurt and Cheese Shelf**

A cheese sandwich or cheese and crackers, yogurt or yogurt drinks or homemade milk shakes can help provide important calcium for healthy bones and teeth. Desserts like rice pudding and custard can also be a source of milk.

- **Meat, Poultry, Fish, Eggs, Beans and Nuts Shelf**

These foods are important for growth and for iron. Choose from ham, tuna, salmon, sardines, chicken, turkey and eggs.

- **Fats, Spreads and Oils Shelf**

These foods are essential but only in small amounts.

- **Food and Drinks high in Fat, Sugar and Salt**

Foods from the top shelf like chocolate, sweets and bars should not be offered as a substitute for other foods and should only be used as an occasional treat. Remember these are the foods that can cause tooth decay.

# Healthy Food for Life

## The **Food Pyramid**

Not needed for good health.

**Foods and drinks high in fat, sugar and salt**

Needed for good health. Enjoy a variety every day.

**Fats, spreads and oils**

**Meat, poultry, fish, eggs, beans and nuts**





**Milk, yogurt and cheese**

**Wholemeal cereals and breads, potatoes, pasta and rice**

**Vegetables, salad and fruit**



**\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice**

Active	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Inactive	Teenager (13–18)	Adult (19–50)	Adult (51+)
	<b>3–4</b>	<b>4</b>	<b>4–5</b>	<b>3–4</b>		<b>3</b>	<b>3–4</b>	<b>3</b>
	<b>3–5</b>	<b>5–7</b>	<b>5–7</b>	<b>4–5</b>		<b>4–5</b>	<b>4–6</b>	<b>4</b>

There is no guideline for inactive children as it is essential that all children are active.



## For adults, teenagers and children aged five and over



**NOT  
every  
day**



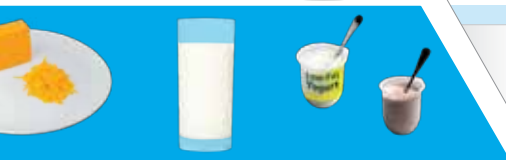
**Maximum once or twice a week**



**In very  
small  
amounts**



**2  
Servings  
a day**



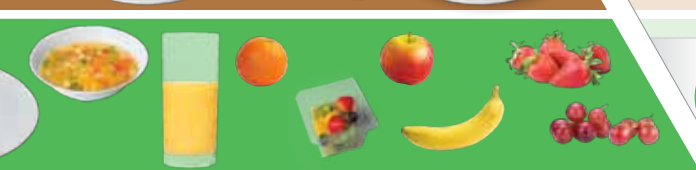
**3  
Servings  
a day**

**5 for  
children age  
9–12 and  
teenagers  
age 13–18**



**3-5\*  
Servings  
a day**

**Up to 7\*  
for teenage  
boys and  
men age  
19–50**



**5-7  
Servings  
a day**



**Drink at least 8 cups  
of fluid a day –  
water is best**



### **Get Active!**

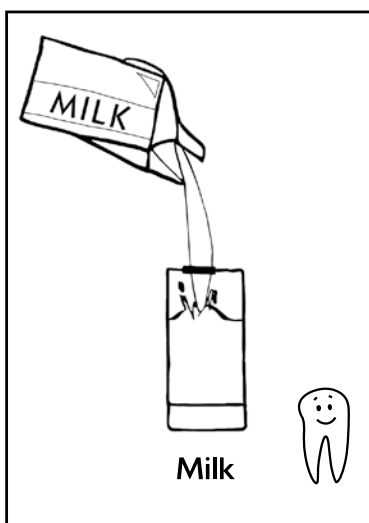
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

# Drinks Guide

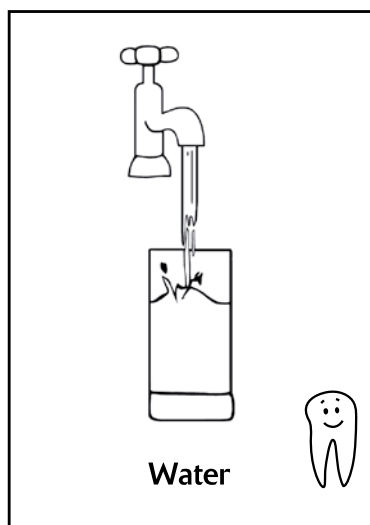
## A Guide for Parents and Guardians

### Drinks

Always include a drink with lunch but remember to choose a tooth-friendly drink. Water and milk are the best choice. Unsweetened fruit juice is a good choice with lunch. Sugar-free squashes can also be used with meals. Vary the drink by offering soup, yogurt drinks or homemade milk shakes. Remember to look at those labels when buying drinks to make sure you are making a tooth-friendly choice. Some primary schools provide free milk for all pupils. It may be useful to find out if this facility is available at your children's school.

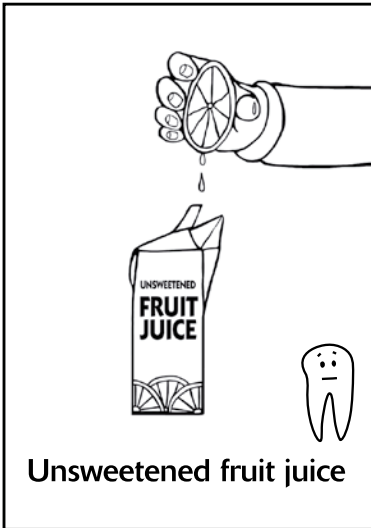


◁ **Good Choice  
Tooth-friendly**



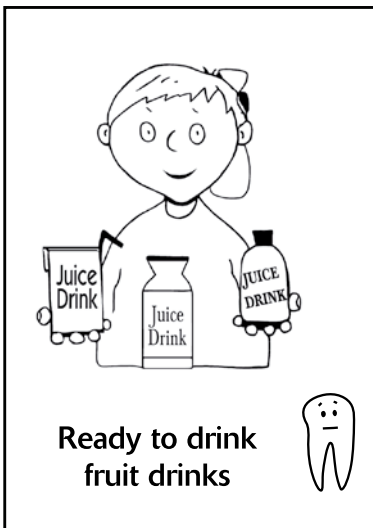
**Good Choice ▷  
Tooth-friendly**

# Drinks Guide



◁ **Tooth-friendly  
only at  
meal times**

**Not Tooth-friendly ▷**



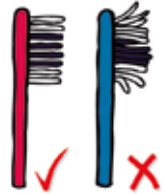
◁ **Tooth-friendly  
only at  
meal times**

# Cleaning Your Teeth

## A Guide for Parents and Guardians

### General Brushing

- Under two years of age **do not use toothpaste.**
- From two until seven years you can start to use toothpaste, but only use a small pea-sized amount of fluoride toothpaste.
- Children under seven years are not able to brush their own teeth properly. They need your help, the same way they need help shampooing their hair and tying their shoelaces.
- Children should never eat or swallow toothpaste.
- Help your child brush twice a day, in the morning and just before bedtime.
- It takes three minutes to brush teeth properly (about the length of a song).



### A Toothbrushing Guide



1. Brush the outside surface of the lower teeth first. Place the brush where the teeth and gums meet. Start at the back and move slowly forwards. Move the brush in small circles.



2. Repeat for inside surfaces. Clean the insides of the front teeth, using gentle up and down strokes. Brush the biting surfaces.



3. Repeat for the top teeth.

# Dental Services

## A Guide for Parents and Guardians

### Who can use the Children's Dental Service?

- Children under six
- Children who are attending primary school
- All children who have left primary school and are under 16
- Children with special needs

If you have any concerns about your child's teeth, you should contact your local health centre.

### The School Dental Programme

Children at primary schools and children with special needs have their teeth checked in selected classes each school year. These children may receive treatment at their local health centre.

If you have a question please call us at **(01) 8567748**

or visit [www.citizensinformation.ie](http://www.citizensinformation.ie) or [www.dentalhealth.ie](http://www.dentalhealth.ie)





Dental Health Foundation  
Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Extracted from *Mighty Mouth Infant Curriculum* which was developed by the  
Dental Health Foundation of Ireland in collaboration with the HSE.

# Lesson Plans

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## Lesson Plans 1 - 4





# Lesson Plan — NUTRITION



## Health Benefits

Good nutritional practice for children is important

- To help the growing body develop properly
- To provide children with the energy they need to play, learn and grow
- To ensure they have healthy teeth and bones
- To help develop good nutritional habits at an early age, helping to reduce the risks associated with obesity, heart disease, osteoporosis and tooth decay in later life (adulthood).

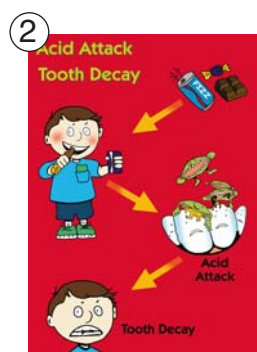
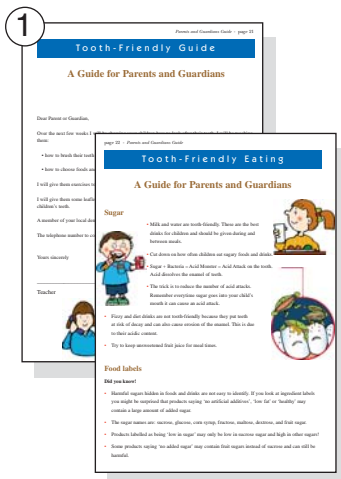
## Learning Outcome

The child should be enabled to:

- identify the foods that they eat and buy
- explore the choice he/she makes regarding foods and drinks
- become aware of the foods and drinks that are good for teeth
- develop verbal and non-verbal communication skills

## Resources

1. Parents and Guardians Guide - Tooth-Friendly Guide and Tooth-Friendly Eating
2. Acid Attack Tooth Decay Poster
3. Food Pyramid Poster (available from the Oral Health Promoter)
4. Cards with Pictures of Drinks - 5 in total
5. Colour Card - Shopping Trip



## Steps

- 1) Photocopy and distribute the Parents and Guardians Guide. (This is optional).
- 2) Demonstrate the poster of Acid Attack Tooth Decay. Talk about the good germ and the bad germ and the acid monster! (See Page 10 of the Teachers Guide for an explanation of good and bad germs)
- 3) Show the class the Food Pyramid Poster and discuss with them, which foods are tooth-friendly. The poster is available from the Oral Health Promoter.
- 4) Drinks Cards - Ask 5 children to come to the front. Give them a card each, to hold up in front of the class. The class decide which drinks are tooth-friendly. Put all the drinks that are tooth-friendly together and all the drinks that are not tooth-friendly together.

## Home Link - Exercise

- 4) Healthy Lunch Day: Ask the children to bring in a healthy lunch. Give suggestions and send a list of suggestions home.\*
- 5) Give each child a copy of the 'Parents and Guardian Guide' to bring home to show to their parents (This is optional).

## Timescale

30 - 35 minutes

## Extra / Additional Activities

- 1) Shopping Trip - Ask the children to colour the foods on the colouring card 'shopping trip' and discuss with them what foods they would eat and buy.

\* Note: Suggest that the children bring in a healthy lunch in two or three days time and remind them the day before. The Parents and Guardians Guide 'School Lunches' and 'Drinks Guide' contains lunch options.

# 2

## Lesson Plan — TOOTH BRUSHING



### Health Benefits

Regular supervised brushing with fluoride toothpaste protects against tooth decay in children. To draw attention to the health benefits of brushing, you could discuss with children:

- Why they brush their teeth and how often?
- How much toothpaste do they use?
- Whether they do it on their own or have any help?
- What might happen to their teeth if they didn't brush them?
- How long does it take to brush teeth properly?

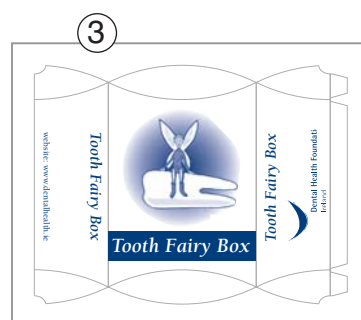
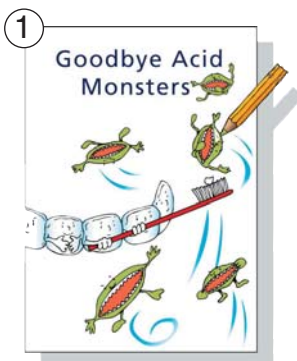
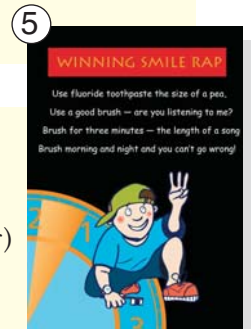
### Learning Outcomes

The child should be enabled to:

- identify and discuss how he/she takes care of his/her teeth
- become aware of the importance of regular tooth-brushing
- realise that toothpaste needs to be used correctly
- develop and practice a good tooth-brushing technique
- develop verbal and non-verbal communication skills

### Resources

- 1) Colour Card - Goodbye Acid Monsters
- 2) Acid Attack Tooth Decay Poster
- 3) Tooth Fairy Box (available from The Oral Health Promoter)
- 4) Brushing Diary
- 5) Winning Smile Rap
- 6) Parents and Guardians Guide 'Cleaning Your Teeth'
- 7) Modelling Clay



## Steps

- 1) Show diagram of the acid attack to the children. Talk about the chart. Revisit the acid attack tooth decay poster and talk about good germs and bad germs again.
- 2) Give out colour cards of Goodbye Acid Monsters. Allow the children colour the card.
- 3) Ask the children to make the shape of a small pea with modelling clay. This demonstrates how much toothpaste should be used. Emphasise the importance of not swallowing the toothpaste. Discuss with the children how often they brush and who helps them. Reinforce the importance of getting help with brushing.
- 4) Teach children the 'Winning Smile Rap'.\*

## Home Link - Exercise

- 5) Give each child a brushing chart. Ask them to bring them home and get them together with their Parents and Guardians to colour a star on the chart every time they brush their teeth. This chart is to be brought back to school in one week.
- 6) Also give each child a tooth fairy box and explain that it is for their baby teeth when they fall out. Tell them to bring it home and give it to their parent and guardian. Ask them to place the piece of modelling clay in the box and show it to their parents. This is the amount of toothpaste to put on a toothbrush. The Toothfairy Box is available from the Oral Health Promoter.
- 7) Give each child a copy of the Parents and Guardians Guide relevant to this lesson to bring home.

## Timescale

30 - 35 minutes

## Warning

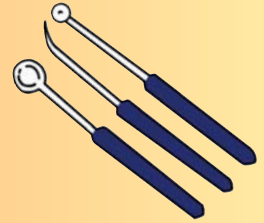
Tell the children that they should get help from an adult when brushing their teeth. Tell them only to clean their teeth twice in one day, when doing the wall chart exercise. They should not swallow toothpaste.

## Extra / Additional Activities

- 1) Seek the help of the Oral Health Promoter with a Brushing Demonstration: Show the children how to brush properly using a large puppet and large toothbrush. Allow the pupils brush the puppet's teeth themselves suggesting parents or adults should help. The Oral Health Promoter will provide a large puppet and toothbrush.
- 2) Seek the help of the Oral Health Promoter in demonstrating a pea-sized amount of fluoride toothpaste. Using a regular toothbrush and a tube of fluoride toothpaste, demonstrate how much toothpaste to use. Emphasise the importance of not swallowing the toothpaste. The Oral Health Promoter will provide the toothbrush and tube of fluoride toothpaste.

\*This rap has been developed to re-inforce the message of toothbrushing for children. It has proven effectiveness as an educational tool with Den TV National Television.

# Lesson Plan — THE DENTIST



## Health Benefits

- Providing children with an opportunity to make positive associations with the dentist helps to encourage appropriate use of the services
- It relieves anxiety when visits are necessary
- It encourages children to attend the clinic when called for checkups

## Learning Outcome

### The child should be enabled to:

- explore and appreciate the role of the dentist
- become familiar with the dental surgery environment
- name and discuss the feelings associated with visiting the dentist
- reduce his/her anxiety about visiting the dentist
- practice verbal and non-verbal communication skills

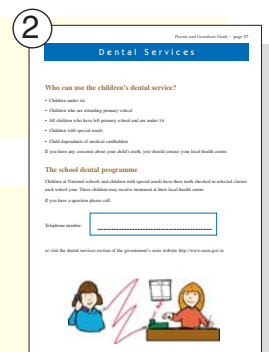


## Resources

- 1) Colour Card - The Dentist
- 2) Parents and Guardians Guide 'Dental Services'

## Steps

1. Do a role play with the children, carrying out the following roles, dentist, dental nurse, patient, receptionist. Use classroom chairs and tables to set up the waiting room and the surgery.



## Home Link - Exercise

They must show their parents and guardians the leaflet they got at school, tell their parents and guardians about the Dentist and show them their colouring exercise.

## Time scale

30 - 35 minutes

## Extra / Additional Activities

1. Colour card of dental surgery. Ask the children to find the teeth. How many? (4). Colour the teeth (4 teeth).

# Lesson Plan **4**

## PLAN FOR PRESENTATION DAY

### Resources

1. Certificates. These are available in colour from the Oral Health Promoter.

### Steps

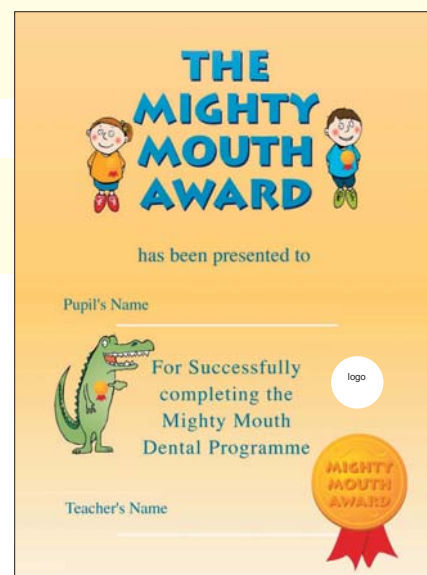
- Arrange to have the dental team visit the classroom on a separate day. Invite the Principal, Home School Community Liaison Teacher, and Parents and Guardians to attend. Ask the children to have all their work on the walls and to have their sticker 'Brushing Diary' brought back into school.
- Talk to the children about their teeth. Ask them to recite the Winning Smile Rap
- Present the pupils with their certificates.
- This is the reward for all their hard work.

### Home Link - Exercise

Ask the children to bring their certificates home to their parents.

### Timescale

30 - 35 minutes





# ***Resources***

**Available from the  
Oral Health Promoter**



Postal Address: .....

.....

Tel No: .....



# Resources

## Available from the Oral Health Promoter

- **Certificates**
- **Tooth Fairy Box**
- **Food Pyramid Poster**
- **Large Toothbrush and Puppet**
- **A Tube of Fluoride Toothpaste for Demonstration**

