



DENTAL BUDDY

www.dentalbuddy.org

DENTAL HEALTH EDUCATION RESOURCE

Eight downloadable units for educating oral health
Includes presentations, lesson plans and activities for
Early Years, Key Stage 1 and Key Stage 2. All FREE



FREE units available to download :

Early Years Foundation - Unit 1 (Brush our teeth)
Early Years Foundation - Unit 2 (Visit the dentist)
Key Stage One – Unit 1 (Looking after teeth)
Key Stage One – Unit 2 (Bodies grow and change)
Key Stage One – Unit 3 (Importance of diet)
Key Stage Two – Unit 1 (Looking after teeth)
Key Stage Two – Unit 2 (Teeth functions)
Key Stage Two – Unit 3 (Tooth decay)

Learning Intention

To know that we need to brush our teeth.

EYFS link

Children can manage their own personal hygiene.

Vocabulary

Decay

Egg timer

Equipment

Soft toy / puppet or mouth model with an opening mouth and teeth

Toothbrush

Mirror

Downloadable picture of Buddy

Downloadable outline for children to draw a picture in

A timer / 2 minute egg timer

How to brush your teeth

If possible, ask children to bring a toothbrush to the session, or purchase them from the Oral Health Foundation

Lesson Content

Activity: children look in their mouths with mirrors.

Discussion: what can they see?

Discussion: uses of our teeth and how many we have.

Discussion: what is tooth decay?

Activity: children mime brushing their teeth.

Teaching Guide

Ask the children to use a mirror to look in their mouths with mirrors.
– Share answers of what they can see? Ask them to look at their teeth.
How many can they see? What do they look like? Put mirrors away.

Ask the children what we use our teeth for.
Explain that it is very important to look after our teeth.

Ask the children if they know what they need to do to look after their teeth.
Establish that we need to brush our teeth last thing at night and at least one other time during the day for two minutes to keep our teeth clean and prevent decay.

Show picture of teeth inside the mouth. Count the number of teeth together.
(Children have 20 teeth)
Can the children count 20 teeth in their own mouths?

Discuss with the children what would happen if we got tooth decay.
Using a soft toy and a toothbrush, show the children how to brush teeth, making sure that the toothbrush brushes all around the mouth in small circles.

Show the children the timer and explain that we need to brush our teeth for two minutes.

Activity

Children mime putting pea-sized toothpaste on a toothbrush and then brush the teeth of a soft toy/puppet while being timed by the two minute timer.

If children have brought their own toothbrushes to school, supervise the children brushing their own teeth.

Show children Buddy and tell the children that Buddy's job is to help us look after our teeth.

Put a printable picture of Buddy on the wall. Children draw a picture/colour a picture showing how to brush teeth.
Put pictures on the wall around Buddy with some key words.

Teaching Resources

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers deliver further dental health education messages. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit www.educatingsmiles.org

Specifically to deliver the lesson outlined above the following resources are particularly relevant:



Kumquat
puppet



Giant teeth
dental model



Large
sand timer



Dental
goody bag



Children's
teeth leaflet



Two minutes
poster



Molar
mirror

About Dental Buddy and the Oral Health Foundation

The Oral Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has created the Dental Buddy programme to help teachers deliver dental health education at EYFS, KS1 and KS2. The programme features eight complete lessons across the three age ranges to provide teachers with interactive teaching materials that link to National Curriculum requirements. Find out more about the Oral Health Foundation at www.dentalhealth.org

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'Dental Buddy' education materials evaluation

Name					
School					
Year group / Key stage					
Approximate date lessons were delivered					
How do you rate the overall quality of the Dental Buddy materials? Please rate with a scoring 1 – 5 (1 = Excellent, 5 = Poor)	1	2	3	4	5
If possible please provide reasons for your rating					
How do you rate The character and design?	1	2	3	4	5
The presentation materials	1	2	3	4	5
The ease of use	1	2	3	4	5
The content of the lesson activity	1	2	3	4	5
Can you suggest ways we might improve the education resource in future?					
How do you feel about the level of content provided?	Too short / brief		Just right	Too long	
Was there any information missing? If yes – please outline what do you think could be included?					
What do you think is the most useful aspect of the resource?					
Which sources of information would you refer to if you needed help with ideas and content for lessons? (eg internet sites, professional sites, BBC, TES)					
Would you recommend Dental Buddy as an education resource to other teachers?					
Any other comments:					

Thank you very much for taking the time to review the Dental Buddy Education resource from the Oral Health Foundation. We really value your feedback so we can continue to improve the support we can give to teachers.

Please return your comments to: Amanda Oakey, Director of Educational Resources, Oral Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ
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