



# DENTAL BUDDY

[www.dentalbuddy.org](http://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.



### **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 we need to visit the dentist.

### EYF Link

Talk about ways to keep healthy.

### Vocabulary

Teeth

Dentist

### Equipment

Downloadable slides

Downloadable storyboard

### Lesson Content

Discussion: what a routine trip to the dentist is like.

Discussion: the importance of visiting the dentist.

Activity: go through the storyboard of a dentist trip together.

## Teaching Guide

Show the children pictures of the dentists.

- Do they know what the pictures are of?
- Have many of them been to a dentist?
- Can the children explain the events of any of the pictures?

Discuss why we need to visit the dentist:

- So he/she can check our teeth are healthy.
- To give teeth an extra clean if needed.
- To fix any teeth if they have a problem.
- To count how many teeth we have.
- The dentist may paint a fluoride varnish to the teeth.

Talk through the storyboard in the order of events when visiting the dentist.

Look at some tools on the slide that the dentist might use during the dental visit so as to alleviate any fears the children might have.

## Activity

Children cut out and order a series of pictures to show the events of Buddy's visit to the dentists.

or

Children visit the dentist surgery role play area. Act out a trip to the dentist, taking on the roles of dentist, family and receptionist with a toy as the patient.

## 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](http://www.educatingsmiles.org)

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



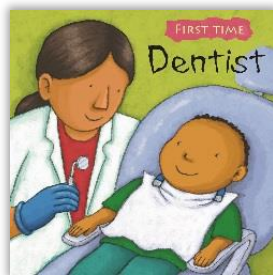
Dental goody bag



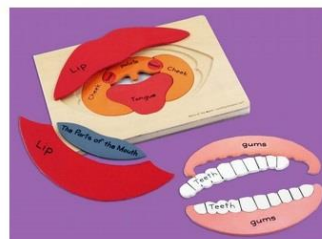
Brush for health stickers



Going to the Dentist book



First time dentist book



Wooden mouth puzzle



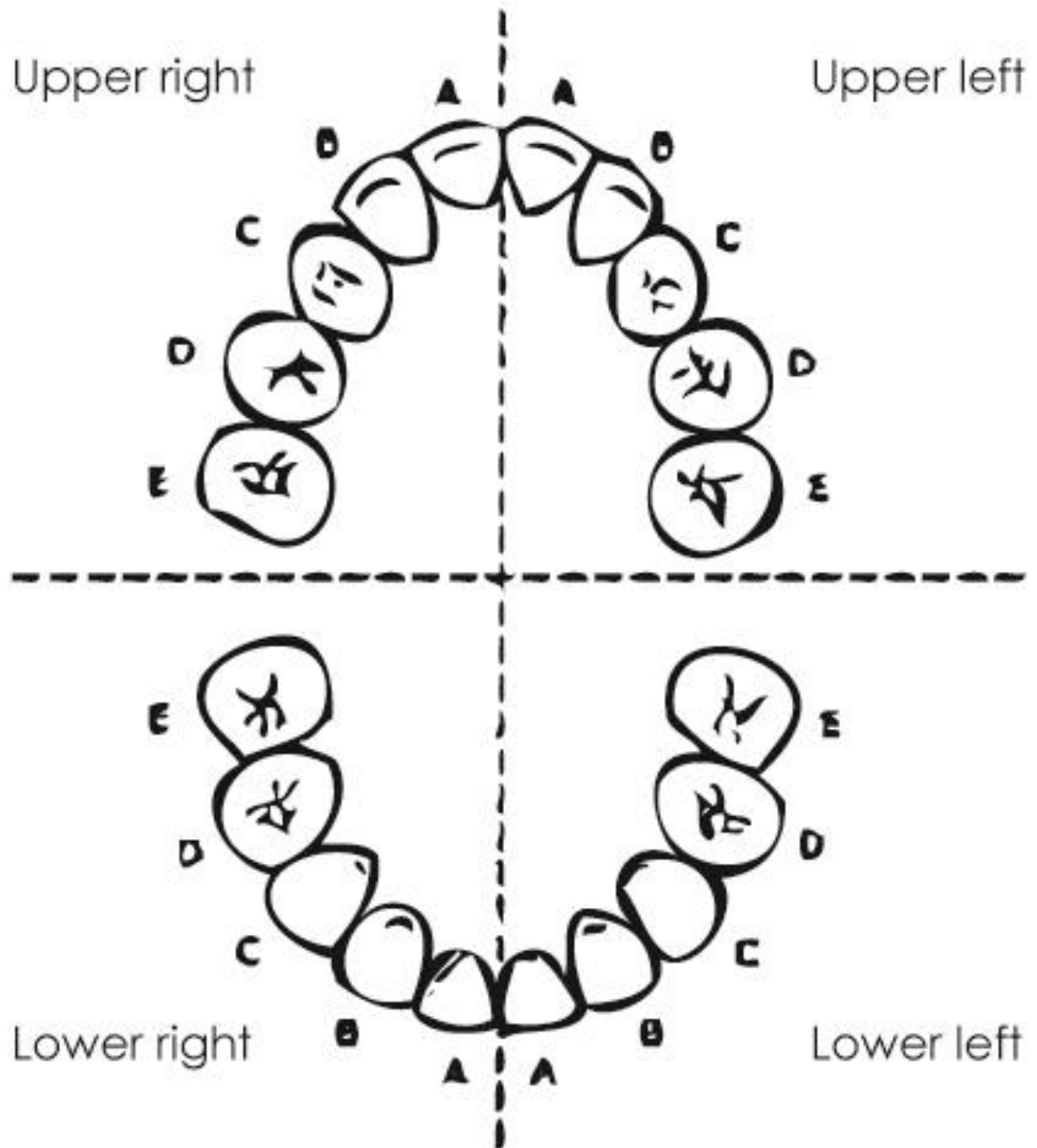
Dentist role play set

## 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](http://www.dentalhealth.org)

**Oral Health Foundation, Smile House, 2 East Union Street, Rugby, CV22 6AJ**









### '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  
([amanda@dentalhealth.org](mailto:amanda@dentalhealth.org) / 01788 539788)