

1. Healthy/unhealthy teeth

- Distribute the picture of the teeth
- Ask the children to paint or colour some teeth white and some teeth black/dark brown. Painting could be done by using toothbrushes or paintbrushes.
- Talk to them about the points below, as they paint:

What keeps teeth healthy?

Brushing teeth morning and night time, with toothpaste

Eating and drinking tooth friendly things

Going to the dentist for them to count and check our teeth

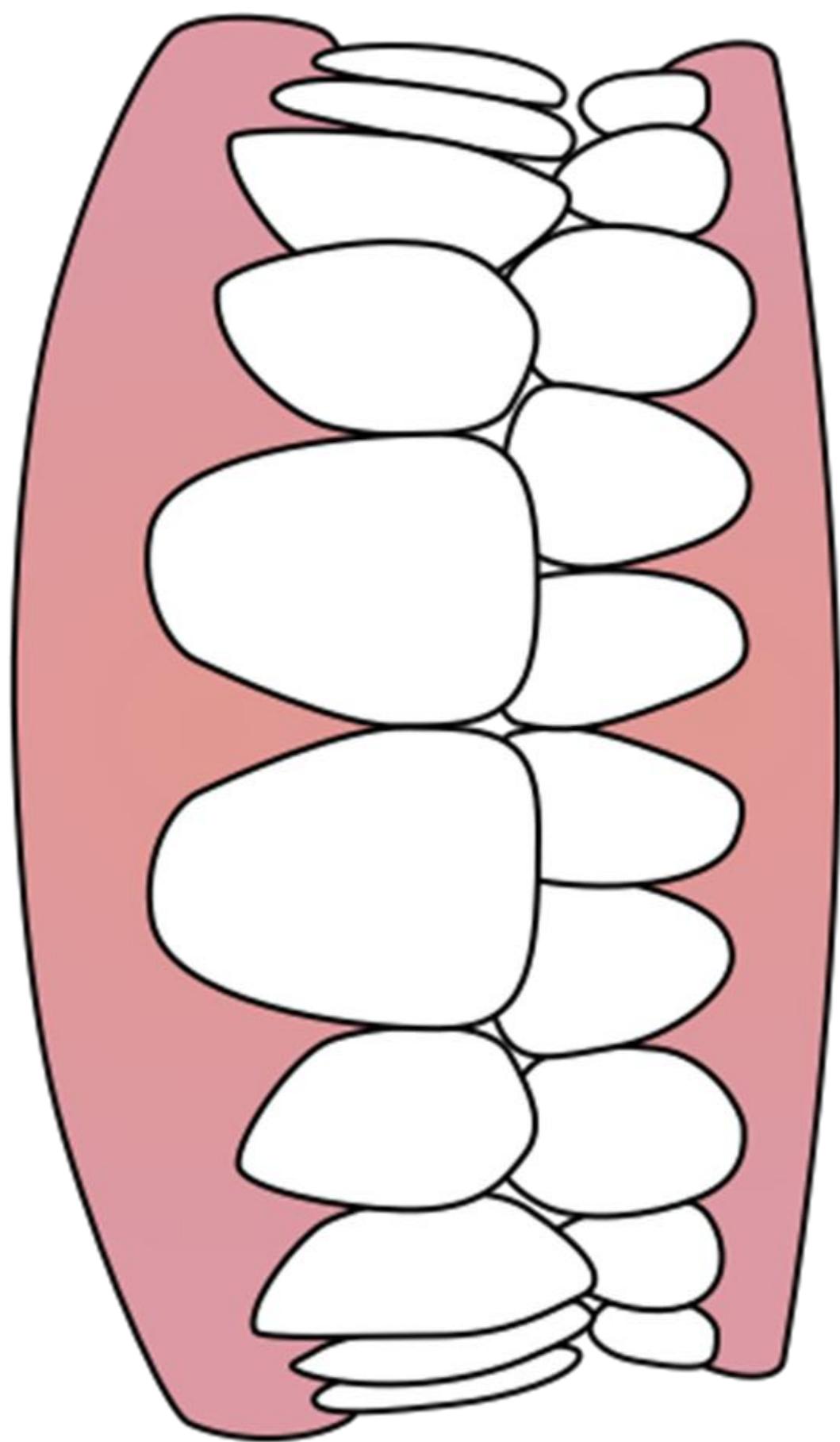
What makes teeth unhealthy/poorly?

Not brushing them morning and night time, every day

Not going to the dentist

Eating and drinking lots of things with sugar in them:

For example, fruit juice and squash are not good for teeth...try to drink water and milk inbetween meals



2. A look at my smile

- Each child stands in front of a mirror or has a hand held mirror to use
- Ask them to open their mouth to see their teeth
- Help them to count their teeth
- Can they describe them, size, shape, colour?
- Ask them to draw a picture of their smile

Some additional prompts:

When do you brush your teeth?

Can you see the teeth at the back? They like to be brushed, just like the teeth at the front and sides do, too.

What colour is your toothbrush?

What is your toothpaste like? What flavour, colour, glittery etc.

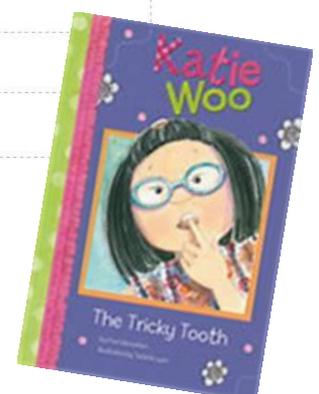
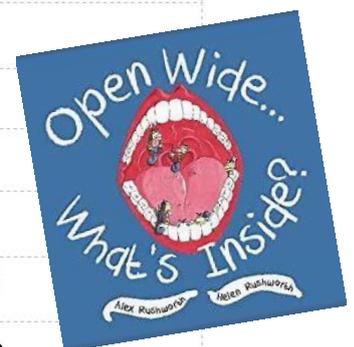
Have you been to visit the dentist before?

3. Happy tooth/sad tooth

- Draw a happy tooth and a sad tooth
- Cut out lots of pictures of food and drink from magazines
- Decide if they are tooth friendly or not by placing them next to the right tooth

4 Books with a dental theme

Title	Author
Peppa Pig: Dentist Trip	Ladybird Publishing
Going to the Dentist (First experiences with Biff, Chip and Kipper)	Roderick Hunt
Maisy, Charley and the Wobbly Tooth	Lucy Cousins
Going to the Dentist (Usborne First Experiences)	Anne Civardi
The Boy Who Hated Toothbrushes	Zehra Hicks
Tusk Trouble	Jane Clarke & Cecilia Johansson
My Wobbly Tooth Must Not Ever Never Fall Out	Lauren Child
Open Wide...What's Inside?	Alex and Helen Rushworth
Alan's Big, Scary Teeth	Jarvis
The Night Before the Tooth Fairy	Natasha Wing
Toot & Puddle: Charming Opal	Hollie Hobbie
The Underhills: A Tooth Fairy Story	Bob Graham
People Don't Bite People	Lisa Wheeler
Way Down Below Deep	Nancy Raines Day
Tooth Fairy in Training	Michelle Robinson
Dory Fantasmagory: Head in the Clouds	Abby Hanlon
The Crocodile and the Dentist	Taro Gomi
Teeth Are Not for Biting	Elizabeth Verdick
Anna, Banana and the Big-Mouth Bet	Anica Mrose Rissi
Toothiana, Queen of the Tooth Fairy Armies	William Joyce
Demon Dentist	David Walliams
Crocodile Snap!	Little Bee Books
The Tricky Tooth (Katie Woo)	Fran Manushkin
I Love My Fangs!	Kelly Leigh Miller
A Mighty Bitey Creature	Ronda Armitage



5. Create a dentist area:

The aim of this activity is to help children think about the experience of visiting the dentist, exploring what happens and encouraging positive associations.

Waiting area:

Chairs, magazines, reception desk, posters on the wall

Dentist's room:

Chair for the patient

Posters on the wall (some pictures are available to print below)

Dentist costume, or similar (doctor's costume, bib or large white T-shirt/white shirt)

Masks and gloves

Children can take it in turns to be the dentist, the patient and the receptionist. They should be guided to think about what happens at a check-up at the dentist.

Receptionist: greets the patient, asks their name and invites them to sit and wait/ go in to see the dentist.

Dentist: asks them to sit in the chair, open their mouth as they would like to count their teeth. Asks if they brush their teeth. **Ensure no items are put into any mouths.** Gives the patient a sticker once finished.

Patient: this can be a child or a teddy. Sit in the chair and open mouth for the dentist.

The following posters/images can be used as part of the dentist area.





Toothpaste



