

OPEN WIDE AND STEP INSIDE



CLASSROOM KIT

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Welcome to your oral health classroom toolkit!

This resource accompanies the 'Open Wide and Step Inside' film and will help you to promote oral health and well-being in the school and classroom environment.

The pack contains:

A colourful wall display
Teaching notes and a lesson plan



How to use the toolkit:

The teacher information sheets provide guidance about oral health, as well as suggestions about using resources and activities to share.



Key oral messages with children and their families.



We have designed a children's dental work book which provides lots of colourful activities to enable children to learn more about teeth, their form and function and how to keep them healthy.

To help you include oral health in your teaching plans and schemes of work we have provided 2 lesson plans which introduce oral health, the names of the teeth, the jobs they do, effective tooth brushing, the impact of sugar and the key oral health messages.

The characters from the film appear throughout the toolkit with ideas and suggestions on how to include oral health in existing themes and activities.





There are 6 messages which are recognised as key factors when delivering an oral health activity



- 1 Brush twice a day, especially before bedtime
- 2 Brush for 2 minutes
- 3 Use a pea size amount of fluoride toothpaste
- 4 Do not rinse out after brushing
- 5 Do not snack on sugary foods and drinks. Have them occasionally at meal times only.
- 6 Visit a dentist regularly



Oral health fits into Personal, Health and Social Education but can also be included in other subject areas of the curriculum.

Here are some ideas:

PHSE

Health and well-being: oral health impacts on confidence and self esteem.

Achieving a balanced lifestyle: making informed decisions and recognising people and professions who help us. This can be linked to 'going to the dentist' on a regular basis, recognising how the dental team can help people.

Adopting good oral health routines: learning habits which last a lifetime, establishing regular tooth brushing regimes, attending dental appointments etc.

Making informed choices: understanding the impact of too much sugar and knowing the best times to eat sugary foods and drinks i.e. mealtimes.

Identify different influences on health and well being: develop the ability to make healthy food choices and the skills to help prevent dental disease/decay.

Career choices: introducing dentistry as a career choice and encouraging aspiration, working hard, caring for others.

Numeracy: oral health can be included in topics such as telling the time, counting teeth, brushing teeth twice a day for 2 minutes.

Literacy: telling stories is a powerful tool to encourage children to look after their teeth. Oral health can also be linked to spelling, by asking children to identify the names of teeth and their function.

Science: the structure of a tooth can form part of a bigger science project, identifying food groups and healthy food choices as well as investigating the impact of sugar on teeth. Hands on activities such as using disclosing tablets, experiments to illustrate the effect of sugar on enamel will bring the subject to life!

Please note:

Check any allergies etc. particularly when using disclosing tablets, food items etc.



Lesson plan 1

**Time:
1 hour**

Lesson title: Healthy teeth and smiles stage 1

Aim: to encourage children to feel confident about their teeth and oral hygiene routines.

Introduction: We are going to look at healthy teeth today! Ask children what makes them smile. Share the answers.

How do teeth help us?

- Talk
- Eat
- Smile
- Laugh
- Feel more confident

Activity: ask the children to use a mirror to look in their mouths

Discussion:

- what can they see?
- different shapes of the teeth
- names and functions of the different teeth
- count how many teeth they have

Activity:

Use a range of foods to demonstrate the various jobs our teeth do:

Slices of apples: bite using Incisors

Small pieces of bread: tear using canines

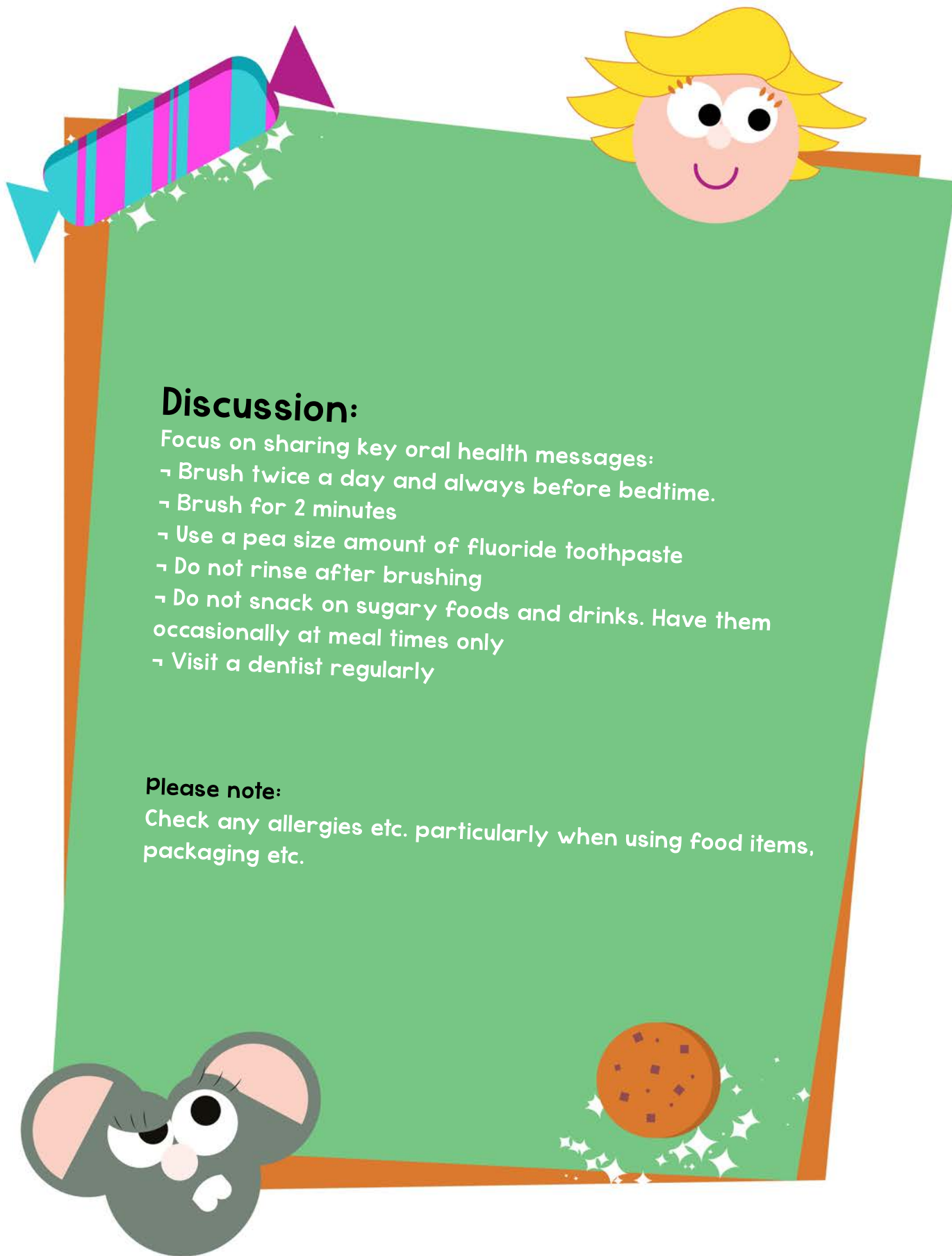
Popcorn: chew using molars

Use workbook activity pages 1 and 2 to complete the exercise and reinforce learning [Geoffrey naming the teeth/Millie wordsearch].

How to keep teeth healthy and happy

Explain that it is very important to look after our teeth.





Discussion:

Focus on sharing key oral health messages:

- Brush twice a day and always before bedtime.
- Brush for 2 minutes
- Use a pea size amount of fluoride toothpaste
- Do not rinse after brushing
- Do not snack on sugary foods and drinks. Have them occasionally at meal times only
- Visit a dentist regularly

Please note:

Check any allergies etc. particularly when using food items, packaging etc.



Time:
1 hour

Lesson title: Healthy and happy teeth stage 2

Aim: to encourage children to adopt positive oral health routines which will last a life time.

Today's focus is about how to look after our teeth and effective routines.

Note: some children may have had teeth removed in the hospital or at a dental practice. This may be an upsetting experience and requires some sensitivity when discussing.

Introduction: recap previous activity sheets and remind children of the key oral health messages:

Brush twice a day; always before bedtime and one other time

Brush for 2 minutes

Use a pea size amount of fluoride toothpaste

Do not rinse out after brushing

Do not snack on sugary foods and drinks. Have them occasionally at meal times only.

Visit a dentist regularly

Discussion: Ask the children what they think would happen if they had a toothache?

Encourage children to say how they would feel. For some this may be a sensitive topic.

Share the answers in the class

Activity: Use workbook activity page 6

Activity page 6: Describe how you would feel if you had a hole in your tooth

Demonstration:

Using a mouth model or soft toy and a toothbrush, show the children how to brush teeth.
Make 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.
Use a 2 minute timer or stop watch.

Discussion:

Too much sugar too often = tooth decay
Ask children which foods help to keep teeth healthy?
Encourage children to limit high sugar food and drink choices to mealtimes.

Activity:

Use a variety of images, empty boxes or play food to illustrate foods which are lower in sugar and therefore limit the risk of tooth decay.
Sort foods into those which are 'safe to eat' and those which should be limited to meal times.

For example: fresh fruit, vegetables, bread sticks etc can be eaten between meals. However, high sugar foods such as biscuits, sweets, fizzy drinks, squash etc should be saved for mealtimes.

Activity page 11:

Identify which foods would make a healthy meal and safe snacks

Activity page 13:

Complete the crossword

To end the session:

Children can choose a colouring sheet to complete.
Add to existing wall display and share with others.

Encourage children to take workbook home to share information with parents, siblings, families.

•Resources such as tooth models, timers, puppets and much more can be borrowed from Well Connected. Contact info@wellconnecteduk.org for more information.





We are here to help!

Well Connected are a Plymouth based charity proud to support initiatives that support health and lifestyle improvement.



Teeth on tour: colourful and engaging resources including tooth brushing models, giant timers and much more which can be borrowed for up to 2 weeks.



Brushing Clubs: establishing a tooth brushing club in school is a great way to promote positive oral health. We provide training, policies, procedures and brushes, toothpaste etc. as well as on-going support.



Visits to a Dental Education Facility: in partnership with Peninsula Dental Social Enterprise we can arrange for a visit to a dental facility. This is a fun and enjoyable experience for children as they learn more about their oral health.

**Check out our website for more information:
www.wellconnecteduk.org**



Why is oral health important?

Oral health and well-being impacts on many aspects of general health, with severe dental decay affecting psycho-social and physical development of children.



Poor oral health results in:
Pain
Disturbed sleep
Disrupted eating patterns
Days missed from school
Higher attendance for emergency dental treatment with more antibiotic prescriptions
Hospital admissions for general anaesthetic for tooth extraction.



Good oral health results in:
Being free from distressing pain
Enjoyment of a wide range of foods and drinks
Having a confident and happy smile
Easy and fun dental visits
Habits which last a lifetime



Establishing good oral health routines in childhood has long lasting benefits for the individuals and their families.
Children should be supervised when brushing their teeth up to the age of at least 7 years.



Teeth are really important. They help us to eat, talk, smile, laugh and help to provide the shape and structure to our face.



Each tooth has a different job:



The molars

These are the big teeth at the back of the mouth. They have a flat top and are used to chew food. Adults have 6 molars and 4 pre molars in each jaw. Children have 4 molars in each jaw.



The canines

These are the pointed teeth at the side of the mouth. They help us to tear food. Adults have 2 canines in each jaw. Children have 2 canines in each jaw.



The incisors

These are the front teeth. They help us bite into food. They are chisel or wedge shaped. Adults have 4 in each jaw. Children have 4 incisors in each jaw.



Geoffrey says:

Children should be encouraged to look after their teeth; use a mirror so they can see the different shapes and sizes of their teeth.

Keeping Teeth Clean

Brushing teeth removes the sticky plaque which forms on gums and teeth. Plaque is a soft substance that causes gum disease and tooth decay.

Plaque tends to collect in those hard to reach places; between teeth and on the surfaces of the teeth, particularly on the molars at the back of the mouth.



Brushing removes the plaque. It is important this is done on a regular basis, or bacteria feed on the sugars in the plaque, creating acid which attacks the enamel on the teeth. It is this which causes tooth decay and why brushing twice a day is recommended. Brushing before bedtime is the most important time as fluoride from the toothpaste helps to protect teeth when we are asleep and saliva flow is reduced.



If you look at plaque under a microscope, you would see it contains lots of living bacteria that would be moving and squirming around. Yuk!

Establishing good oral hygiene routines



A good routine is important to ensure teeth are brushed twice a day for two minutes.

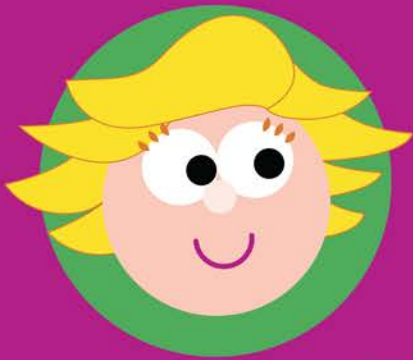
Children are influenced by 'normal' routines in the family environment. Therefore it is valuable to reinforce the 'twice a day for two minutes' message when discussing oral health, encouraging 'brushing before bedtime' and at one other time during the day.



Geoffrey says:

You can set up a tooth brushing club in school; contact the Well Connected team for more information. Send an email to info@wellconnecteduk.org

Better brushing



It is recommended that children up to the age of 7 years are supervised when brushing teeth due to their dexterity in using a toothbrush. As a rule, if children can tie their own laces they can brush effectively. Children should brush twice a day for 2 minutes. Always brush before bedtime.

Follow Geoffrey's steps to better brushing:

Use toothbrush with a small head and medium bristles

Use a pea size amount of fluoride toothpaste

Brush in small circles

Brush for 2 minutes

Spit, don't rinse



Diet and its impact on oral health



Diet plays a huge part in oral health. Reducing the amount of sugar in the diet will significantly improve dental health and well being. Therefore it's important to encourage children to make informed choices about their foods for mealtimes and snacks.

The Eat Well Guide:



Eat at least five portions of fruit and vegetables a day



Most people don't eat enough fruit and vegetables. They should make up over a third of the food we eat each day. Encourage children to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day. Fruit and vegetables are a good source of vitamins, minerals and fibre.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible



Starchy food should make up just over a third of the food we eat.

Encouraging the eating of wholegrain varieties, such as wholewheat pasta and brown rice, or leaving skins on potatoes is a great way to increase fibre into the diet. There are also higher-fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Have dairy or dairy alternatives (such as soya drinks and yoghurts). Choose lower-fat and lower-sugar options.

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible.



Eat some beans, pulses, fish, eggs, meat and other protein. Aim for at least two portions of fish every week - one of which should be oily, such as salmon or mackerel



These foods are good sources of protein, vitamins and minerals. Pulses such as beans, peas and lentils are good alternatives to meat because they're lower in fat and higher in fibre and protein too. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.

Choose unsaturated oils and spreads and eat in small amounts.

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember that all types of fat are high in energy and should be eaten sparingly.



Geoffrey says:
Drinking through a straw can help you protect your teeth.



These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often and in smaller amounts.

Snacks and sweet treats

Too much sugar too often = tooth decay

This is a picture of decayed teeth. You can see the hole, which is also known as a cavity. It will hurt, feel uncomfortable and impact on eating and drinking. It looks black too..... not a pretty picture.



We should limit access to foods and drinks which are high in sugar and if they are eaten, should be consumed as part of a meal.

Try to limit the number of 'sugar attacks' to 4 per day.

Drinks such as lemonade, cola, fruit juice, smoothies are very high in sugar and should be counted as a 'sugar attack'. Limit these as much as possible.

Staying hydrated is really important. For healthy teeth it's best to offer water and milk.

Check out the 'change for life' website for lots of useful resources. The 'sugar swap' app is very useful.



Geoffrey says:
Be 'sugar smart' like me!

Going to the dentist



An important part of maintaining a healthy mouth is to go to the dentist on a regular basis.

The time between check-ups can vary from three months to two years, depending on how healthy the teeth and gums are and whether there is any risk of future problems. The dental team will advise their patients on an individual basis.

Dental check-up



A check-up allows the dentist to see if there are any dental problems and helps to keep the mouth healthy. Leaving dental problems untreated could make them more difficult to treat in the future, so it's best to deal with problems early, or, if possible, prevent them altogether.

What happens during a dental check-up?

At each check-up, the dentist should:

Examine the teeth, gums and mouth.

Ask about general health and any problems with the teeth, mouth or gums since the last visit.

Ask about, and give advice on diet, teeth-cleaning habits as well as smoking and alcohol use.

Book your next visit.



The children's work book to accompany this topic is provided separately.

You are able to photocopy resources. However we advise you use it to accompany the lesson plans and as part of an oral health topic.

The colourful classroom wall display provided as part of this toolkit uses the characters from the Open Wide and Step Inside film. This will provide a fun and engaging display to reinforce learning points and key oral messages.

The display includes:

- Image of the mouth and the teeth

- Cross section of the tooth

- Key characters from the Open Wide and Step Inside film

- Pictures of oral health resources including toothbrush, toothpaste.

For further information please contact:
Email: Info@wellconnecteduk.org

Web site: www.wellconnecteduk.org
Telephone: 01752 583130



Activity page 6

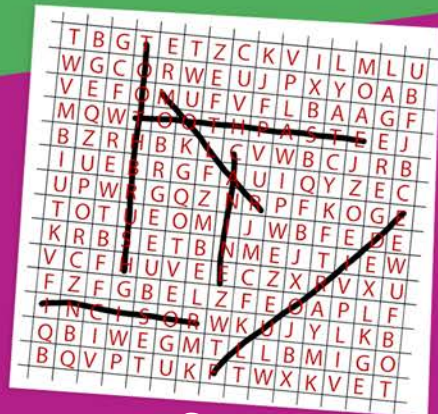
Molars and pre molars help us to: chew

Canines help us to: tear our food

Incisors help us to: bite



Activity page 7



Activity page 8

It's important to brush your teeth for 2 minutes. Always brush your teeth before bedtime. Use a pea sized amount of fluoride toothpaste. Don't have too many sugary foods and drinks as they can cause tooth decay.

Activity page 9

Brush before bedtime

Reduce the amount of sugary food and drink

Brush for 2 minutes

Brush twice a day

Visit a dentist on a regular basis

Use fluoride toothpaste

Eat fruit and vegetables

Don't rinse your mouth after brushing

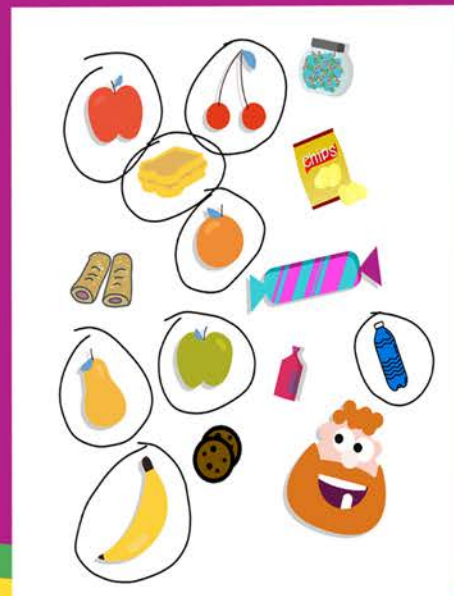


Activity page 10

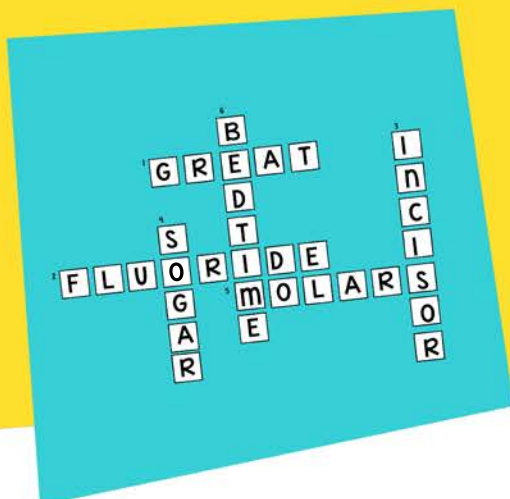
Sad
Distressed
Sore
Hurt
Worried
Miserable
Unhappy
In pain
Scared



Activity page 11



Activity page 13



OPEN WIDE
AND
STEP INSIDE

