



National Smile Month
18 May - 18 June 2020

Good oral health is important for all of us and where we would normally promote activities and messages to schools and Early Years settings, we are now bringing the resources to you at home.

Activities for the whole family...

The Great British Brushathon - Wednesday 3 June at 9am. Film yourself brushing your teeth and upload to your social media account #smilemonth. By sharing your video and encouraging others to do the same, you can help promote the value of brushing your teeth and having a healthy smile [smilemonth.org](https://www.dentalhealth.org/smilemonth.org).

Smiley Singalong - join in with a song that has the word 'smile' in the title. Film yourselves singing along and dancing and upload to social media [dentalhealth.org/national-smile-month-sing-along](https://www.dentalhealth.org/national-smile-month-sing-along).

The Two Minute Challenge - a competition to see who can brush their teeth closest to two minutes without the aid of a clock or watch. What else can you do in 2 minutes?

Collages/sorting – draw a 'happy tooth' and a 'sad tooth'. Cut out lots of pictures of food from magazines etc. and decide if they are tooth friendly or not by placing them next to the right tooth.

Sugar Swap Challenge – where can you and your family swap sugary foods and drinks for tooth friendlier alternatives?

Try fruit kebabs, make your own houmous or turn your meals into smiley faces.

Have a look at <https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids#all-swaps> for more ideas.

Sharing your smile around the world

Let's see how many smiles can be collected for National Smile Month! Follow the link [dentalhealth.org/sharing-your-smile-around-the-world](https://www.dentalhealth.org/sharing-your-smile-around-the-world) and upload your smiles to social media using #smileathon #mysmileselfie @smilemonth @GoTeamSmileCCS.

Picture quiz round – We are currently a nation of quizzers, so why not have 'guess the celeb/cartoon smile' for your next round!

Activities for the little ones and children with SEND...

Story books around teeth and dental visits
see book list.

Dental **role play** using teddies and dolls.

Laminated picture of a mouth with drawn on **'germs'** to rub away with an old toothbrush.

Use an old toothbrush for **mark making** using sand, paint or gloop (cornflour and water).

Use duplo or large play bricks to stick playdough in between to act as the **plaque**. Remove with an old toothbrush.

Mirror activity - get the children to observe their teeth in a mirror. How many teeth can they see? Are they different shapes and sizes? This activity can help when brushing teeth and remembering the back ones as well as the front.

Activities for the big ones...

Make a **poster** with one or more key messages.

Make up a **poem or a song/rap/parody** search for The Singing Dentist for inspiration
www.singingdentist.com.

Labelling the tooth (lots of printable worksheets via search engines) or BBC bitesize bbc.co.uk/bitesize/topics/z27kng8/articles/zsp76yc.

Egg experiment *see activity sheet*

Make a **Tooth Fairy bag/box/envelope** with a message.

If you are able to get hold of some **disclosing tablets** then this is a great activity to show if toothbrushing has been done correctly and if at all!


Dr Ranj has some great **YouTube** clips for children aged 0-3, 3-6 and 7+
Simply search **'Dr Ranj and Supertooth'**!

Keep track of daily brushing with a downloadable brushing chart

<https://www.dentalhealth.org/Handlers/Download.ashx?IDMF=18441ca2-5984-4f45-8ca1-eabb09329333>

	MORNING		NIGHT		MORNING		NIGHT		MORNING		NIGHT	
MONDAY												
TUESDAY												
WEDNESDAY												
THURSDAY												
FRIDAY												
SATURDAY												
SUNDAY												
	WEEK 1		WEEK 2		WEEK 3		WEEK 4					

Oral Health Foundation
Registered Charity No. 252198
www.dentalhealth.org



Top Tips:
Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste.
Spit out after brushing and do not rinse. Leaving the fluoride on your teeth makes them stronger.
After eating, wait for one hour before brushing your teeth.
Use dental floss or interdental brushes to clean between your teeth once a day.
Change your toothbrush every 3 months.
Cut down how much and how often you have sugary foods and drinks, especially between meals.

Dental Buddy...lets you teach oral health education at home

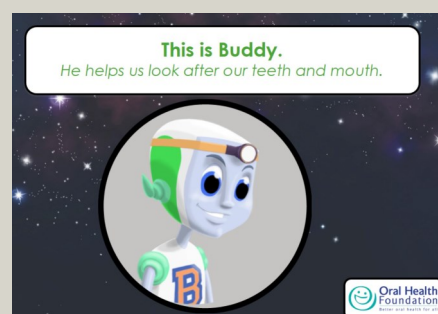
Follow the link <https://www.dentalhealth.org/oral-health-home-schooling>

There are units of work for:

Early Years (0-5 years)

Key Stage 1 (5-7 years)

Key Stage 2 (7-11 years)



Story 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

The Egg Experiment



A demonstration of the effects of acid and fluoride on tooth enamel

The egg shell is of a similar make up to tooth enamel making this experiment a good way to show how fluoride toothpaste protects the teeth.

Resources required:

- 1 hard boiled egg
- Nail varnish
- Fluoride toothpaste
- White vinegar
- 1 clear container with lid (to hold hard boiled egg and vinegar)

Method:

Using the nail varnish, add a dot to one half of the egg.

Cover that half of the egg completely in a thick layer of fluoride toothpaste and leave for a few days.

Gently wipe off the toothpaste and place the egg in to white vinegar solution.

Observe the vinegar “attack” the “non-fluoridated” part of the egg. Bubbles will rise from that part of the egg.

There will be fewer bubbles rising from the protected “fluoridated” section of the egg.

Leave in the sealed container for one week.

After one week, rinse the vinegar solution off the egg shell.

Has the shell eroded/dissolved away?

Can you still see the nail varnish dot?

Has the toothpaste protected half of the eggshell?

The recommended level of fluoride to use is no less than 1000ppm (parts per million) for children under 7 years and 1,350 – 1,500ppm for 7 years to adult.

You can find the level on the back of the toothpaste tube or on the outer packaging.



Top tips for good family oral health...



Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.

Age	How much Fluoride?	How much toothpaste on the brush?
0-3 years	No less than 1000ppm	Grain of rice size
3-6 years	More than 1000ppm (for children with SEND or who are vulnerable to decay then 1350-1500ppm to be used)	Small pea size
7+	1350-1500ppm	Pea size



Spit, don't rinse!

After brushing your teeth, don't rinse out with water as you'll remove the fluoride that keeps teeth strong. If you use a mouthwash then rinse at a different time to brushing too.



Try to clean interdentally every day. Encourage children aged 12 upwards to floss.



Change toothbrushes / toothbrush heads every 3 months or when they are looking worn.



Reduce how much sugar you have and how often you have it. Try and keep sugary foods and drinks to a mealtime.

Some tooth-friendly snack ideas:

[Cheese \(hard and soft\), houmous, egg](#)

[Rice cakes, crackers, breadsticks, crumpets, toast fingers, pitta](#)

[Fresh fruit \(not dried or tinned\), salad vegetables](#)

[Plain milk, plain water, tea and coffee \(without sugar but sweeteners are tooth friendly\)](#)



Visit the dentist regularly or as often as they recommend.

! This is a difficult one to do at present but if the above is followed then this will help to keep your teeth strong until your next dentist visit.