

World Oral Health Day: 20th March 2021

Activities for children and young people



Good oral health includes brushing, flossing and keeping bacteria under control. Without proper oral hygiene, bacteria levels can rise causing infections such as gum disease and tooth decay.

We must look after our mouths and particularly our teeth. Teeth help us chew and digest food, and they also give our face its shape. Teeth also give us confidence to smile.

Getting to know oral health

How much do you know about oral health? Do you know how important it is to look after your teeth and mouth? You can find out the fun way by...

- ☰ Reading Professor Hallux's comic. [Read this quirky comic](#) to learn interesting facts about teeth.
- ▶ Watching fun videos. Professor Hallux takes you on a learning trip to discover more about your mouth and teeth:
 - [The Mouth Walk - the importance of Oral Hygiene](#)
 - [Why do we brush our teeth?](#)
 - [Why do we have bacteria in our mouths?](#)
 - [What happens when you visit the dentist?](#)
- 🔊 Listening to interesting podcasts:
 - [History of dentistry](#)
 - [Fluoride and our teeth](#)
 - [What effect does sugar have on our teeth?](#)
 - [Why clean our teeth?](#)

Visit [Professor Hallux's Dental Depository Fun Kids website](#) to find out more about teeth and oral health.



Toothbrush Tracker

Track how often you brush your teeth. Do you brush enough?



Game: Shine Time Stop That Sugar

The friendly hippo dentist, Dr Bobby Swirl, needs your help on his mission to clear the sugary 'invaders' and defend mouths against the build-up of plaque before it attacks and damages teeth. Are you up to the challenge?

Shop Smart

Get the [Change4Life Free Food Scanner App](#). You can scan barcodes and find out what's inside popular snacks and drinks. You could use it to choose tasty options that are better for your oral health.



World Oral Health Day - Be Proud of Your Mouth

[Find out what World Oral Health Day have been doing to promote good oral health.](#)

Oral health easy-read information

[Brushing our teeth](#)

[Caring for our teeth](#)

[Having your teeth cleaned at the dentist](#)



Support from Change Makers with oral health and healthy lifestyles

If you're a parent/carer with concerns about your child's oral health, or other elements of their lifestyle such as weight or diet, you can get free support from the Change Makers team. To find out more, contact the School Health and Wellbeing Office on 03300 245 204 or email on warwickshireschoolhealth@compass-uk.org. You can also check out the Change Makers [Facebook page](#).

Young people age 11-19 looking for support with oral health and healthy lifestyles can text a nurse via ChatHealth - the number is **07507 331 525**. This service is confidential and free.