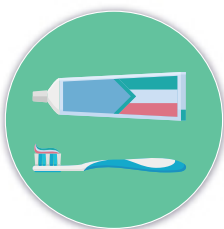


4.1 Warwickshire Early Years Oral Health



Oral Health Promotion Week - Day One

Monday: Introduction to the importance of our teeth: An overview of five key oral health messages








Group time Planning: For 2-3 year old groups

The resources you'll need to run this session:

1. "Peppa Pig Dentist Trip" book. This book is available in local Warwickshire libraries - ISBN-10: 1409301931).
2. Five key oral health messages flyer, Day 1 (see Section 1, 7.1 of Warwickshire Early Years Oral Health Resource Pack).
3. iPad/Tablet/Digital camera/printer.
4. Laminated image of teeth (see Section 1, 9 of Warwickshire Early Years Oral Health Resource Pack).
5. Dinosaur Puppet – bought, made or a picture.
6. Photograph/s of educator's smile and teeth, or a picture of someone else's teeth.
7. Print out of children's teeth.

4.1 Warwickshire Early Years Oral Health

Learning Intention: Early Years Outcomes	Activity	How to adapt for children of different abilities	Evaluation
<p>Five key oral health messages:</p> <div data-bbox="174 480 297 603">  </div> <p>1. Reduce the amount and frequency of sugary foods and drinks – only give at meal times.</p> <div data-bbox="174 660 297 783">  </div> <p>2. Choose milk and water to drink – they're kinder to teeth.</p> <div data-bbox="174 841 297 963">  </div> <p>3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.</p> <div data-bbox="174 1021 297 1144">  </div> <p>4. Brush teeth twice a day with fluoride toothpaste – last thing at night and on one other occasion.</p> <div data-bbox="174 1201 297 1324">  </div> <p>5. Spit out; don't rinse the fluoride toothpaste away!</p>	<ol style="list-style-type: none"> 1. Read 'Peppa Pig Dentist Trip' book as an introduction to the dentist and teeth. 2. "Say Cheese" activity: Show children photos of the character "Mr Dinosaur Teeth" and the educator's smile and teeth (Mr Dinosaur Teeth is a character in the Peppa Pig Dentist Trip book). Alternatively, you could show the children a picture of any animal with teeth showing. 3. Talk about how our teeth show when we smile. You could use a dinosaur puppet to show the smile. Ask the children if they'd like to copy the puppet's smile. Take photos of each child "saying cheese" and smiling on a digital camera/iPad, and share them in the group. Children to take these photographs with support. 4. Talk about the important jobs our teeth perform - strong healthy teeth help us chew food, speak clearly and have bright smiles. Ask children "What can we do to help our teeth to do their job?" Show the 5 key oral health images (use the 5 oral health messages flyer) to the children, to visually support them in understanding each of the 5 key messages. 	<p>See learning intentions.</p> <p>Show the five key oral health messages flyer, Day 1 (section 1, 7.1 of Resource Pack) to the children, to visually support them in understanding each of the five key messages.</p> <p>Use a dinosaur puppet to engage the children. Any dinosaur puppet with teeth can be used or made. Alternatively, print a picture of a dinosaur with teeth.</p> <p>Consider group size: A smaller group for the youngest children would make it a shorter session, and engage them more effectively.</p> <p>Consider the key messages being delivered: Talk just about 'tooth brushing' and/or 'the dentist who helps us look after our teeth' today, and visit other messages at different sessions.</p>	

4.1 Warwickshire Early Years Oral Health

Learning Intention: Early Years Outcomes	Activity	How to adapt for children of different abilities	Evaluation
<p>EYFS DEVELOPMENT MATTERS</p> <p>16-26 months – Physical development Develops own likes and dislikes in food and drink.</p> <p>22-36 months – Physical development Beginning to be independent in self-care, but still often needs adult support.</p> <p>30-50 months – Physical development Can usually manage washing and drying hands.</p> <p>Characteristics of Effective Learning (source: EYFS Development Matters) Please see: https://foundationyears.org.uk/files/2012/03/Development-Matters-FINAL-PRINT-AMENDED.pdf for more information on the characteristics of effective learning.</p> <p>Playing and exploring Show curiosity about objects, events and people.</p> <p>Active Learning Maintaining focus on their activity for a period of time.</p> <p>Creativity and critical thinking Finding new ways to do things.</p>	<p>5. Print out wallet size photos of each “say cheese” picture, to send home with the 5 key oral health messages flyer (see Section 1, 7.1 of Resource Pack).</p> <p>6. Put photos up of the children’s teeth in the environment or/and make a little book for each child.</p> <p>Other activities you may want to do in your setting:</p> <ul style="list-style-type: none"> - Have an area set up with the Peppa Pig Dentist Trip book, puppets, soft toys, large toothbrush and teeth. - Put images of the children’s teeth and educator’s teeth on display and/or in a book. 		