



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 3-4 year old groups

The resources you'll need to run this session:

1. 'Topsy and Tim Go to the Dentist' book (this book is available in local Warwickshire libraries - ISBN-10: 1409300587, see section 2, 2).
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. Photographs of the educator showing their teeth, or a picture of someone else's teeth.
5. Print out of children's teeth.

5.1 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="174 483 297 603"> </div> <p>1. Reduce the amount and frequency of sugary foods and drinks – only give at meal times.</p> <div data-bbox="174 663 297 783"> </div> <p>2. Choose milk and water to drink – they're kinder to teeth.</p> <div data-bbox="174 834 297 954"> </div> <p>3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.</p> <div data-bbox="174 1034 297 1153"> </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 1217 297 1337"> </div> <p>5. Spit out; don't rinse the fluoride toothpaste away!</p>	<ol style="list-style-type: none"> 1. "Say Cheese" activity. Show children photos of the educator's smile and their teeth. 2. Talk about how our teeth show, when we smile. 3. Take photos of each child "saying cheese" and smiling on a digital camera/iPad, and share them in the group. 4. Talk about the important jobs our teeth perform - strong healthy teeth help us chew foods, speak clearly and have bright smiles. 5. What can we do to help our teeth do their job? Show the five key oral health messages flyer (Section 1, 7.1) to the children, to visually support them in understanding each of the five messages. 6. Read "Topsy and Tim Go to the Dentist" book to the group. 7. Print out wallet size photos of each child saying "Cheese". Send photo home with the five key oral health promotion messages - Day 1 (section 1, 7.1). 	<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 to the youngest children. You may wish to 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> <p>With older children you may wish to briefly visit all the 5 key messages today, then deal with each one in depth, on the remaining four days of your oral health promotion week?</p>	

5.1 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>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>40-60 months – Physical development Eats a healthy range of foodstuffs and understands need for variety in food. Shows some understanding that good practices with regard to eating and hygiene can contribute to good health.</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>Creativity and critical thinking I make links and notice patterns in my experience. I am able to make predictions.</p>			