



Resource Pack Introduction

Congratulations on completing the 'Oral Health Promotion in the Early Years' eLearning course. This Resource Pack contains all the promotional materials and group session (lesson) plans needed to run a week-long oral health promotion campaign with 2 – 3 year old children, and 3 – 4 year old children. The pack also contains oral health information that can be shared with families of children under 2 years old.

Contents of the resource pack:

Section 1:

Promotional materials and group session plans which can be personalised to your setting

- 1 Introduction and content sheet
- 2 Introductory parent/carer letter
3. Tooth brushing chart
4. Oral Health Week Planning – 2 – 3 year olds (5 group session plans for 5 days)
5. Oral Health Week Planning – 3 – 4 year olds (5 group session plans for 5 days)
6. Oral health promotion flyer for parents of <2 years old children
7. Parent/carer flyers (6 documents: an introductory flyer, and 1 for each of the 5 key messages)
8. Tooth brushing certificate
9. Smiling mouth with teeth that require laminating, once printed (for brushing activity session)
10. Lyrics to songs
11. Images of a 'happy' and an 'unhappy' tooth that require lamination (for reducing sugar session)
12. Video clips.

Section 2:

1. Links to local and national resources including websites, video links and Apps
2. Resource list to run an oral health week (those in libraries, and those for purchase)
3. Healthy eating and drinking guidance and policy template
4. Leaflet on Food for Life Early Years Award
5. How to prevent tooth decay

