Early Years
Lesson One

Why do we have teeth?

Oral Health Foundation
KEY MESSAGE
for this lesson

You should brush your teeth for two minutes, last thing at night and at least one other time during the day, with a fluoride toothpaste.

EYFS LINK
for this lesson

Health and self-care: managing own basic hygiene and personal needs successfully.

Supported by WRIGLEY Oral Healthcare Programme

Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

WHY DO WE HAVE TEETH?

Our teeth are special, we need them to help us do many things.

DISCUSSION: Ask the children what we use our teeth for

- We need our teeth to **eat**
- We need our teeth to **smile**
- We need our teeth to **talk**
- We need our teeth to **whisper**
- We need our teeth to **chew**
- We need our teeth to **whistle**

DISCUSSION: How many teeth do you have?

By the age of 2.5 they should have 20 baby teeth.

LOOKING AFTER OUR TEETH?

DISCUSSION: Ask the children if they know what we should do to look after our teeth.

Demonstrate a pea-sized amount of toothpaste.

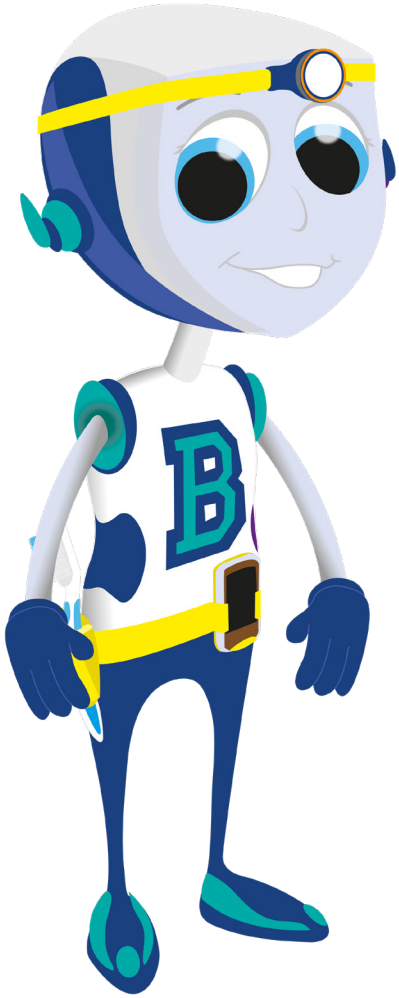
Demonstrate the correct toothbrushing technique using either a mouth model or a puppet using a small toothbrush. Spend two minutes, using a timer, for this demonstration.

- First brush the outside of the teeth using small circular motions. Point out that it is important to brush the gumline too.
- Then using the same circular motions, brush the inside of all the teeth. Use the tip of the brushes bristles to brush vertically against the inside of the top and bottom teeth.
- Now brush the biting surface of every tooth.
- Remind children they should spit out the toothpaste and not rinse. You should not rinse after toothbrushing as this will wash away the fluoride and stop the toothpaste from doing its work making the teeth strong.
- Rinse the toothbrush and leave to dry until the next brush!

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

ACTIVITIES

- Using a mirror, the children can count their own teeth.
- If mirrors are not available, the children could pair up and count each other's teeth.
- Using a paper plate, or the template included, ask the children to draw their own face with their smile.
- Using a classroom pack of mouth models and toothbrushes, the children can mime putting on a pea-sized smear of toothpaste on the brush and then practice toothbrushing on the model.
- Print off the mouth and teeth template, put into a clear slip or laminate. Using a dry wipe marker, draw 'bugs' on the teeth and on the gumline then ask the children to use a toothbrush to remove these.
- Take home activity – print off the toothbrushing chart for each child to take home and complete. They can return this to you in exchange for a certificate or sticker.



EQUIPMENT

- Puppet or mouth model with an opening mouth and teeth
- Toothbrush
- Toothpaste
- Mirrors
- Two minute timer
- Toothbrush for each child – either brought from home or purchased (**www.dentalhealthshop.org**)

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

RESOURCES

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit **www.dentalhealthshop.org**

To deliver the lesson outlined above, the following resources are particularly relevant:

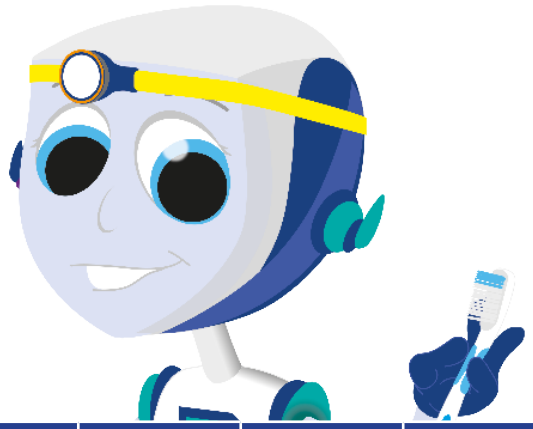
Toothbrushing Chart 	**Natural Nashers Classroom Pack** 	**Tiny Grip Toothbrush**
How I Brush My Teeth Poster 	**Giant Teeth Puppet Model** 	**Large Sand Timer**
Wisdom Toothpaste 	**Tooth Shaped Hand Mirror** 	**Disposable Mouth Mirrors**

Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

Dental Buddy's Tooth Brushing Chart



Draw a smiley face every time you brush your teeth	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							
Morning							
Night							
Morning							
Night							
Morning							
Night							

Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

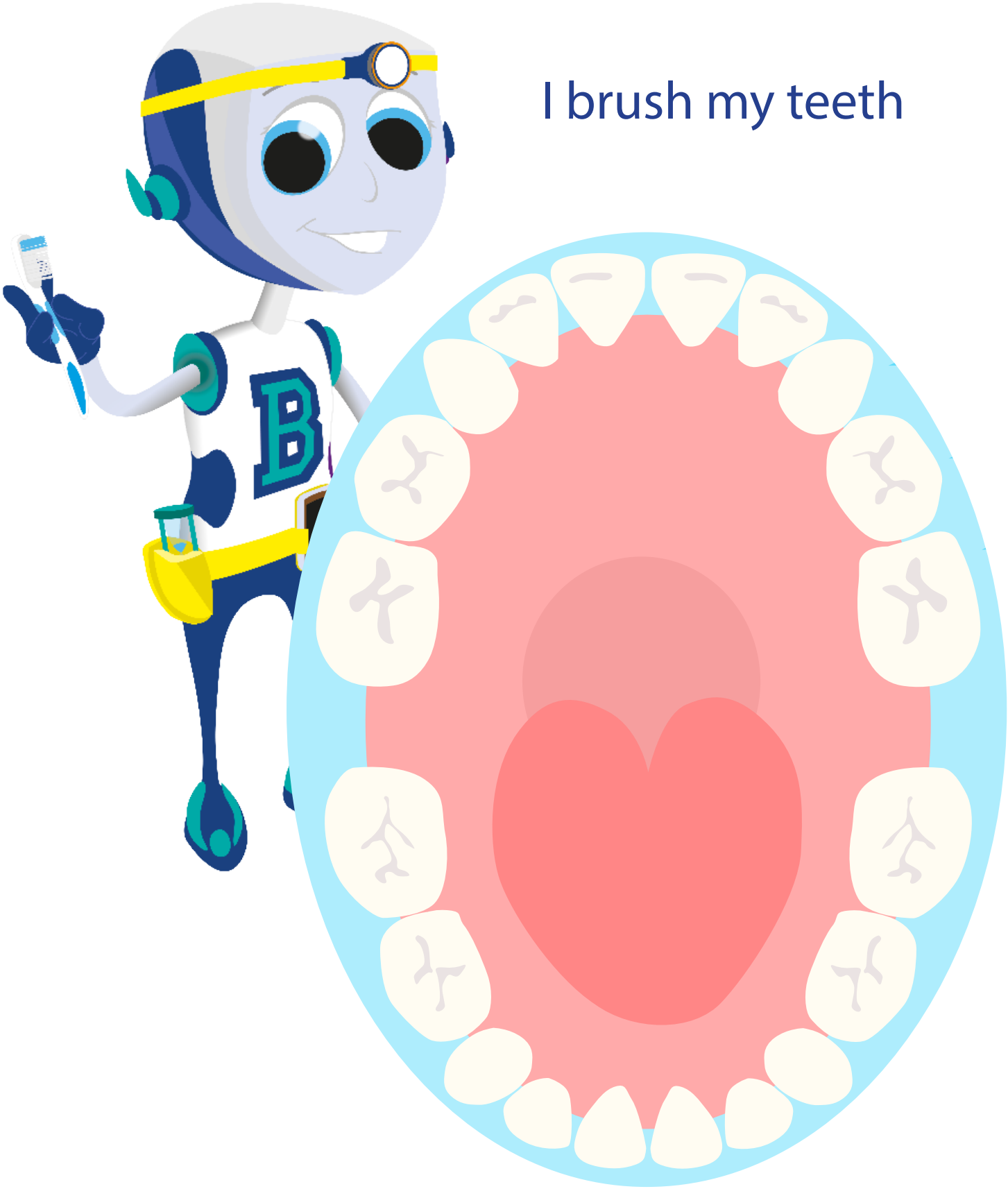
I have _____teeth

Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

I brush my teeth



Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

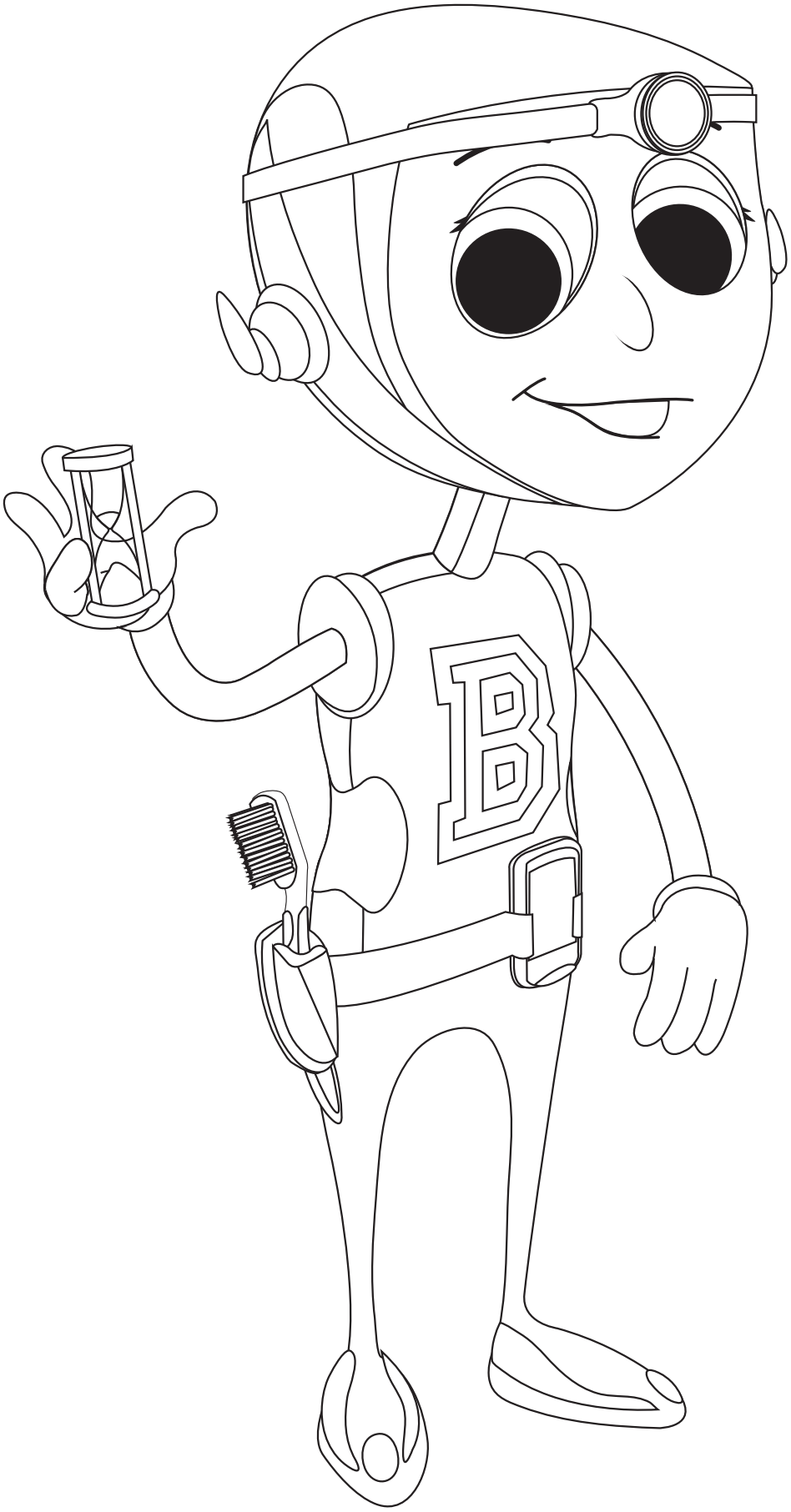
Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org

Free Downloadable Dental Health Education Resource
www.dentalbuddy.org

Oral Health Foundation
Better oral health for all
Registered Charity No. 263198

© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org



© **Oral Health Foundation** Registered Office: Smile House, East Union Street, Rugby, CV22 6AJ. Company Registered in England, No.1027338. www.dentalhealth.org