

Oral Health for Children

“Spooktacular Smiles”



Nursery and Reception October Activity Pack

Whittington Health NHS Trust Oral Health
Improvement Team



Here are our top tips for tooth-friendly trick or treating:

Keep sweets to mealtimes only to reduce the amount of time teeth are exposed to them

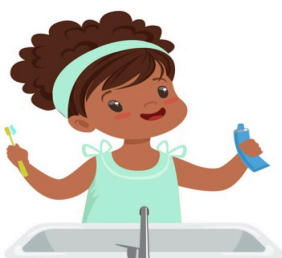
Limit the number of houses you visit as this will help cut down how many sweets are collected.

Make sure your child does not eat sweets one hour or less before bedtime, as they could risk brushing off enamel from their teeth which has been weakened by an acid attack.

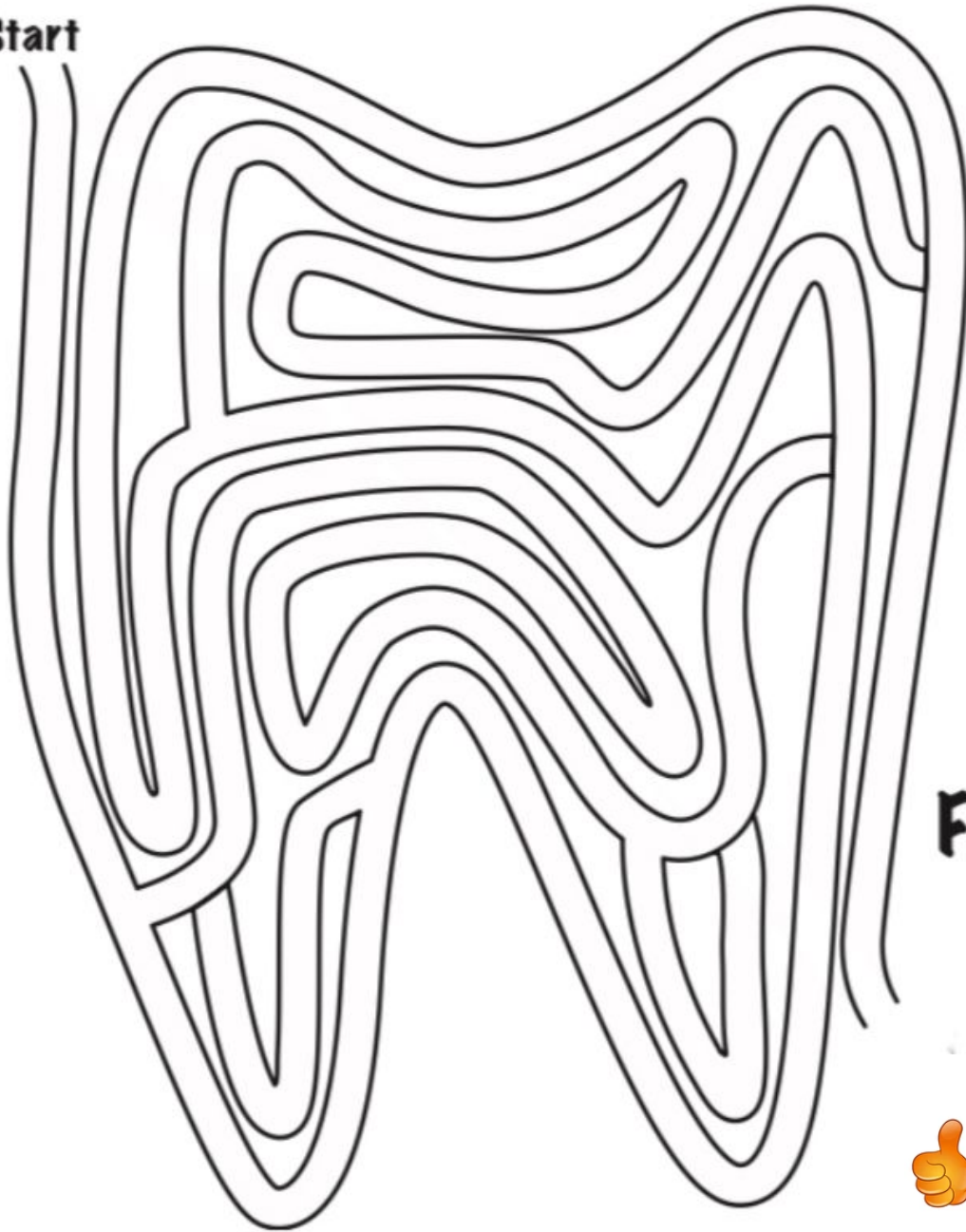
Supervise tooth brushing children's teeth with a fluoride toothpaste before they go to bed.

Brushing teeth last thing at night is very important as the mouth produces less saliva overnight.

Offer sugar-free treats such as cheese, nuts, crackers and breadsticks as they are healthy alternative and reduce the risk of tooth decay.



Start



Finish

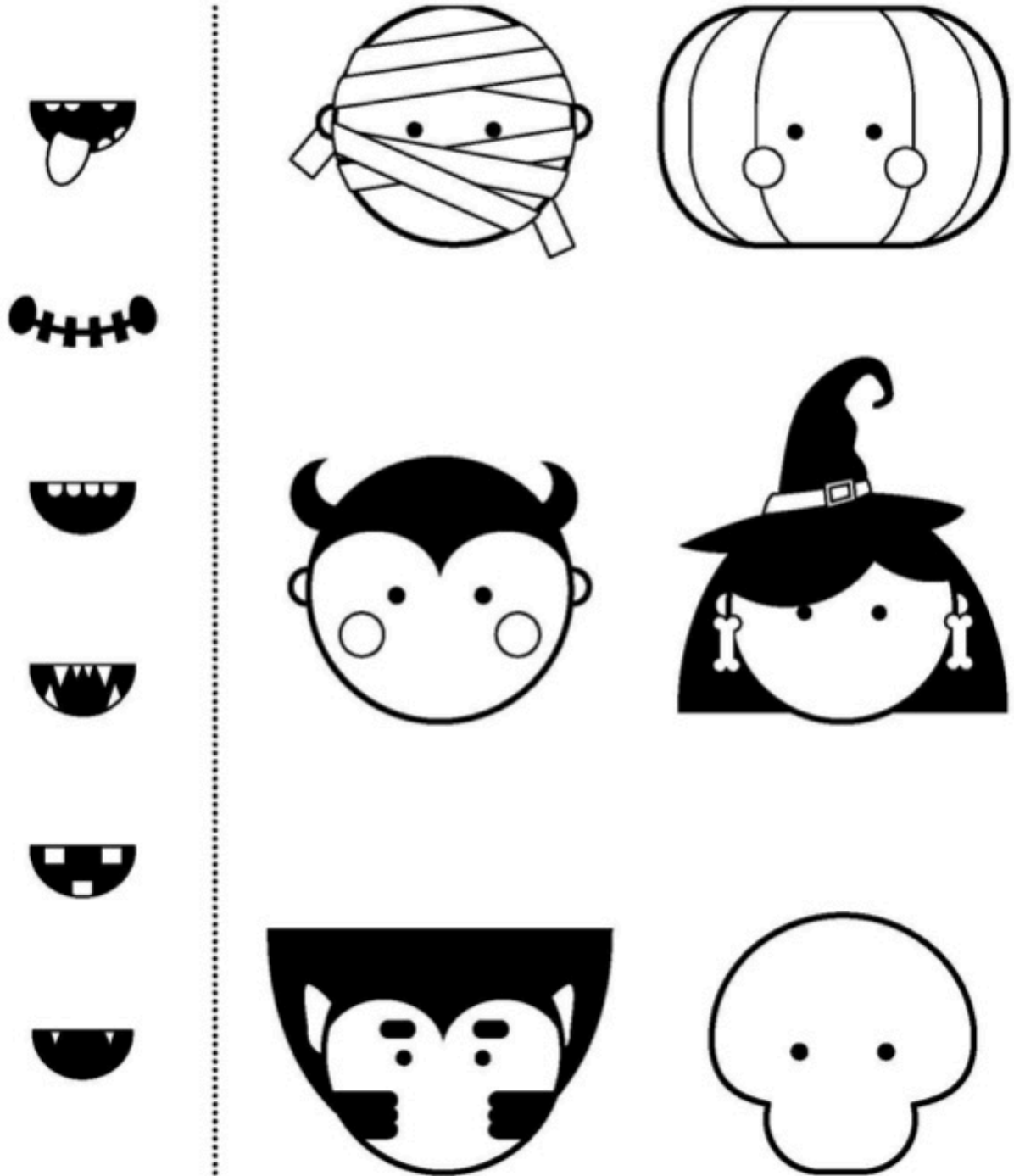


HAPPY HALLOWEEN



Match the monster mouth!

Cut out the monsters and match the correct mouth



Can you find the words?

C	A	V	I	T	Y	J	A	W
P	L	A	Q	U	E	T	W	O
O	R	A	L	H	T	O	O	T
Z	B	V	D	E	C	A	Y	R
B	R	U	S	H	G	U	M	S
K	X	D	E	N	T	I	S	T
H	A	L	L	O	W	E	E	N
M	E	D	I	R	O	U	L	F

HALLOWEEN

TOOTH

BRUSH

PLAQUE

DECAY

DENTIST

GUMS

CAVITY

FLUORIDE

TWO

ORAL

JAW

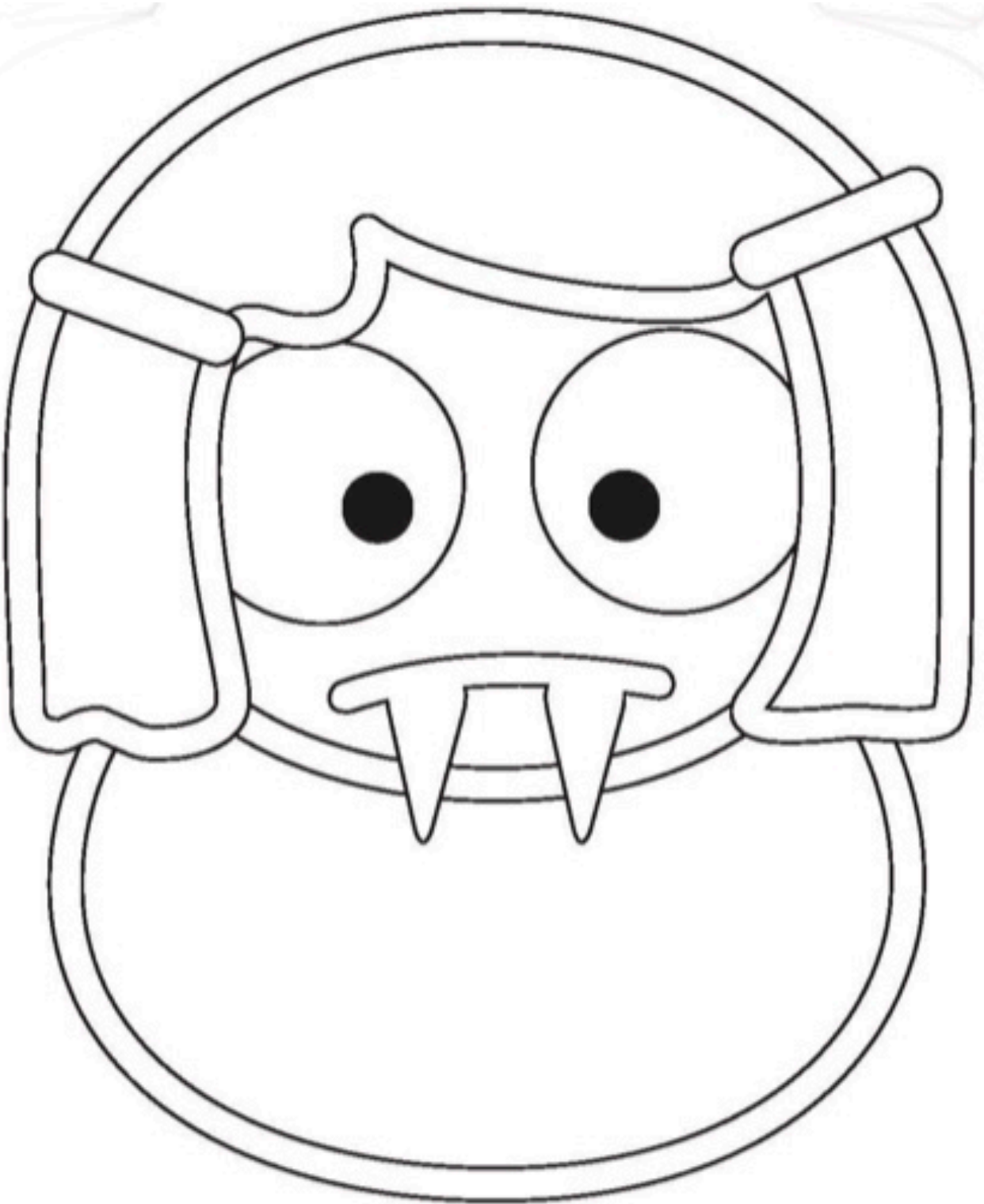




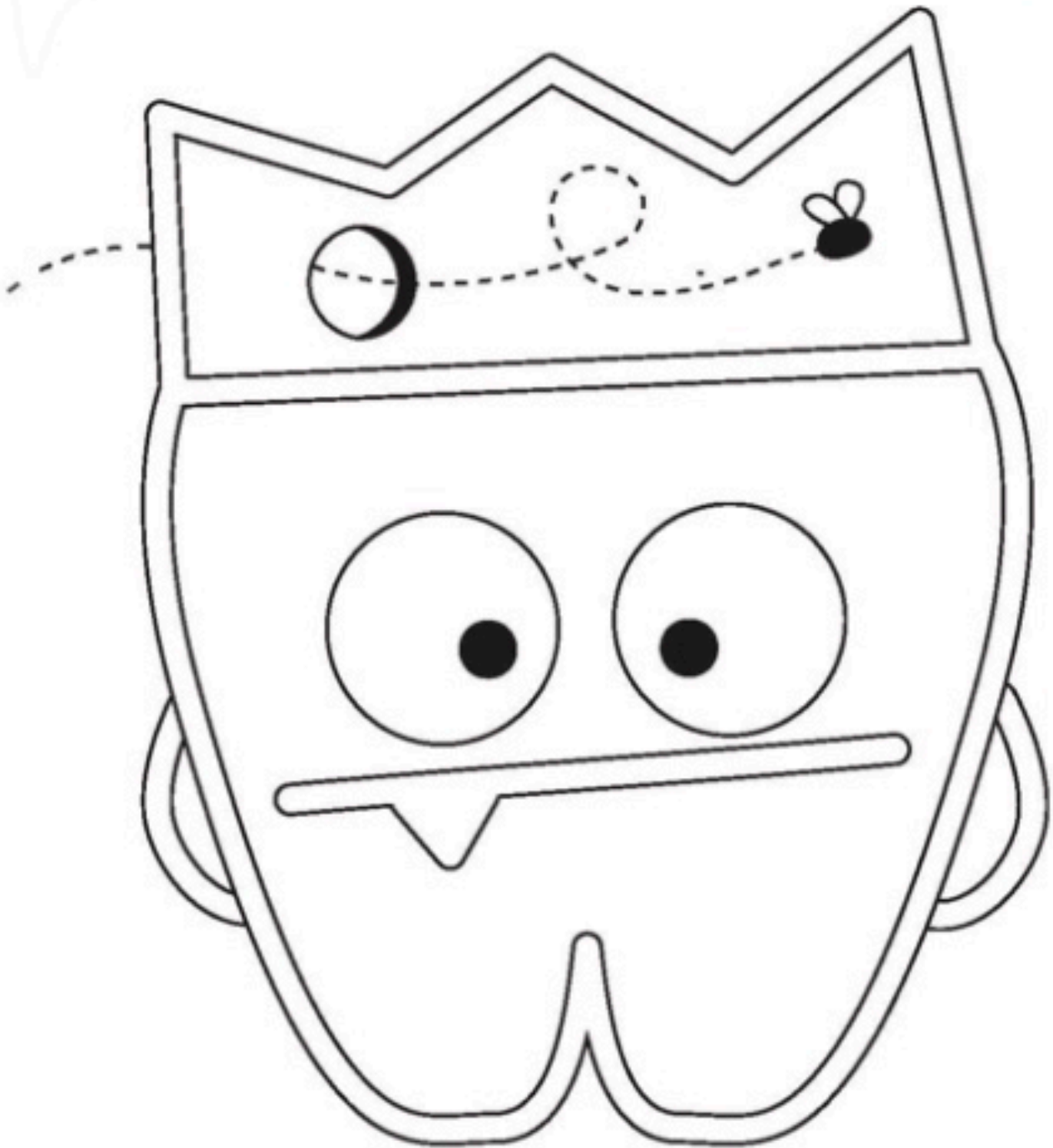
Have a go at creating your very own toothy pumpkin!



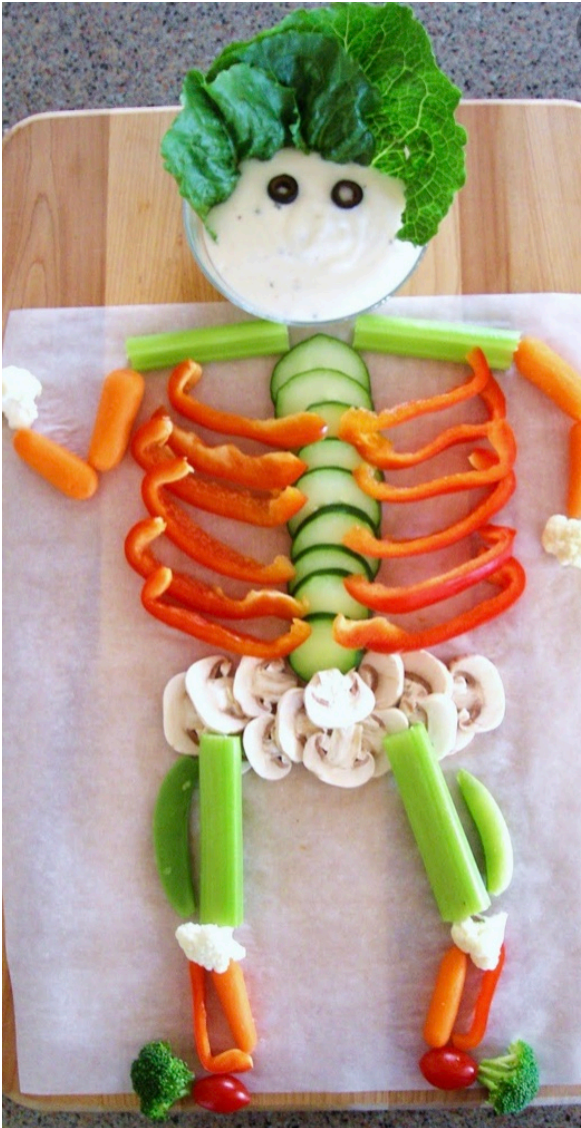
Monster colouring activity



Monster colouring activity



Here are some healthy
Halloween party treats!





It's important that children visit the dentist every 6 months.

Visiting a NHS dentist is **free for children up to the age of 18 or 19 in full time education**

To find local dentists in your area visit the NHS choices website.

Leaflet by the Whittington health oral health improvement team

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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