

An Oral Health Activity Guide for Early Year Settings



Supervised Brushing Scheme



Dear Early Years Provider

Colgate® *Bright Smiles Bright Futures*™ has a 30-year legacy of bringing positive oral health messages to children across the world. It has now been developed within the UK to include early years settings just like yours. Adventures in the Molar system comprises of a range of fun learning activities to help early years settings promote good oral health habits in line with the early years curriculum. These activities are also designed to build on the learning that children experience at home.

Colgate® recognises that children in early years settings learn through play, by modelling adults, by observing each other, and through guided learning and direct teaching. These activities have been developed to provide opportunities for children to learn through play and other relevant experiences whilst being supported by adults giving them just enough help to achieve something they could not do independently. The range of activities included in the guide are intended to be both appropriate and appealing to cover all age ranges across early years settings.

Empowerment for the future

This engaging range of activities are easily integrated into your existing early years curriculum, so you don't have to add a new unit to your already busy day. The early years curriculum-based approach helps to make it easy to cover learning objectives across a range of areas, whilst allowing flexibility to adapt it to your own setting needs. The curriculum information can be found from page 12.

There are also activities to engage parents and carers to reinforce the children's learning at home. On completion of these activities, download the certificate to present to your oral care superheroes!

Welcome to Colgate® *Bright Smiles Bright Futures*™

We thank you for your commitment in helping the children in your early years setting have bright smiles to last a lifetime.

Simon Petersen
Senior Vice President and General Manager
Colgate® Northern Europe



Engaging with parents and carers

Share information on protecting their children's smiles



Activity 1



Download the digital leaflet and share with parents and carers via email, social media or your online platform. Let them know you are promoting good oral health in your setting to help form good oral health habits from an early age to help avoid tooth decay.

Engaging with parents and carers

Share top tips for early years toothbrushing



Download and print the top tips poster for family toothbrushing and place it near the entry way at your setting, to make it easy for parents and carers to see.

How to brush teeth

For a superhero smile



Brush the **front** of each tooth
all the way to the gum line



Brush the **back** of each tooth
all the way to the gum line



Brush the **biting surface**
of each tooth



Use tip of brush to brush **behind** each
front tooth, both top and bottom

Activity 3



- Show children how to brush their teeth by brushing your own
 - Have the children practice brushing teeth on a teddy or doll
- (A 2-minute timer is useful to teach them how long they should brush for)

Make toothbrushing part of a daily routine

To become an oral health hero



Activity 4

Download the toothbrushing chart and share with parents and carers to use at home via email, social media or your online platform. If you have a supervised brushing programme, you can print the chart to track 'daytime' toothbrushing in your setting.

Cutting down on free sugars

Help children understand which food and drinks are healthy for their teeth and general health



Activity 5



Download and print the healthy and unhealthy teeth along with the corresponding food and drinks. Discuss with children what makes the teeth healthy or unhealthy. Have the children place the food and drink cut-outs onto the relevant tooth.

We can all be a dentist

Help children become more comfortable in a dental practice environment through role-play



Becoming part of the dental team

Announce to the class “Today we are going to turn our play area into a dental practice. You will all become part of the dental team, with very special patients!”. Clearly inform children the special patients will be dolls and stuffed animals, to ensure they do not role-play with each other.

Some members of the dental team include:

- **A dentist:** Checks your teeth, fix any problems, and help keep your smile healthy
- **A dental therapist:** Can also check your teeth, and help keep them healthy
- **A dental hygienist:** Helps your teeth stay shiny and healthy, and shows you how to brush them properly
- **A dental nurse:** Makes sure everything is ready and helps you feel safe and comfortable



Dental practice equipment

Provide the children with the dental practice items print-out found on page 8 & instruct them to cut carefully around the dotted lines. Demonstrate the appropriate care of the printed equipment, and how to use this appropriately with their special patients.



The dental visit

Allow children to begin their dental team role-play, focusing on different parts of the dental practice visit including; arriving, waiting in the waiting room, learning how to brush & taking x-rays.

Activity 6

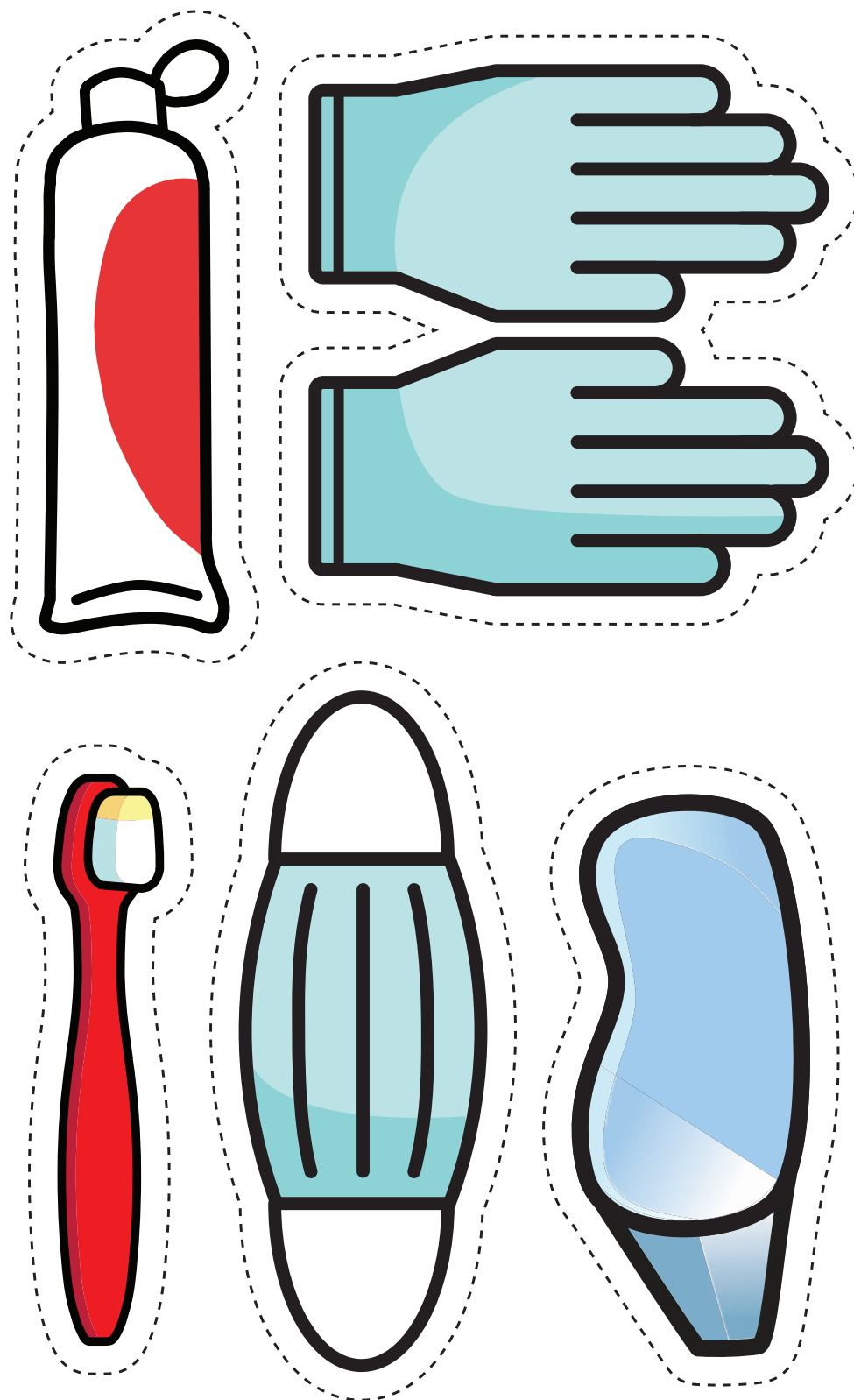


Turn your play area into a dental practice & invite children to role-play as somebody in the dental team, using stuffed animals or dolls as patients.

Download & print / photocopy the dental practice items on page 8 for the children to cut out. You could also enlarge, print & laminate these items for demonstration.

We can all be a dentist

Help children become more comfortable in a dental practice environment through role-play



My Bright Smile Cube

Promote discussions for the children to remember what they have learnt about the importance of good oral health



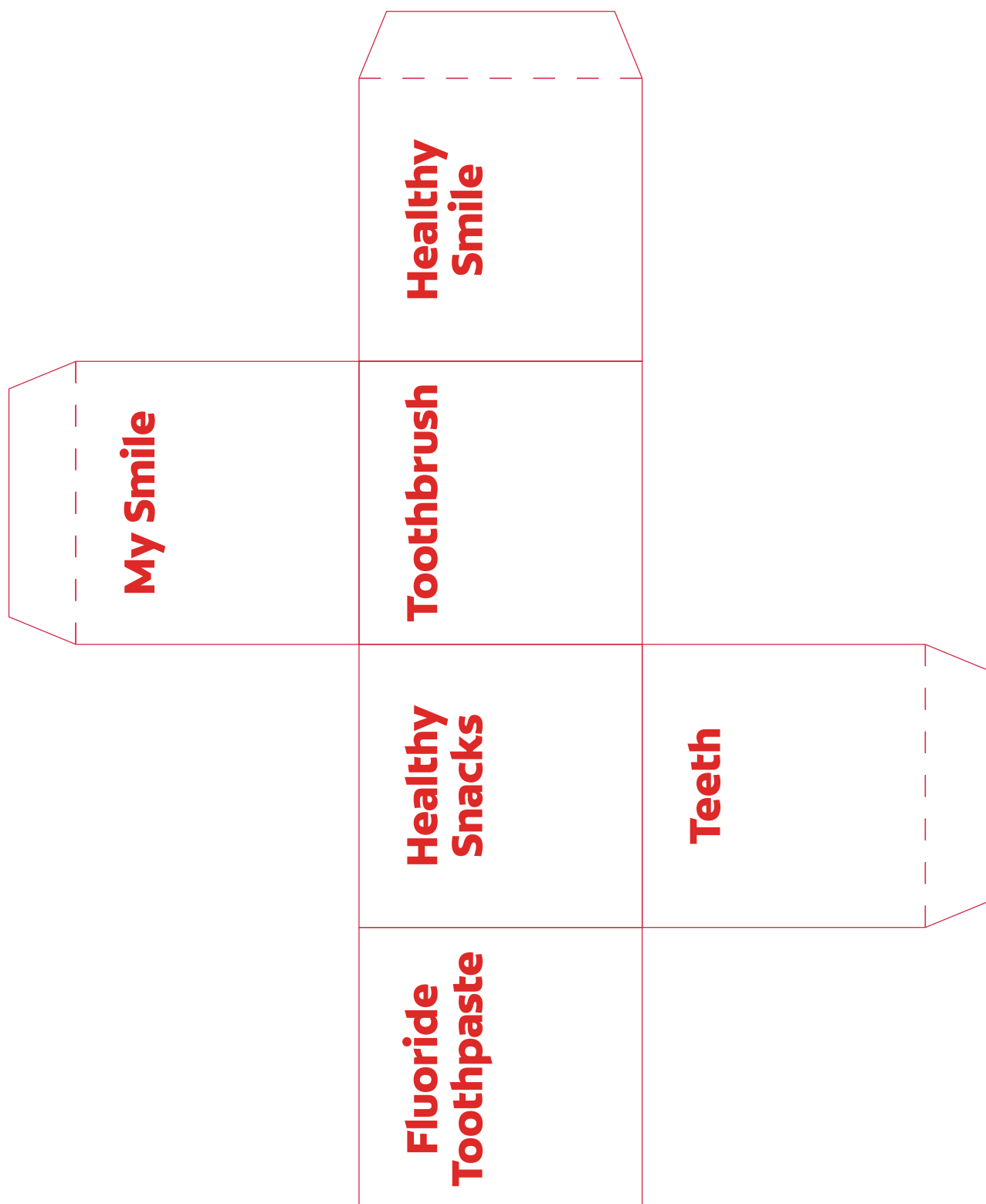
Activity 7



Download & print the 'Smile Cube' on page 10 for each child. Encourage the children to draw pictures of each item before cutting & sticking the paper to create a cube. Then, ask the children to gently throw the cube like a dice to see which surface it lands on. The children should then discuss what they have learnt about this in relation to maintaining good oral health.

My Bright Smile Cube

Promote discussions for the children to remember what they have learnt about the importance of good oral health





***This Superhero Certificate
is proudly presented to***

for learning about good oral health habits

____ / ____ / ____

Date



Hero Trainer Signature

Curriculum information

Curriculum information: England

Activity	Learning Outcomes	Curriculum Information
1 Protecting your child's smile digital leaflet Page No. 2	○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone!	Not applicable (engaging with parents and carers)
2 Top tips for early years toothbrushing Page No. 3	○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone!	Not applicable (engaging with parents and carers)
3 How to brush teeth Page No. 4	○ Practise effective toothbrushing to help prevent tooth decay and help keep teeth healthy ○ Observe and review key oral health strategies	Communication and language - Through role play, children can share their ideas with support and modelling from their teacher Personal, Social and Emotional Development - Through adult modelling and guidance, children will learn how to look after their bodies, including managing personal needs Physical Development - Fine motor control and precision helps with hand-eye coordination - Repeated opportunities to explore small world activities to allow children to develop
4 Make toothbrushing a daily routine Page No. 5	○ Build the habit of oral health care with the early years setting, or with the whole family (at home) by tracking toothbrushing for 28 days ○ Recognise the importance of good oral health for children... and for everyone!	Expressive Arts and Design - The frequency and repetition of experiences are fundamental to children's progress in appreciating what they respond to. Physical Development - Fine motor control and precision helps with hand-eye coordination - Repeated opportunities to explore small world activities to allow children to develop proficiency, control and confidence Personal, Social and Emotional Development - Children should be supported to set themselves simple goals and have confidence in their own abilities - Through adult guidance, children will learn how to look after their bodies including managing personal needs

Curriculum information: England

Activity	Learning Outcomes	Curriculum Information
5 Cutting down on free sugars Page No. 6	○ Review which food and drinks are considered 'healthy' and 'unhealthy' for teeth ○ Review ways to take care of our teeth, by limiting the frequency and amount of free sugars	Communication and language - Quality conversation with peers and adults in a language rich environment - Commenting on what children are doing, and echoing back what they saw with new vocabulary added to build their language effectively - Through conversation, children can share their ideas with support from their teacher - Sensitive questioning allows children to elaborate, making them more comfortable using a rich range of vocabulary and language structures Personal, Social and Emotional Development - Through adult guidance, children will learn how to look after their bodies including healthy eating Physical Development - Opportunities to explore and play with activities such as puzzles, arts and crafts to allow children to develop proficiency, control and confidence Expressive Arts and Design - The opportunity for children to engage with art and design, allowing them to explore a range of materials
6 We can all be a dentist Page No. 7	○ Learn that dental professionals are our friends and mentors in oral health care through role-play ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist	Communication and language - Quality conversation with peers and adults in a language rich environment - Commenting on what children are doing, and echoing back what they saw with new vocabulary added to build their language effectively Personal, Social and Emotional Development - Through adult guidance, children will learn how to look after their bodies, including healthy eating and managing personal needs independently Understanding the world - Allow children to understand the physical world and their community to increase their knowledge and sense of the world around them
7 My Bright Smile Cube Page No. 9	○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, healthy snacks, smile ○ Summarise key oral health strategies	Communication and language - Providing opportunity to use and embed new words in a range of contexts Expressive Arts and Design - The opportunity for children to engage with art and design, allowing them to explore a range of materials

