



Oral Health Pack



December 2023 Activity Pack

Whittington Health NHS Trust Oral Health
Improvement Team

It is important to look after your teeth this holiday season. Make sure to maintain good a daily oral health routine.



- 1. Limit the frequency of sweet treats**
- 2. Enjoy sweet treats with meals**
- 3. Wash down your sugary treats with water**
- 4. Brush your teeth twice a day especially at night-time**
- 5. Remember to spit but do not rinse**



Can you trace over the sentence?

I take care of my teeth by brushing them twice a day

I take care of my
teeth by brushing
them twice a day.

I take care of my
teeth by brushing
them twice a day.



Put words in Alphabetical order.

Fairy Toothbrush Sleep Toothpaste Rinse
Two-minute Spit Carrots Milk Pyjamas

1-----

2-----

3-----

4-----

5-----

6-----

7-----

8-----

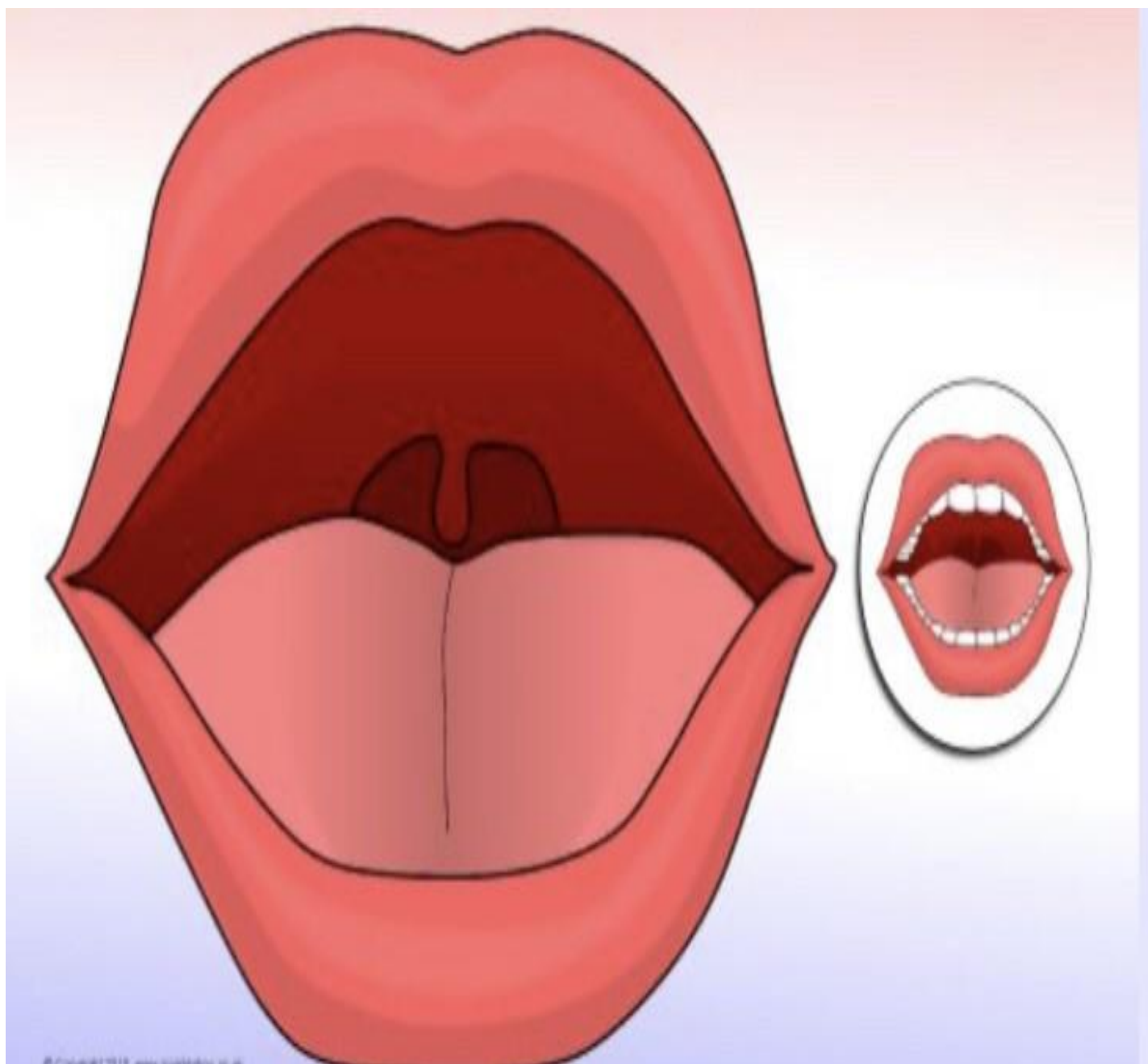
9-----

10-----



Draw or stick teeth to mouth.

You could also use playdough.



Letter T Practice Sheet

Practice by tracing along the lines with a bold colour pencil

T T T T T T

T T T T T T

t t t t t t

t t t t t t



Healthy treat ideas. Be creative



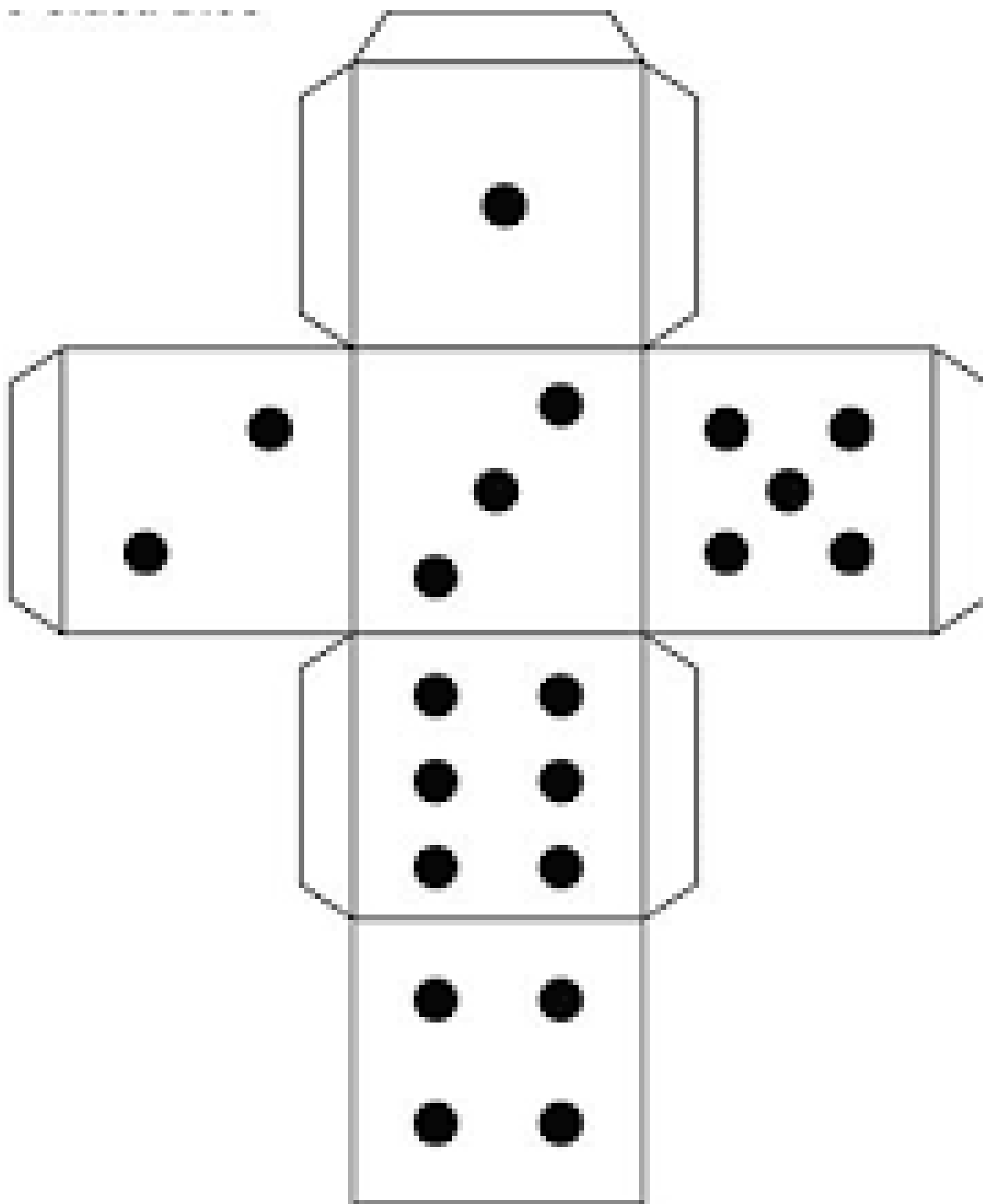
Avocado CHRISTMAS TREES



The path to a healthy smile

<p>Start/ Finish</p>				
	<ul style="list-style-type: none"> • Roll the dice  • If you land on something that will keep you teeth healthy you stay. • If you land on something bad for your teeth you lose a turn. • If you land on a dentist you take another turn. • The winner is the first to get to the smile. 			
				
				
				
				

Make your own dice



Word search

T	O	O	T	H	S	B	N
T	I	M	E	D	A	Y	I
D	E	N	I	S	T	E	G
S	L	E	E	P	R	I	H
F	A	M	I	L	Y	N	T
S	P	I	T	S	I	N	K
H	O	L	I	D	A	Y	S
B	R	U	S	H	T	W	O

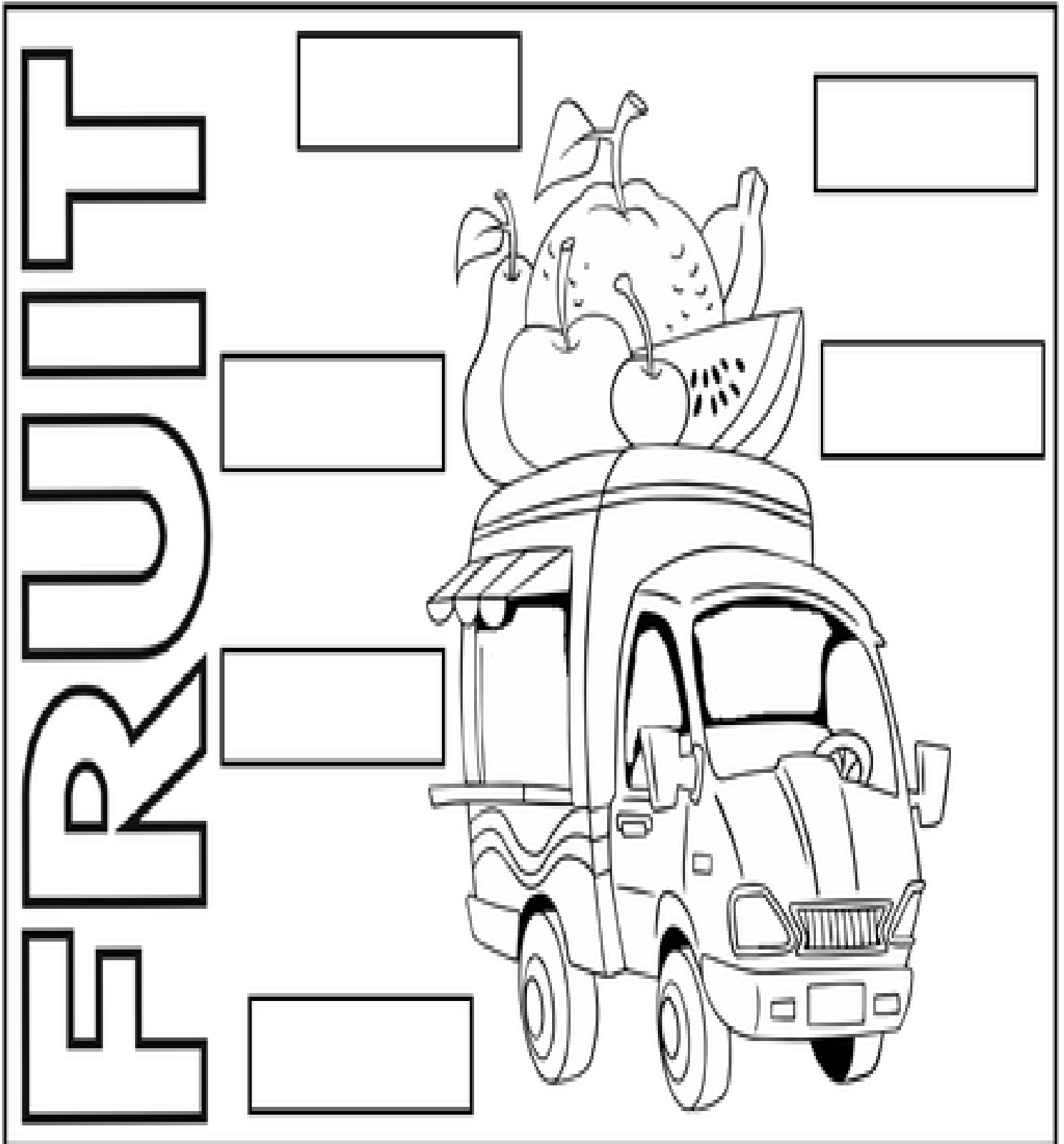
Holidays Sleep Family

Time Tooth Brush

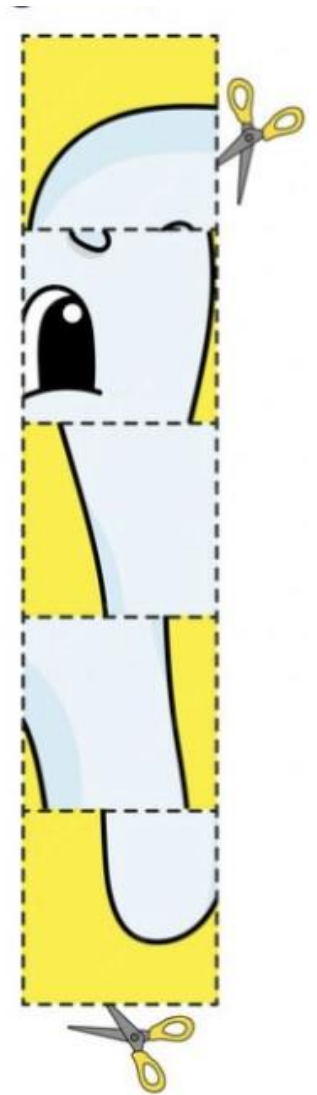
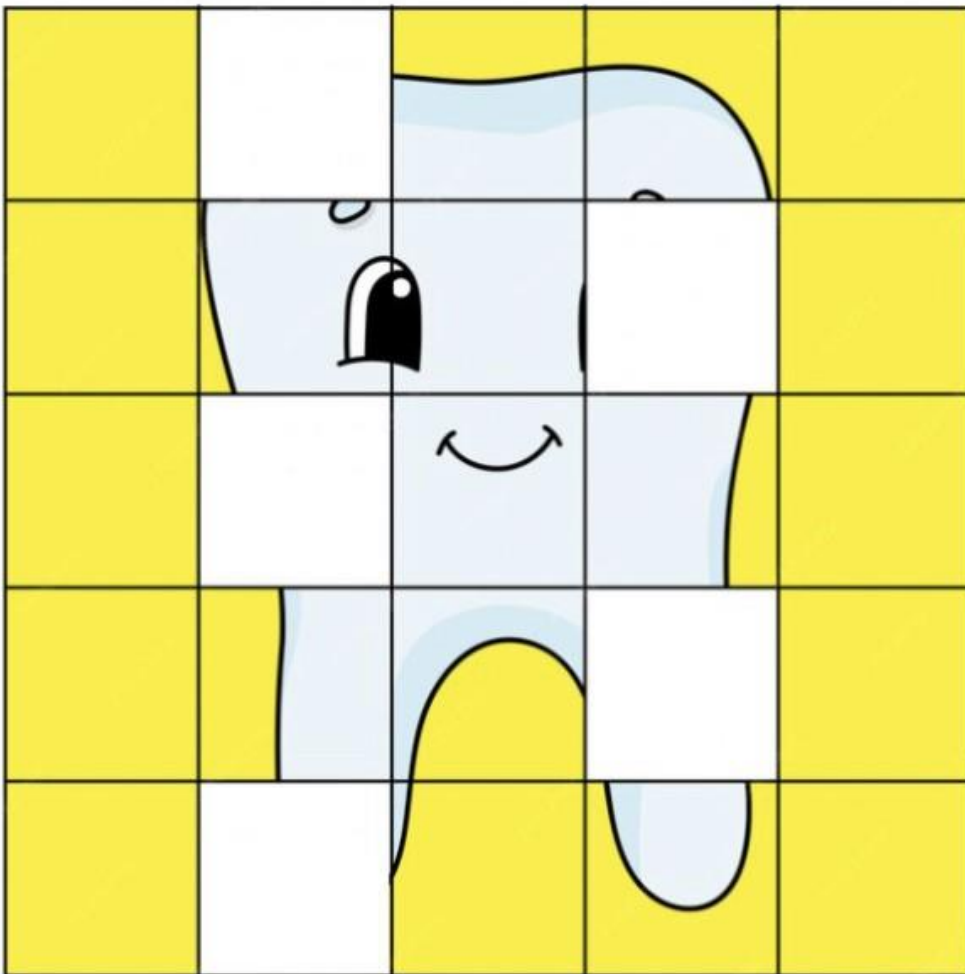
Two Spit Sink Dentist Night

Day





Cut out the square and complete the tooth






Toothbrushing Chart

Make your teeth sparkle and shine this Christmas



								
Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Night								



*Why did the snowman
go to the dentist?
To fix their frostbite!*





NHS

Whittington Health
NHS Trust

Brush your teeth twice a day using a fluoride toothpaste. Then when you have finished spit your toothpaste out, but do not rinse!

ਪੁਲੋਰਾਈਡ ਪਰਪਸੇਯੇਪ
ਪਯੰਪਠੁੱਠੀ ਓਰੁ ਨਾਨੇਕੁ ਓਰੰਨੁ
ਮੁਰੇ ਪਲ੍ ਤੁਲਕਕਵੁਮ. ਪਿੰਨਰ
ਨੀਂਕਗਲ ਁਕਗਲ ਪਲਪਸੇਯੇ
ਵੇਲੀਯੇ ਤੁਪਪੀ ਮੁਠਿਨੁੱਠੁਮ ਮਰੁਪਠ
ਅਲਸ ਵੇਨੁੱਠਾਮ!

Caday ama rumeयो
ilkahaaga laba jeer maalintii
adigoo isticmaalaya
daawada cadayga ilkaha ee
Fluoride leh. Kadib markaad
dhamaysatid waa tufi kartaa
daawada ilkaha ee laakiin
ha biyo raacsiin!

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ
ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ ਆਪਣੇ ਦੰਦਾਂ
ਉੱਤੇ ਬਰਸ਼ ਕਰੋ। ਫੇਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ
ਟੁੱਥ ਪੇਸਟ ਨੂੰ ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ
ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟਨੀ ਓਪਯੋਗ ਕਰੀਨੇ ਦਿਵਸਮਾਂ ਓ
ਵਖਤ ਤਮਾਰਾ ਏਂਤ ਸਾਫ਼ ਕਰੋ. ਪਠੀ ਯਾਰੇ ਤਮੇ
ਸਮਾਪਤ ਕਰੋ ਯਾਰੇ ਤਮਾਰਾ ਏਂਤਨੀ ਪੇਸਟਨੇ ਥੁੱਕੀ ਨਾਂਪੀ,
ਪਰੰਤੂ, ਡੋਗਲਾ ਨ ਕਰੋ!

اپنے دانتوں کو دن میں دو بار فلورائڈ ٹوتھ
پیسٹ سے برش کریں۔ جب برش مکمل
کریں تو ٹوتھ پیسٹ کو تھوک دیں، مگر
کلی نہ کریں

Czyść zęby dwa razy dziennie używając
pasty z fluorem. Następnie, kiedy skończysz,
wypłuj ale nie płucz!



Remember visiting the Dentist is **FREE** for children!



What Does the Dentist Do?

The Dentist is a doctor who is trained to care for teeth.

When you visit for a check-up, your Dentist will,

- Look at your teeth and gums to check for any problems.
- The dentist also wants to make sure your teeth are developing properly as you grow.
- The dentist will show you how to brush your teeth.

It's important to visit your Dentist every 6 months to make sure

you're taking good care of your

teeth and that your teeth and gums are healthy.



Please scan the QR code to visit the Whittington Health Oral Health website and learn more:



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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Date published: 10/03/2023
Review date: 10/13/2025
Ref: SC/DentServ/N&RCAPOHCwZS/01

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