



# Prevention of Infection: Oral Hygiene

Children learn how to brush their teeth and understand that we brush our teeth at least twice per day to avoid tooth decay.

## Early Years Framework links

### Communication and language development

- Listening and attention
- Understanding
- Speaking

### Physical development

- Health and self-care

### Expressive arts and design

- Exploring and using media  
and materials

## Key Words

Bacteria, Germs, Microbes, Plaque,  
Cavity, Sugar, Tooth brushing.

## @ Weblink

[e-bug.eu/eng/EYS/lesson/  
Oral-Hygiene](http://e-bug.eu/eng/EYS/lesson/Oral-Hygiene)

## Learning Outcomes

Children will:

- Understand how to brush their own teeth effectively.
- Understand why it is important to brush our teeth.
- Understand the link between sugar and tooth decay.



## Resources Required

### Introduction

*Per class*

- SH1 Picture of teeth

### Activity: Mirror Exercise and Teeth Brushing Mime

*Per class*

- Soft toy / puppet or mouth model with an opening mouth and teeth
- Toothbrush
- Mirror
- A timer / 2-minute egg timer
- If possible, ask children to bring a toothbrush to the session

### Activity: Mirror Exercise and Teeth Brushing Mime

*Per child*

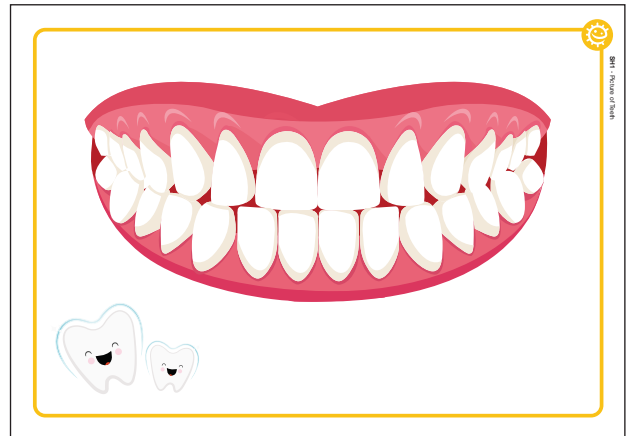
- SW1 Teeth Brushing Chart

## Health and Safety

Younger children must be supervised when brushing their own teeth at all times

For safe microbiological practices in the classroom consult CLEAPPS [www.cleapps.org.uk](http://www.cleapps.org.uk)

## Supporting materials



SH1 Picture of Teeth

	MON	TUE	WED	THU	FRI
<b>Healthy Teeth Brushing Chart</b>					
I cleaned my teeth in the morning					
Name <input type="text"/>					
I cleaned my teeth before bed					
Class <input type="text"/>					
I cleaned my teeth for 2 minutes					
Add a picture or star each time you brush your teeth					

SW1 Teeth Brushing Chart



# Lesson Plan



## ☰ Introduction

1. Ask the children to use a mirror to look in their mouth. What can they see? How many teeth can they see? What do they look like? Explain to the children that most of their teeth are baby teeth, but some children's teeth may have started to teeth fall out, these are replaced by bigger adult teeth that they will have for the rest of their lives.
2. Show the class SH1 a picture of teeth inside a mouth. SH1 is a picture of adult teeth, which has 28 teeth excluding 4 wisdom teeth. Adults have a total of 32 teeth. Ask the children to help count the number of teeth they see in the picture. Then ask the children to count how many teeth they have (children under 6 generally have 20 baby teeth). Ask the children how many top teeth they have and how many bottom teeth they have.
3. Ask the children what we use our teeth for (eating, speaking, smiling). Explain that it is very important to look after our teeth by keeping them clean. Having too many sugary foods and drinks too often is bad for our teeth and could cause holes in our teeth, this is called a cavity. A cavity can hurt and make it painful to eat. Brushing your teeth helps prevent cavities.
4. Explain to the children that to keep our teeth healthy we must brush them twice every day; last thing at night and at least one other time during the day, it's easy to remember if you do it before school and before bed. Tell the children that we should brush our teeth for two minutes each time, using a fluoride toothpaste and be supervised/get help from an adult.

## Activity: Mirror Exercise and Teeth Brushing Mime

1 Open your toy or puppet's mouth



2 Brush your toy or puppet's teeth in circles



1. Bring out either a soft toy or puppet with an open mouth and teeth and explain to the children that they are going to brush the puppets teeth.
2. Using the puppet and a toothbrush, show the children how to brush their teeth, demonstrating the action of moving the toothbrush in small circles on the front and the back of the teeth, and all the way back to the molars.
3. If you have extra puppets and toothbrushes let the student try this themselves along with a two-minute timer. If only one puppet/brush is available you can share the puppet and toothbrush among the group, and have each child pass it on after 15 – 30 seconds.
4. If children have brought their own toothbrushes to school, supervise the children brushing their own teeth.

**This fun activity will help children learn to brush their teeth effectively.**

## Extension Activities

### Teeth Brushing Chart

SW2 is a useful way to encourage routine tooth brushing. Provide one sheet per child. Ask children to mark or draw a picture every time they brush their teeth to keep track of how often they have brushed their teeth during one school week. This can be completed in the classroom or at home.



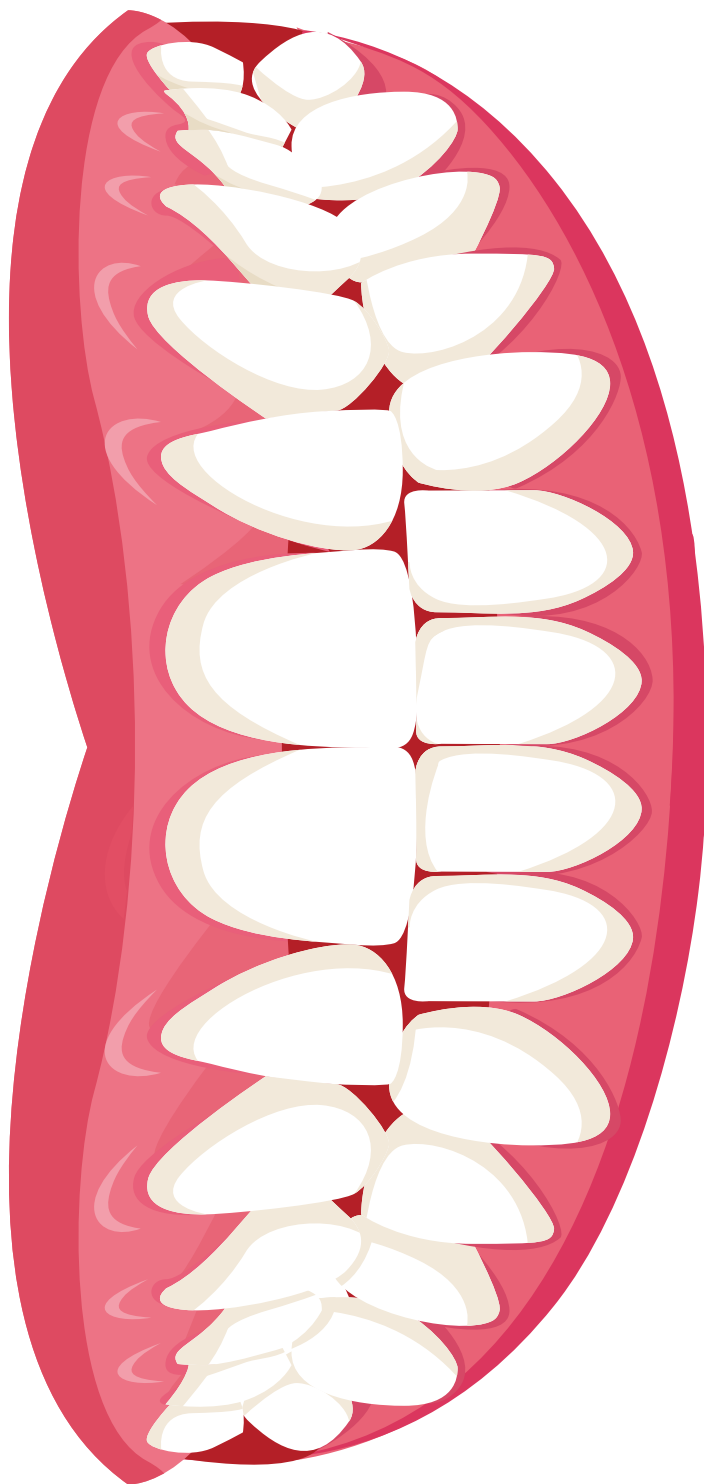
## Discussion

Tell the students we brush our teeth to remove germs (microbes) that live in our mouths and like to eat the sugar on our teeth. When this happens and we don't brush our teeth enough we can get holes in our teeth which might get worse over time and cause toothache or worse and can make you feel unwell.

Ask the children if they can remember the most important steps to keep our teeth clean:

1. Brush twice a day - before school and just before bed.
2. Using a fluoride toothpaste.
3. Brush your teeth in circles and get the front, back and molars.
4. Brush for two-minutes.
5. Spit out the toothpaste at the end, do not rinse.







# Healthy Teeth Brushing Chart

MON

TUE

WED

THU

FRI

I cleaned my teeth in the morning

Name

I cleaned my teeth before bed

Class

I cleaned my teeth for 2 minutes

**Add a picture or star each time you brush your teeth**

