**Early Years**


## Teacher Refresher Information

Optional background information for each of the pack topics has been included to help you plan your lessons and introduce the topic to students.

### Oral Hygiene

Normally our first teeth come through our gums (erupt) at around 6 months of age, and we will have a full set of 20 baby (primary) teeth by the time we are 2 ½ years old. At around 6 years old our first permanent molars erupt, and the front primary teeth begin to get wobbly and fall out (exfoliate) and are replaced by the permanent (adult) teeth. On average by 12 years old we have lost all our baby teeth and have 32 adult teeth, which if we look after, can last for the rest of our lives.

Bacteria can grow on teeth, clumping together to form a sticky substance called dental plaque. You will see this in your own mouth as a creamy line around your teeth or sometimes feel it as a furry layer with your tongue. If plaque is not brushed away regularly or there is a high frequency of sugar in the diet, the bacteria within the plaque can lead to tooth decay (caries).

When we eat sugary foods and drinks, bacteria in the plaque can use the sugars to make acid. Over time this can dissolve the outer surface of our teeth (the enamel). As more enamel is dissolved, a hole (cavity) appears. As the decay process continues, the bacteria can reach the nerve and cause toothache.

If no dental treatment is given, the tooth decay (caries) can spread and bacteria can penetrate the nerve, leading to inflammation of the bone and surrounding structures of the teeth which can result in an abscess (lump on the gum) that is filled with pus. This can make you very poorly and the tooth will usually need to be removed (extracted).

Dental health is extremely important; over 23% of children in England have tooth decay and it is the main reason for children aged 5 to 9 being admitted to hospital. The good news is that tooth decay can be prevented by limiting the number of times we eat foods and drinks with added sugar, brushing twice a day with fluoride toothpaste and regularly seeing the dentist to check the health of our teeth and gums.

Fluoride in toothpaste can help strengthen our teeth and slow down the decay process. The most important time to brush teeth with fluoride toothpaste is before going to bed at night. To make it easy to remember it is best to add tooth brushing to a twice daily hygiene routine morning and night.

### Healthy Eating

In the UK, 34% of primary school children are now overweight and children are now eating three times more sugar than they should. Half of the sugar children eat comes from unhealthy snacks and sugary drinks. Fruit and vegetables are still the healthiest snack choice.

**Early Years**


# Prevention of Infection: Oral Hygiene

# Lesson 3: 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.



##  Learning Outcomes

### All students 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

## Curriculum 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

 **Lesson 3: Oral Hygiene**

## 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

### Extension Activity: Tracking teeth brushing

#### Per child

* SW1 Teeth Brushing Chart

## Supporting Materials

* SH1 Picture of Teeth
* SW1 Teeth Brushing Chart

**Lesson 3: Oral Hygiene**

## Key Words

Bacteria

Germs

Microbes

Plaque

Cavity

Sugar

Tooth brushing

## Health & Safety

Younger children must be

supervised when brushing their own teeth at all times.

For safe microbiological practices in the classroom consult CLEAPPS

<http://www.cleapps.org.uk/>

## Weblinks

[http://www.e-bug.eu/eng/EYS/lesson/ Oral-Hygiene](http://www.e-bug.eu/eng/EYS/lesson/%20Oral-Hygiene)

## 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 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

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 child 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.

## 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 make 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.

## 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.