



Oral Health Pack



October 2023 Activity Pack

Whittington Health NHS Trust Oral Health
Improvement Team



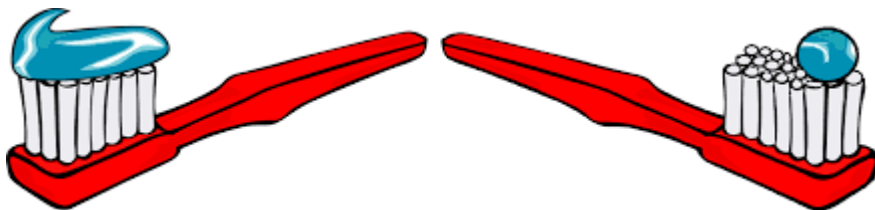
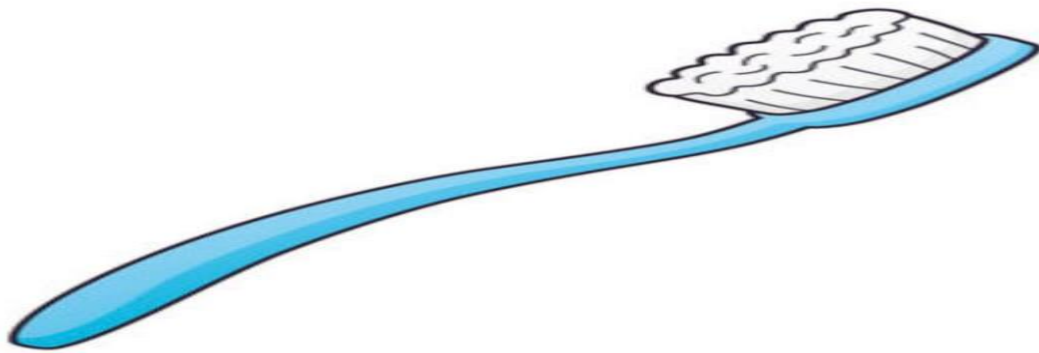
Remember it's important to look after your teeth this Autumn. Make sure to maintain good a daily oral health routine.


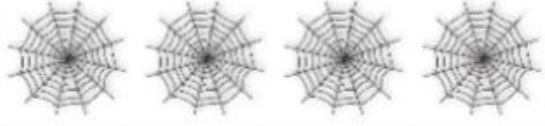


- 1. Limit the frequency of sweet treats**
- 2. Enjoy sweet treats with meals**
- 3. Wash down your sugary treats with water**
- 4. Brush your teeth twice a day with pea size of fluoride toothpaste especially at night-time**
- 5. Remember to spit but do not rinse**

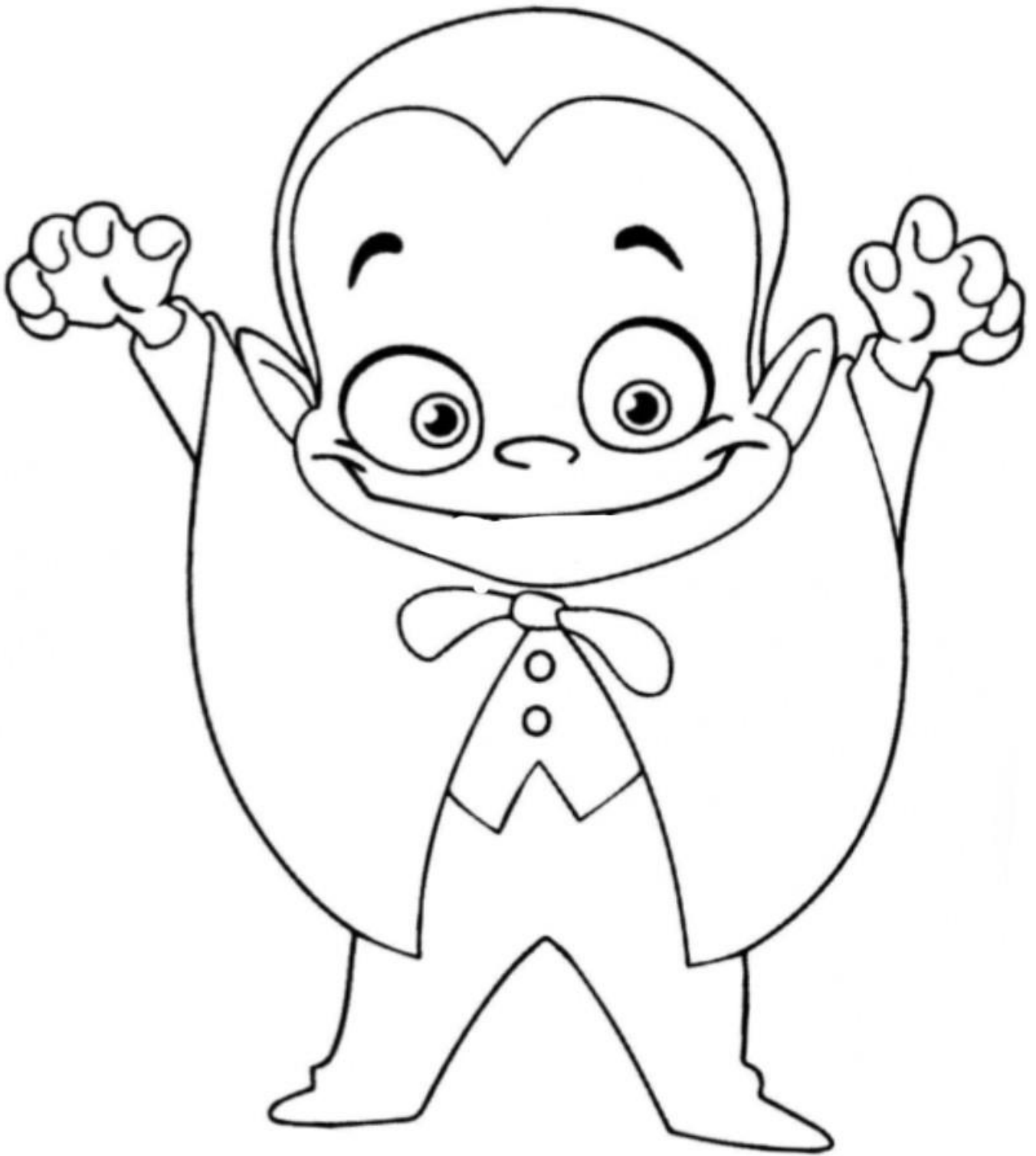


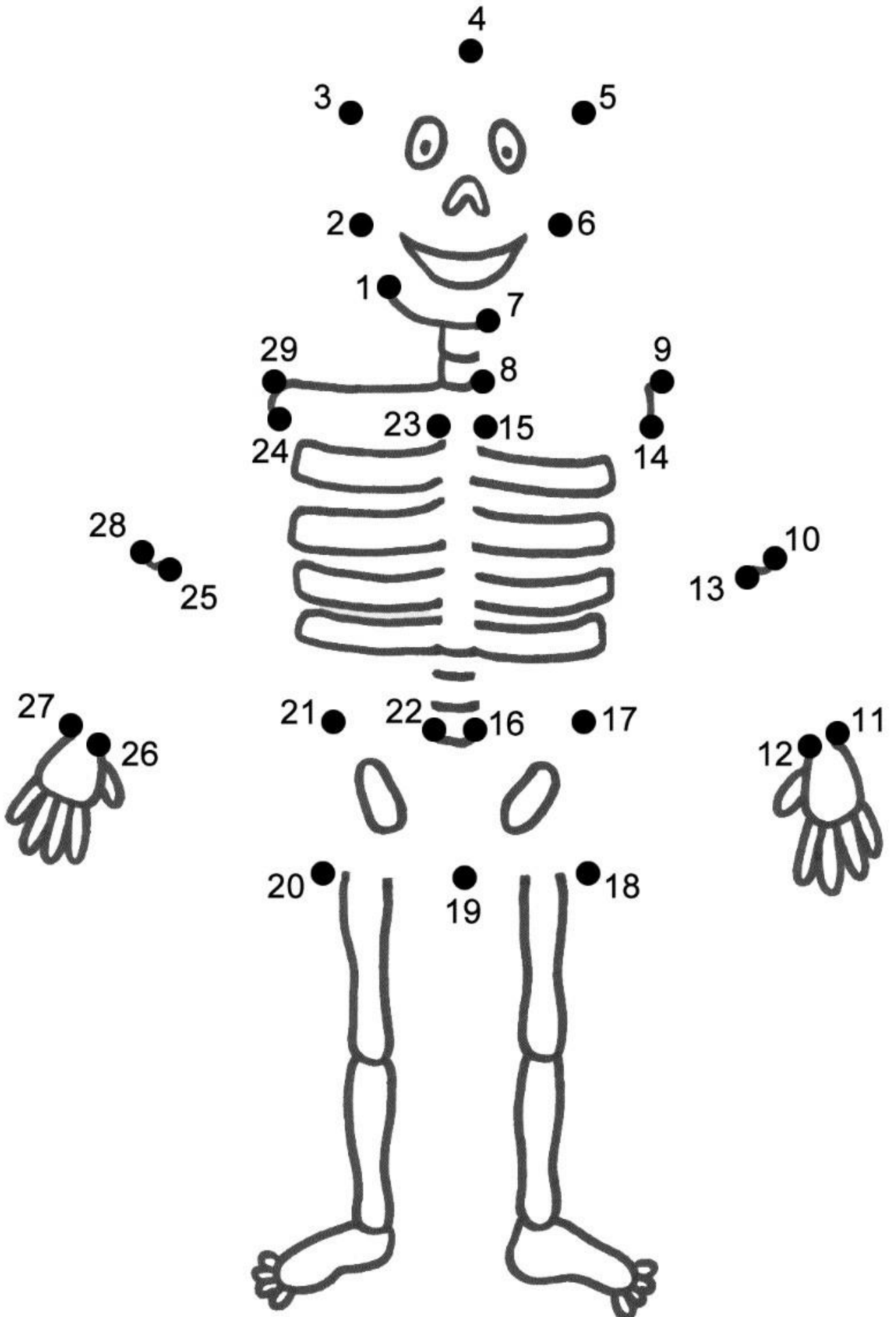
Draw the right amount of toothpaste on toothbrush!



	How many?
	
	
	
	
	
	
	

Draw some scary teeth on little Vampire





Healthy food and oral health word search

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

FRUIT

DENTIST

NIGHT

VEGGIE

TOOTHBRUSH

MOON

MILK

TWO

WATER

TWICE

PROTEIN

SPIT

APPLE

PEA





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!

புளோரைடு பற்பசையைப் பயன்படுத்தி ஒரு நாளைக்கு இரண்டு முறை பல் துலக்கவும். பின்னர் நீங்கள் உங்கள் பற்பசையை வெளியே துப்பி முடிந்ததும் மறுபடி அலச வேண்டாம்!

Caday ama rumeysu
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!

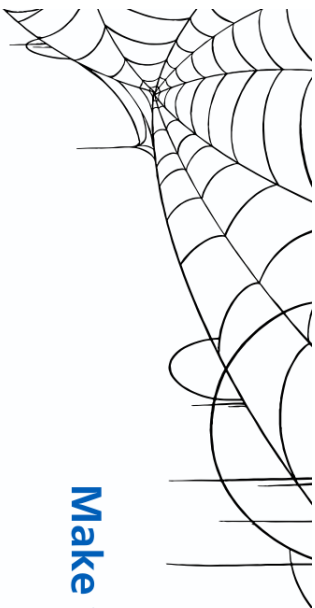
ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ ਆਪਣੇ ਦੰਦਾਂ ਉੱਤੇ ਬੁਰਸ਼ ਕਰੋ। ਫੇਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ ਟੁੱਥ ਪੇਸਟ ਨੂੰ ਥੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟ-ਨੀ ਉਪਯੋਗ ਕਰੀਨੇ ਫਿਰਸਮਾਂ ਕੇ ਵਾਖਤ ਤਮਾਰਾ ਏਂਤ ਸਾਫ਼ ਕਰੋ. ਪਛੀ ਯਾਰੇ ਤਮੇ ਸਮਾਪਤ ਕਰੋ ਯਾਰੇ ਤਮਾਰਾ ਏਂਤ-ਨੀ ਪੇਸਟ-ਨੇ ਥੁੱਕੀ ਨਾਂਪੀ, ਪਰੰਤੂ, ਕੀਗਲਾ ਨ ਕਰੋ!

اپنے دانتوں کو دن میں دو بار فلورائڈ ٹوتھ پیسٹ سے برش کریں۔ جب برش مکمل کر لیں 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!

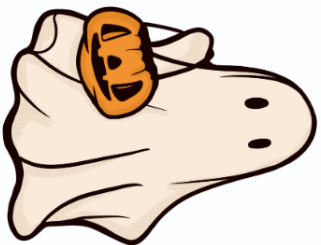




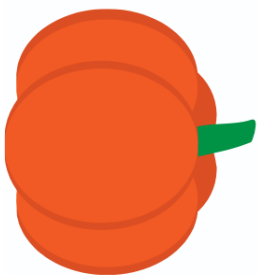
Toothbrushing Chart

Make your teeth sparkle and shine this summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							



*Keep your teeth
boo-tiful*



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.

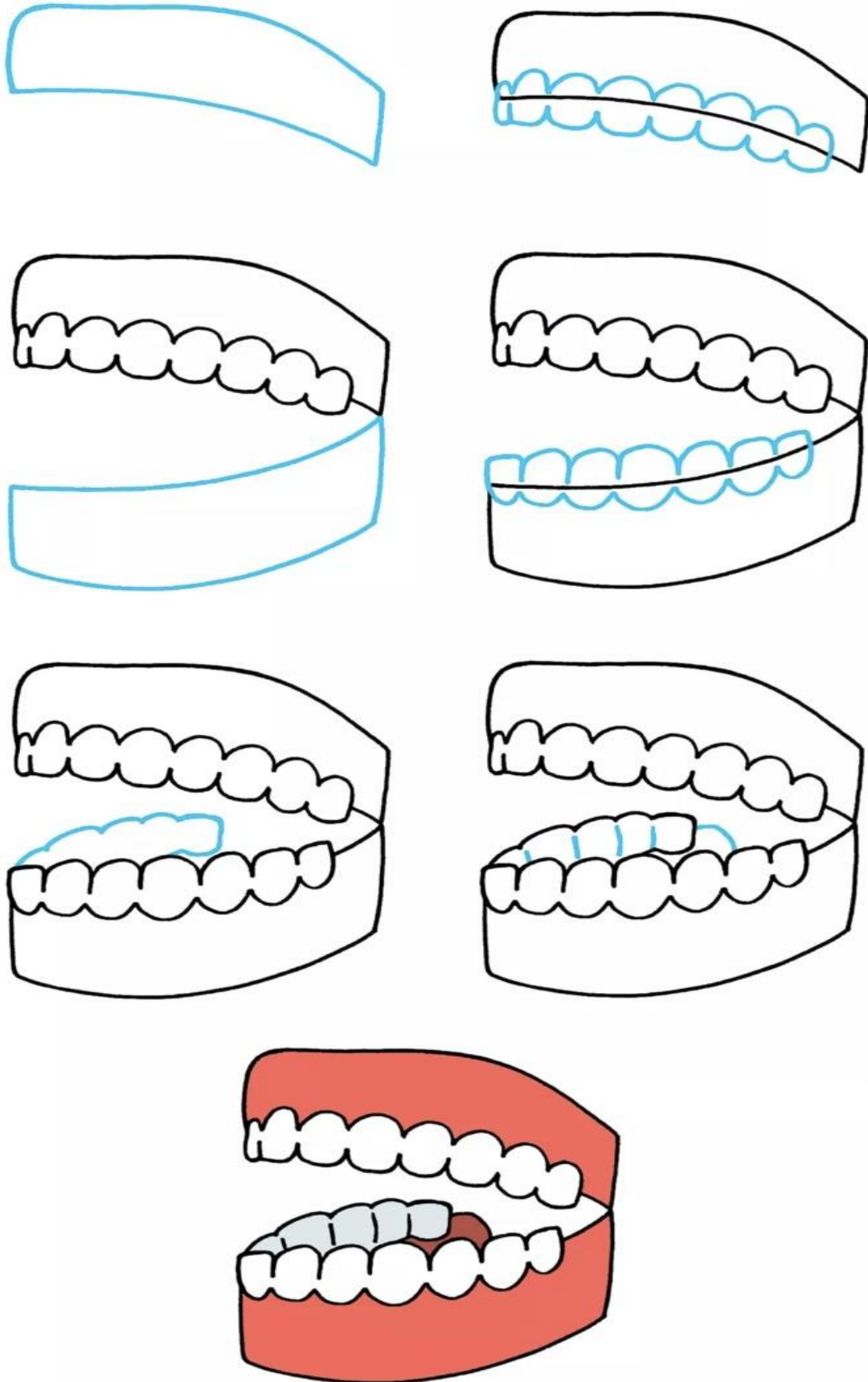
It's important to visit your Dentist every 6 months to make sure

you're taking good care of your

teeth and that your teeth and gums are healthy.



Draw and cut out mouth.



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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