



# Healthy Body, Happy Me 2019

## Let's look at the mouth



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## Healthy Mouth, Happy Body - giving our mouths the best start in life

**MYTH** Milk teeth are not important as they fall out

**FACT** Milk teeth are extremely important and need looking after

**Milk teeth matter:** because they help us to eat and make the sounds needed to form words and speak. They help to establish good lifetime habits and provide the spacing for adult teeth.

Oral health is part of our overall general health. Did you know that problems in the mouth can be linked to disease elsewhere in the body? Poor dental hygiene and oral health can lead to pain, loss of sleep and delays in development such as communication and language. And this can lead to time off from nursery for the children and time off work for parents as well as additional visits to the dentist or hospital for tooth extractions.

As we know childhood is an influential time for setting healthy habits for life. Unhealthy habits, such as consuming too much sugar and not looking after teeth and gums properly, cause not only poor oral health in childhood but an increased likelihood of poor oral health in adulthood too.

Being self-conscious about their teeth, smile and/or speech can negatively affect children's self-esteem and lead to social discomfort. On the other hand, setting good routines and supporting children to make positive choices in early childhood will help them make informed choices as they grow.



## RESOURCES **Make a model of the mouth**



Boxes – various sizes including egg boxes and white card to make the ‘teeth’



White paint (for the teeth)

Red paint (for the gums and mouth)



A piece of quilted material (or similar) for the tongue.

### Activity

Once you have made a model of the mouth there are lots of possibilities to explore, for example:

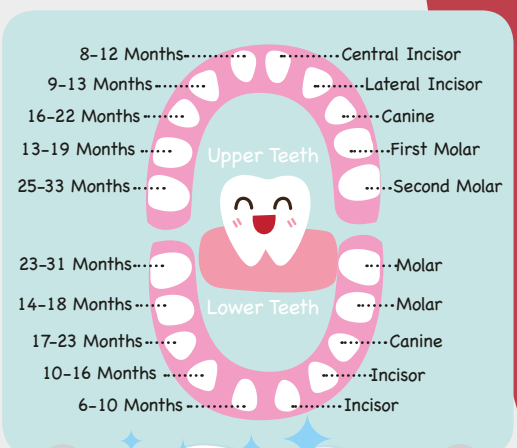
- Counting the teeth - perhaps the children could use a mirror and count their own teeth?
- Hiding things in the mouth for the children to find. For example under the tongue, lips and between the teeth. You could explain that this could be bits of food and why they need to clean their teeth
- Introduce new vocabulary – gums, teeth, tongue, lips, jaw etc.
- Talk about what happens when teeth come through
- Use a basic diagram, such as the one on the right
- Ask the children what they think their teeth are for. They might know that teeth help them chew their food, but do they also know that their teeth help them talk?

### Extension ideas

- Appropriate to their age, talk about the number of teeth that the children will get, how they grow, fall out and become replaced by permanent teeth. Even though they will get their adult teeth it is still really important that they look after the teeth that they have now
- Add written labels to name the parts of the mouth on your model  
**You can find a timeline of when teeth develop here:**  
<https://bit.ly/2HNnFxy>






Happy Days Nursery and Preschool, Penair



## ON SOCIAL

Share your photos of your model mouth with us, your parents and other nurseries.

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  -  /ndna.org.uk
  -  National Day Nurseries Association
- #HealthyBodyHappyMe



## National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

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### Healthy Set of Teeth Model - from TTS

Anatomically correct rubber teeth model with oversized tooth brush. Comes with notes on keeping healthy teeth. Ideal for demonstrating good oral hygiene to pupils. Suitable for 3 to 11 years. Find out more at <https://bit.ly/2lo71Kn>



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# Healthy Body, Happy Me 2019

## Let's limit sugar!



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## DID YOU KNOW?

By their tenth birthday some children in the UK have already exceeded the maximum recommended sugar intake for someone aged 18 years old. Children are consuming much more sugar than they should, around eight excess sugar cubes a day or 2,800 excess cubes per year. \*Public Health England

### Less sugar for a healthier body

The sugar we consume affects our oral health and general health. Too much sugar can lead to weight gain, type 2 diabetes, heart disease and tooth decay. Childhood obesity and tooth decay are common among young children in England.

Tooth decay is caused by bacteria on teeth converting sugar into acid, which makes holes in teeth, which can lead to pain, sleepless nights and missing days of school or nursery. Tooth decay is the number one reason why children aged five to nine are admitted to hospital for dental treatment under general anaesthetic.

Sugar is a general term used for substances that sweeten our food and drinks but there are various types of sugars to watch for on food labels. For example, sucrose, glucose (also known as dextrose), fructose, and galactose etc.

### Reflection points

When we think of our sugar consumption we perhaps think first about the sugar in sweet things such as chocolate, biscuits, cakes and donuts. Yes, these types of food do contain sugar, but sugar is also added to readymade meals and baby foods as well as ordinary foods such as jars of pasta sauce, tomato sauce, cereals, yoghurts and juice.

The Government's Eatwell Guide (<https://bit.ly/1WsxtK>) advises limiting treats such as chocolate, sweets, buns and crisps and keeping to small amounts. If they are eaten, it is best that they are consumed as part of a meal, as the increased saliva produced while eating a meal will help to limit damage to the teeth from sugary drinks and desserts.



1 TEASPOON  
OF SUGAR PER  
SERVING



7.5 TEASPOONS  
OF SUGAR PER  
CARTON



## TOP TIPS FOR PARENTS

Tooth decay is preventable. We recommend you work in partnership with parents to share this guide and your ideas for healthy eating.

### Birth to one year

- ♥ Salt, sugar and artificial sweeteners should not be added to infant food
- ♥ Fruit juices are not recommended before the age of one
- ♥ From about six months old infants should be introduced to drinking from a free-flow cup, and from age one year feeding from a bottle should be discouraged
- ♥ Water and milk are the best drinks.

### From age one

- ♥ Recommend a balanced diet with five portions of fruit and vegetables a day. Water and milk are the best drinks
- ♥ Limit the amount and frequency of foods and drinks that contain sugars, such as chocolates, crisps, ice cream and sweets
- ♥ Limit sugary foods and drinks to mealtimes
- ♥ Swap food and drinks high in sugar with healthier options
- ♥ Avoid foods and drinks containing sugar at bedtime
- ♥ Drink milk or water during the day
- ♥ Avoid processed and manufactured foods and drinks including baby food as most sugars in the diet are contained in these. Dried fruits, such as raisins, are concentrated sources of sugar and also tend to stick to the teeth. They should be viewed as an occasional treat to have with a meal.



The National Diet and Nutrition Survey reports that nearly a quarter of the added sugar in our diets comes from sugary drinks, such as fizzy drinks, sweetened juices, squashes, and cordials.

It is better for children to drink water and milk as their main drinks but where juice or any other sweetened drink is offered it should not be in a bottle or a non-free flow cup and should not be more than 150mls a day.



## Watch these videos to see how much sugar is in some popular foods and drinks

How much sugar are we drinking? <https://bit.ly/2S9ihKn>

How much sugar is in yoghurt? <https://bit.ly/2GB8T0X>

How much sugar is in popular foods? <https://bit.ly/2SGZqeJ>

Why not think about setting up your own 'how much sugar' station in reception with food and drinks, and amount of sugar in bags, so the parents can learn too. You can find ideas here <https://bit.ly/2SGz6Bs>

## MAKE A GAME...



AROUND ONE IN  
8 CHILDREN ADMIT TO  
DRINKING SUGARY DRINKS  
AT LEAST 4 TIMES A DAY



## RESOURCES How much sugar?

- ✓ Show the children the above videos so they can see what you are about to talk about. They might enjoy shouting "stop" when they think that enough sugar has been poured, or perhaps you want to recreate some of the scenes with your own examples so that the children can guess how much sugar is in the food or drink
- ✓ Posters - such as the sugar poster at [www.ndna.org.uk/healthy](http://www.ndna.org.uk/healthy), from the British Dental Association
- ✓ Food magazines to cut up or photos of various types of food and drinks (e.g. buns, juice, milk, vegetables, a chocolate bar, fruit, cereal, crisps etc)
- ✓ Scissors



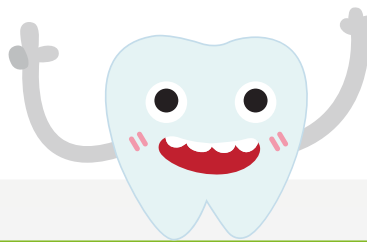
### Activity

- ♥ You could have the food images already prepared or the children could help you to prepare them if it is age and stage appropriate
- ♥ You could laminate the images to help them last longer
- ♥ Ask a child to choose a food image and discuss what they choose. For example, was it a piece of fruit or a cake/bun? Initiate a discussion about if it is a treat food or something that they can eat every day
- ♥ Depending on the age and stage of the children you could ask them to pick out the foods that they think contain lots of sugar.



## Measure your sugar intake

Change4Life have a great food scanner app that lets you scan foods and drinks and look up the sugar content. The app is fun and engaging; you could use it in your childcare setting or suggest that parents use it with their children when shopping or at home to extend the home learning environment.



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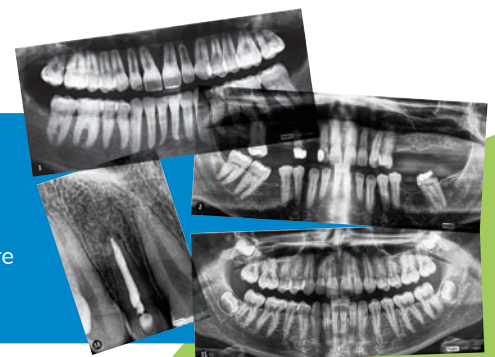
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### Dental X-Rays - from Consortium

Learn the importance of taking care of your teeth. Consortium's dental X-rays provide excellent examples of the benefits of good dental habits, and the consequences of bad habits. The pack also includes examples of wearing protective mouth gear, tooth injuries and infections. This is a great tool for teaching children how regular visits to the dentist are an essential part of teeth maintenance. The pack contains 15 X-rays, a teeth chart and a teeth guide. Find out more at <https://bit.ly/2NcEIIe>



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# Healthy Body, Happy Me 2019

## All about brushing



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Milk teeth matter and children that have good tooth brushing practices in their early years are more likely to carry these on into adulthood. It is important to establish healthy habits from an early age.

Although there have been improvements in children's dental health for the past 20 years, about a quarter of children aged five years have experience of tooth decay in England. Children from the most disadvantaged parts of society are still most likely to suffer from poor oral health. Working in partnership with parents and carers, the early years sector can do lots to help to reduce these figures even more and prevent tooth decay in this age group. All the Healthy Body, Happy Me activity guides for 2019 will suggest ways to do this.



### Tooth brushing guidance

Teeth should be brushed twice a day to help remove bacteria and apply fluoride to help prevent cavities (holes in the tooth). You can find out more about fluoride in Thursday's activity guide.

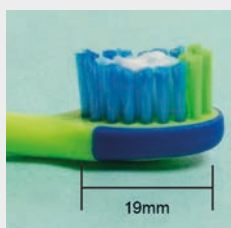
The best time to brush teeth is before bedtime and it is good practice to brush at least once more during the day. It is better not to brush straight after eating, so allow about an hour after a meal to brush.

You should aim to spend two minutes cleaning your teeth and children under seven should have their brushing supervised by an adult. Adults can help by guiding the children's hands to demonstrate the movements and the pressure needed.

### When and how to brush

#### Children aged birth to three years

- ♥ Brushing should start as soon as the first tooth erupts
- ♥ Brush teeth twice a day using a fluoride toothpaste: last thing at night before bed and at least one other time each day
- ♥ Children under three years should use a smear of no less than 1,000ppm fluoride toothpaste
- ♥ Children should be discouraged from eating or licking toothpaste from the tube
- ♥ Children need to be helped or supervised by an adult when brushing until at least seven years of age.



#### Children over three years

- ♥ They should use no more than a pea-sized amount of toothpaste with a fluoride concentration above 1,000ppm
- ♥ They should brush their teeth twice a day, including before bed
- ♥ Children need to be helped or supervised by an adult when brushing until at least seven years of age
- ♥ Encourage spitting out the toothpaste after brushing and rinsing with water after brushing should be discouraged.







## Making brushing fun

Although brushing teeth is a serious business, it helps if you can make it a fun activity. Why not watch this video - [www.brushdj.com/#nogo](http://www.brushdj.com/#nogo) - with children and share it with parents and carers?

## ACTIVITY – THE BIG TEETH BRUSH

### Working with parents

Try sharing the video link with parents via your newsletters, notice boards and social media.

Consider talking to parents about how you can work together to help care for their children's teeth. For example, could you offer a workshop or information session for parents?

Today we are encouraging all nurseries to take part in our Big Teeth Brush. As long as you have a hygienic place or way of storing the children's toothbrushes, this is a fun way to get everyone involved. Some early years settings already offer opportunities for the children to brush their teeth but this idea will not work for all settings. If you decide to offer this, consider who will provide the toothbrushes - you may need to buy additional brushes or ask parents. Is there a local pharmacy that might supply them in return for an acknowledgement?

You can find Government guidelines on improving oral health here: <https://bit.ly/2NdLh2w>

- ♥ Where and how will you keep the tooth brushes to ensure that each child knows which is their brush and to stop cross infection?
- ♥ Consider the type of fluoride toothpaste to use and how much
- ♥ It is best practice to brush about an hour after eating so consider when this can happen. It may mean different times for different children, depending on their attendance patterns and routines. For example, upon arrival on a morning if they had their breakfast at home, an hour after a meal or snack in the setting or before a meal or snack
- ♥ Will adults also brush their teeth to set a good role model?
- ♥ Make sure that you model/talk about brushing all the surfaces of all the teeth (inner edge, outer edge and the biting surface) if possible - if they can brush in front of a mirror this might help
- ♥ Age and stage appropriately you could talk to the children about why we need to brush teeth (if you made the mouth in Monday's activity guide you could refer back to this which will help children to understand and remember)
- ♥ Talk to the children about what happens they do not brush their teeth.

Two minutes can seem a long time and also hard to gauge as you brush your teeth so why not download the Brush DJ App [www.brushdj.com/#nogo](http://www.brushdj.com/#nogo) and listen to a two minute burst of your chosen song whilst you brush! Perhaps you could make up your own song with the children?

Please consider how you can pass this information to parents and carers. There are ideas in Thursday's Healthy Body, Happy Me 2019 activity guide.






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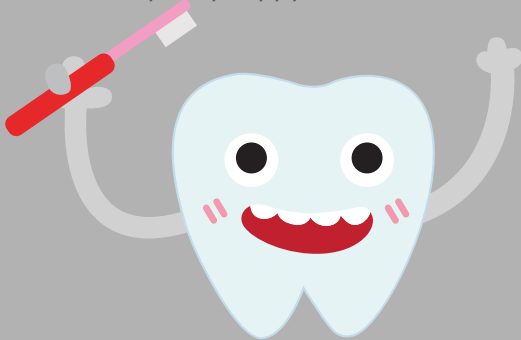
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### Human Dental Health and Teeth Kit - from TTS

Complete kit for teaching about dental health and hygiene. Includes a giant teeth demonstration model, a giant toothbrush, 24 plaque disclosing tablets, 10 dental mirrors and a sand timer. The two minute sand timer can be used to demonstrate to children the length of time that they should ideally be cleaning their teeth for. Can be used to prompt discussions on good oral hygiene, how teeth may be damaged and also how to look after them properly. Can also be used to explore the different types of teeth in humans and their simple functions. Suitable for 4 to 12 years. Find out more at <https://bit.ly/2trAU23>

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# Healthy Body, Happy Me 2019

## Let's talk about fluoride



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## What is fluoride and why is it important?

Fluoride is a naturally occurring mineral found in many places, including your teeth. It is also added to dental products such as toothpaste and the water in some areas to help strengthen teeth and prevent dental cavities. The addition of fluoride to toothpaste from the 1970s led to a dramatic improvement in tooth decay rates.

As soon as the first tooth cuts through it is important to brush twice a day with a fluoridated toothpaste. The amounts of fluoride present in toothpaste differ from brand to brand.



### Children under the age of three

For babies and children under three years old you should aim to use toothpaste containing no less than 1,000 ppm of fluoride. It is also best practice to use only a thin smear of toothpaste at this age.



#### Use a smear of toothpaste

### Children aged three to six years

Between the ages of three and six years old a pea-sized amount of toothpaste containing more than 1,000 ppm fluoride should be used.



#### Pea sized

### Fluoride varnish

Fluoride varnish involves painting a varnish that contains high levels of fluoride onto the surface of the tooth. It works by strengthening tooth enamel, making it more resistant to decay.

- It is effective at preventing tooth decay in both baby (primary) teeth and adult (permanent) teeth
- Fluoride varnish is applied by a trained member of the dental team at least twice a year for children three years of age and over, or more frequently for those at high risk.

**MORE INFORMATION ON FLUORIDE**  
For more information about recommended amounts and concentrations of toothpaste (including a list of toothpastes with appropriate fluoride concentrations) see information starting from page 21:  
<https://bit.ly/2BDDO98>





ACTIVITIES



## Make a parents' notice board or leaflet

It is important for everyone to have the appropriate information to support oral health. Consider how you can share some of the best practice pointers from these 2019 Health Body, Happy Me activity guides. Can you make a notice board for parents, to share information with them? If notice board space is at a premium, why not consider a fold-away notice board or a leaflet for parents? Here are some ideas to get you started:

Do you attend dental appointments with your child/ren on a regular basis?

Some facts about how many children have dental decay

Information about fluoride\*

Photos of the amount of toothpaste to use for children

Brush twice a day, before bedtime and at least one other time

Information about sugar (see Tuesday's Healthy Body, Happy Me activity guide)

Link to the Brush DJ video and app [www.brushdj.com/#nogo](http://www.brushdj.com/#nogo)

\*As a guide there is information about the amounts of fluoride present in various brands of toothpaste starting from page 22 of the Delivering better oral health document from Public Health England and the Department of Health – download at <https://bit.ly/2BDDO98>. National Day Nurseries Association, the British Dental Association and Public Health England do not endorse a specific type of toothpaste.



### A quiz or circle time discussion for pre-school aged children

Children may find it hard to understand what fluoride is as you cannot see it, but you could perhaps introduce the word fluoride to their vocabulary bank and explain that it helps keep their teeth strong.

You could use a circle time or key person group time to talk about other things with the children, to explore how much they have learnt about their teeth. Here are some examples questions (we are sure that you will think of many more!):

- ♥ What are teeth for?
- ♥ Why do you need to brush your teeth?
- ♥ How long should you brush your teeth for?
- ♥ How many times a day should you brush your teeth?
- ♥ When do you brush your teeth?
- ♥ What does a dentist do?

Friday's Healthy Body, Happy Me activity guide has more information and ideas about going to the dentist!





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### Plaque Disclosing Tablets 48pp

These pleasant tasting disclosing tablets are an excellent way to demonstrate the importance of dental hygiene. Their special non-toxic blue colouring does not linger on the tongue or gums and can be easily rinsed away. Suitable for 5 to 11 years – find out more at <https://bit.ly/2trAmt1>

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# Healthy Body, Happy Me 2019

## Let's go to the dentist



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## Going to the dentist

It is recommended that everyone visits a dentist regularly to have their teeth checked and receive any supporting advice about their overall oral health. The National Institute for Clinical Excellence (NICE) guidance is that children should visit the dentist at least once a year.

### Information for parents

Parents are advised to take their baby to the dentist as soon as teeth come into the mouth (or by one-year-old). The dentist will look in the baby's mouth and monitor their teeth. Dental teams can provide preventive advice on how to look after a baby's first teeth and establish good habits from a young age. Parents can speak to their dental receptionist about taking their baby for the first time, possibly with the parents' next dental check-up.

Visits to the dentist can also help babies and young children get used to someone looking in their mouth and the sensory input of the sights, smells and sounds of the dental practice.

It is important to be positive about going to the dentist, as children will pick up if parents or adults are worried; try to make the visit fun and be positive about it. Positive early experiences will help prevent children worrying about future visits to the dentist.

#### Talk to children about dentists

A parent might tell their children that they are coming to collect them early today from nursery to go to the dentist, but what does this mean for the child? As adults we know what a dentist is and what they do, but we sometimes forget that children may not have this first-hand experience (or they might have been too young to remember what happened that last time they went)!



### NHS dental treatment

You don't have to pay for NHS dental treatment if you are:

- Under the age of 18, or under the age of 19 and in full-time education
- Pregnant or have had a baby in the previous 12 months
- Being treated in an NHS hospital and your treatment is carried out by the hospital dentist (but you may have to pay for any dentures or bridges)
- Receiving low income benefits, or you're under 20 and a dependant of someone receiving low income benefits.



## ACTIVITY Talking about the dentist

Early years practitioners can help children by explaining what a dentist is and what will happen on their visit to the dentist. For example, "a dentist is like a doctor that helps you to look after your teeth and mouth".

We can talk to the children to help them to understand what a dentist is and what they do, as children might worry about what will happen. Obviously, this needs to be age and stage appropriate, but you could consider using Monday's activity guide and making a model of a mouth or use books and posters to explain about "teeth", "gums", "tongue", "lips" etc.

You could introduce the term "check-up" or just talk to the children about the dentist wanting to look in your mouth to count your teeth and look at your gums. For older children you could also say that the dentist wants to make sure your teeth are growing properly.



### Here are some ideas to try:

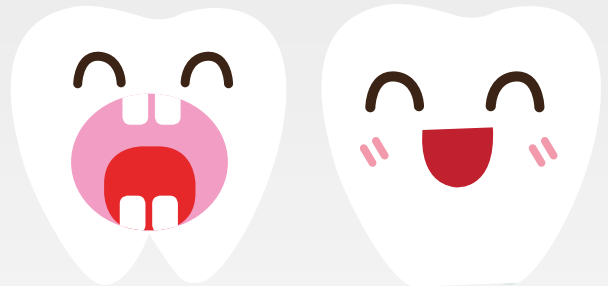
- ♥ Try using a book to help explain to the children about what dentists and their teams do, and what will happen during a visit
- ♥ Perhaps talk to the children about the face mask and gloves that their dentist is likely to wear and the dentist's chair that moves, and show them photos
- ♥ Ask the children if anyone remembers going to the dentist and what happened
- ♥ Encourage the children to talk and ask questions
- ♥ You might be lucky and one of the children's parents might be a dentist! If so, could you ask them to come and talk to the children?
- ♥ Watch this video of children visiting the dentist: <https://bit.ly/2NwnY49>
- ♥ Use this video of children saying what they like about visiting the dentist: <https://bit.ly/2tEeivF>





## Further information:

- ♥ Find NHS dental services here: <https://bit.ly/2Nu2PYo>
- ♥ If you need a dentist as an emergency, call your dentists – some practices offer appointments at short notice. You can also visit: <https://bit.ly/2LRmNe9> for advice and help
- ♥ If you have problems accessing an NHS dentist, go to: <https://bit.ly/2PdPofD>



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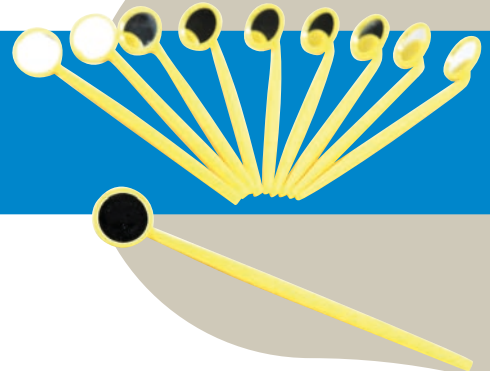
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### Disposable Dental Mirrors - from TTS

Children can look into each other's mouths, or their own, using these disposable dental mirrors. The high quality mirror housed in a plastic handle makes an excellent tool for oral inspection. Suitable for 5 to 11 years – find out more at <https://bit.ly/2V6ylym>



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