

DENTAL BOOTCAMP

FactSheet

▶ Looking After Our Teeth

It is essential to look after our teeth. Follow this simple classroom activity to demonstrate the importance of looking after teeth.

Teacher: Ask the class - Why is it important to look after our teeth?

Response: Some of the reasons why it's important to look after your teeth and keep them healthy are so that you can eat, smile and talk properly.

Teacher: Discuss with the class how we should look after our teeth by following the four tips below:

1. Healthy diet:

Diet plays an essential role in helping to keep children's teeth healthy, so you should limit sugary snacks such as lollies, fruit bars, muesli bars, biscuits, dried fruit, cordials, juices and soft drinks to special occasions or events.

Did you know that chewing some foods like celery is good because it is so fibrous it can clean your teeth while you chew? Cheese is a great snack too because it contains minerals (which are good for your teeth) and sugar-free gum helps your teeth because it helps stimulate your saliva, which helps prevent decay.

Teacher: Can you suggest a drink that is healthy for your teeth? (Answer: tap water, especially if it contains fluoride)

2. Brushing your teeth twice every day with fluoride toothpaste:

Importantly, a healthy diet must be complemented by good oral hygiene. Brushing your teeth removes the sticky white plaque from your teeth and fluoride helps prevent decay or holes in your teeth. Remember to brush your teeth twice a day to keep your teeth looking and feeling healthy!

Teacher: If you should brush your teeth twice a day, do you know what times of the day you should do this, and for how long? (Answer: morning, after breakfast and after dinner, before you go to bed, for two minutes)

3. Flossing your teeth

Flossing your teeth is really important, and you should do this once a day. Your parents and dentist will help to show you how. Flossing helps to keep your gums healthy, which is good for your oral health.

Teacher: Do you know what you floss your teeth with? (Answer: Dental floss)

4. Visit your dentist

Regular check-ups mean that you can care for your teeth and mouth. Children who have regular check-ups tend to have fewer dental problems.

Make sure you talk to your dentist about your teeth and get tips on keeping your mouth healthy.

Teacher: How often should you visit the dentist for a check up? (Answer: At least once every 12 months for a check-up helps to prevent problems with your teeth, though your dentist will tell you how often you need to visit them)

