



# Healthy Teeth, Happy Smiles!

presents

# National Smile Month 2024



## Family Activity Pack

13 May - 13 June



Leicester  
City Council

# Introduction

National Smile Month is a national campaign dedicated to promoting good oral health for all. The campaign aims to raise awareness about the importance of oral hygiene, regular dental check-ups, and healthy habits such as brushing and flossing.

This year, as part of National Smile Month, we are helping to promote the theme of:



**LOVE YOUR SMILE**



In this pack you can find information about oral health, tips and tricks, and some fun activities for children. If you enjoy our pack we would love to see your pictures! Tag us on Facebook at 'Live Well Leicester' or on X '@LiveWellLeics.'

If you have any questions regarding this pack, please email our team at:

[healthyteethhappysmiles@leicester.gov.uk](mailto:healthyteethhappysmiles@leicester.gov.uk)



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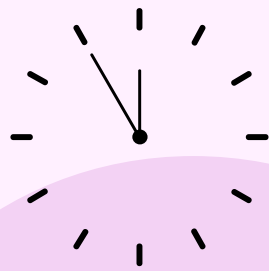
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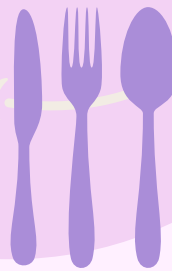
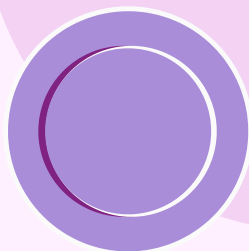
[www.leicester.gov.uk/healthyteethhappysmiles](http://www.leicester.gov.uk/healthyteethhappysmiles)

# Caring for your smile

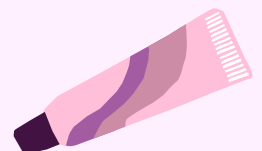
**Brush twice a day for 2 minutes – once before bed and one other time, using a fluoride toothpaste.**



**Keep sweet foods and sugary drinks to mealtimes to reduce acid attacks on your teeth.**



**Spit out your remaining toothpaste after brushing, and don't rinse with water afterwards. The active ingredient in toothpaste is fluoride. It is great for protecting our teeth, but it needs time to soak in without being washed off.**



# Caring for your smile... continued



Once your baby is 6 months old, swap their bottle for a free flow 'Sippy' cup. At night, only put water or milk into a bottle or cup.



Visit a dentist for a check-up. Book your baby to see the dentist when they get their first tooth.



If you do not have a current dentist, do not worry.

Visit the NHS website and click on 'Find a dentist.'

[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)



# Food & drink

Improving oral health starts with the food you eat.

Eating a balanced diet helps your body stay strong and keeps your teeth and gums healthy. Here are some tips you can do, to help your mouth stay healthy:

- Eat at least 5 portions of fruits and vegetables every day. Both include important vitamins and minerals that make your teeth strong.
- Choose wholegrains like oats, brown rice, and quinoa. They make you chew more and produce saliva, which is good for keeping good bacteria balanced within your mouth.
- Drink dairy products such as milk, or alternatives like soy drinks. They contain calcium that makes your teeth strong and stops them from getting holes.
- Eat proteins such as beans, fish, and eggs. They help your body stay healthy and are important building blocks for muscles.
- Drink 6 to 8 glasses of water every day. Water washes away bits of food and bad bacteria that can hurt your teeth and gums.

By eating a mixture of fruits, vegetables, wholegrains, proteins, and dairy, you can help keep your teeth and gums strong and healthy for a long time! For more tips on eating healthy, check out:

[Eating a balanced diet - NHS \(www.nhs.uk\)](http://www.nhs.uk)

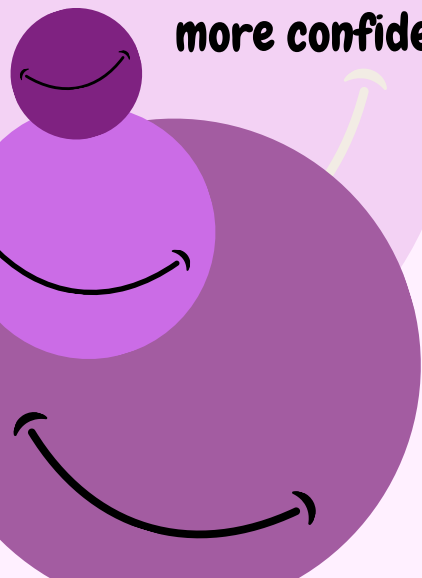


# Confidence & mental wellbeing

Taking care of our teeth and gums is really important for how we feel. It's not just about keeping our mouths healthy, it's also about feeling good inside too. Here's how looking after our teeth and gums can help us:

- **Better overall health:** When we take care of our teeth, it helps us stay healthier all over. This means we are less likely to feel sick, and feeling healthy can make us feel happier too.
- **Improved quality of life:** Having healthy teeth means we don't have to deal with toothaches or feeling embarrassed about our smile. When we're not in pain and feel good about ourselves, we can enjoy doing things we love, without worry.
- **Positive social interactions:** Feeling good about our smile can make it easier to make friends and talk to people. When we feel confident, we can be ourselves and have fun with others.
- **Improved communication skills:** Sometimes, problems with our teeth can make it hard to talk or be understood. But if we go to the dentist and take care of our teeth, it can help us speak and feel more confident when we talk to others.

By taking care of our teeth every day, we can help keep our mouths and our mind healthy and happy!



# Disease & conditions

Taking care of our teeth and keeping our mouths healthy is really important as it can help keep our whole body healthy too. If we don't take care of our teeth properly, or if we have problems with our teeth, which are left untreated, it can cause other parts of our body to get sick,

This can include:

- Tooth decay
- Gum disease
- Oral thrush
- Diabetes
- Cardiovascular disease
- Oral cancer



Take care  
of your body



Our mouths are like a door that can let bad bacteria inside, which, if we don't take care of, can make other parts of our bodies feel unwell.

The best way to keep our teeth and bodies healthy is by maintaining good oral health. This can be by making sure we are brushing twice a day with a fluoride toothpaste, visiting the dentist regularly, reducing our sugar intake, and maintaining a balanced diet.

# Oral health products

The Oral Health Foundation checks tooth products to make sure they really help at keeping our teeth strong and safe.

Products that receive the Oral Health Foundation's 'approval,' have been tested and shown to make a difference.

By looking out for the 'approval' stamp, the Oral Health Foundation wants people to feel confident about the products they use every day, knowing they really do, what they say they will.

Right now, there are around 150 "approved" products being sold in 60 different countries all over the world.

Next time you are buying tooth products from your favourite brands, keep an eye out for the Oral Health Foundation's approval logo. You will know it has been tested to be good for your teeth!

For more info about the Oral Health Foundation's approved products, check out: [Approved Products | Oral Health Foundation](https://www.dentalhealth.org/Approved-Products)  
([dentalhealth.org](https://www.dentalhealth.org))

Look out for Oral Health Foundation 'Approved' products logo



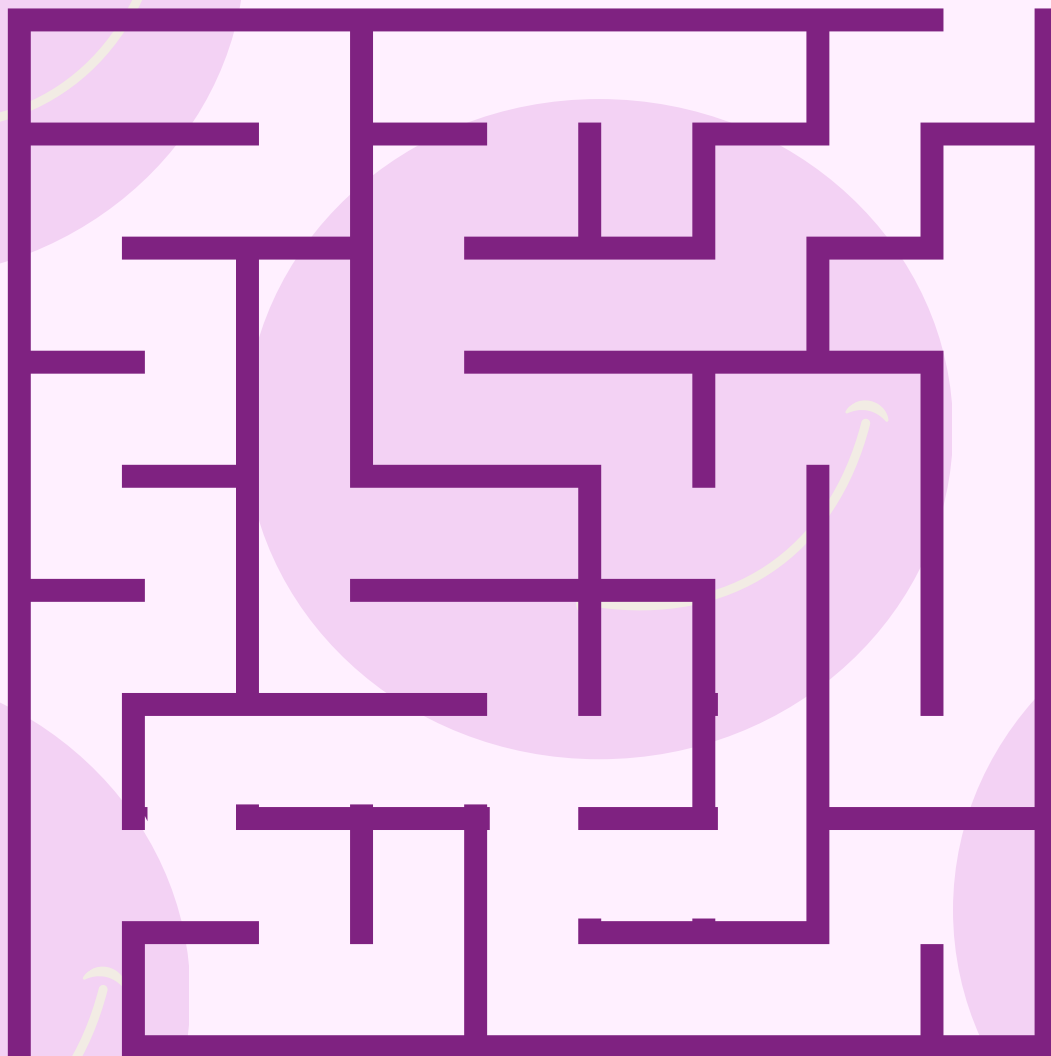


# Activity 1

Dad has lost his toothbrush.  
Can you help to find it?



Start



Finish

Well done!



# Activity 2

## The Great British Brushathon



Join us on **Monday 13th May**, for **The Great British Brushathon**! The Brushathon aims to connect people from all around the world in one giant communal brushing event.

To take part all you need to do is take a selfie whilst brushing your teeth, and post it to social media.

Or, if you want to get a bit more creative, you can film a video of yourself brushing. Get your family and friends to join in too! It's that easy!

Use the hashtag **#GreatBritishBrushathon** or **#LeicesterBrushathon** with your selfies, videos, and messages throughout the day so we can see how you have taken part!



[@LiveWellLeics](https://twitter.com/LiveWellLeics)



[facebook.com/LiveWellLeicester](https://facebook.com/LiveWellLeicester)



[www.leicester.gov.uk/healthyteethhappysmiles](http://www.leicester.gov.uk/healthyteethhappysmiles)

# Activity 3

## Tooth friendly tuna & cream cheese rolls



### Ingredients

- 1 x cucumber
- 100g tuna chunks or flakes
- 1x garlic clove or a sprinkle of garlic powder
- 1 pea size of mustard
- 1 teaspoon of dried dill
- 120g cream cheese

**You may wish to ask an adult to help!**

### Method

Mix together the tuna chunks/flakes, cream cheese, mustard, garlic clove (or powder), and dill into a bowl.

Use a veggie peeler to slice down the cucumber, creating thin strips. Spread your tuna mixture on each of the cucumber strips and roll them up for a simple, delicious snack!

Why not try a vegan friendly option? Try switching tuna for tofu and cream cheese for vegan cream cheese.

For more ideas and information on how to create healthier snacks for all the family to enjoy, Check out: [www.nhs.uk/healthier-families/food-facts/healthier-snacks](http://www.nhs.uk/healthier-families/food-facts/healthier-snacks)

# Activity 4

## Write a letter to a tooth fairy

Let the tooth fairy know how well you have been taking care of your teeth by writing a letter.

This could include what makes you smile the most, how you look after your teeth, or what you love best about your smile!

If you would like to include a tooth, you are more than welcome, but the tooth fairy does not require teeth to be sent. Don't forget to include a stamp.

Please send all letters to:

Tooth Fairy  
Smile House  
2 East Union Street  
Rugby  
Warwickshire  
CV22 6AJ



# Activity 5

## Oral health word search



Help to find all of the oral health related words!

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

- Smile
- Fluoride
- Toothbrush
- Toothpaste
- Dentist
- Floss
- Mouthwash
- Exam
- Teeth
- Milk
- Gums
- Water
- Brushing
- Nurse
- Spitoon

# Activity 6

## Toothbrush round-up

Can you count how many toothbrushes the baby counted whilst sleeping?



# Congratulations

to:

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for completing the  
2024

National Smile Month  
Family activity pack





[leicester.gov.uk/littleones](http://leicester.gov.uk/littleones)

[leicester.gov.uk/healthyteethhappysmiles](http://leicester.gov.uk/healthyteethhappysmiles)