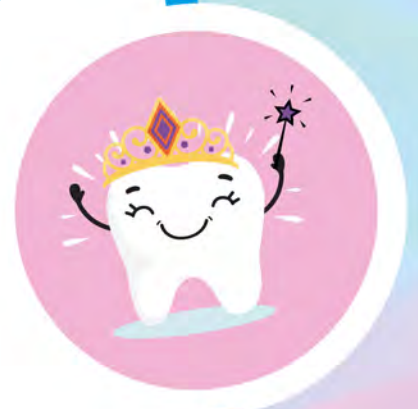


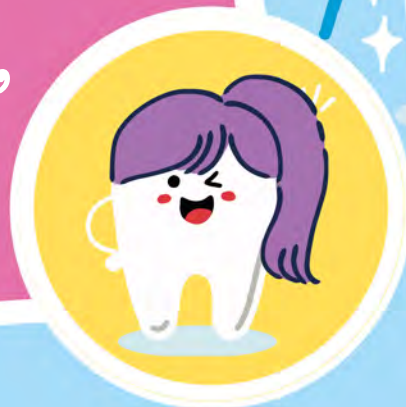
# National Smile Month 2023 activity pack

From Healthy Teeth,  
Happy Smiles!



15 May-15 June

Including:  
Tips and tricks,  
Fun facts,  
Puzzles



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# Introduction



National Smile Month is a national campaign across the UK that promotes the importance of a healthy smile.

Across the month, thousands of individuals and organisations spread key oral health messages to help improve our oral health.

This year from the 15 May to 15 June, we will be introducing our teeth team to help children across Leicester to keep their teeth strong. This pack contains: information on oral health, tips and tricks, and fun activities for children. If you enjoy the pack, we would love to see your pictures! Tag us on Facebook or Twitter.



[Live Well Leicester](https://www.facebook.com/LiveWellLeicester)

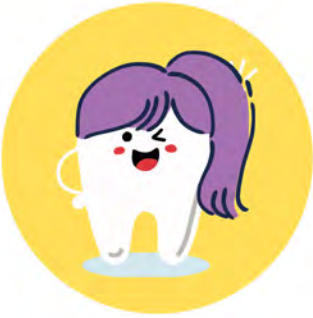


[@LiveWellLeics](https://twitter.com/LiveWellLeics)

If you have any questions about the pack please email our team at:

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

# The teeth team



## Izzy incisor

Incisors and lateral incisors are the front four teeth located in the middle of the upper and lower jaws. They help us to cut, tear and hold our food.



## Captain canine

Canines are typically our largest and sharpest teeth. You use these for tearing and ripping food.



## Princess premolar

Premolars are the teeth that you use to crush and grind food.



## Mighty molar

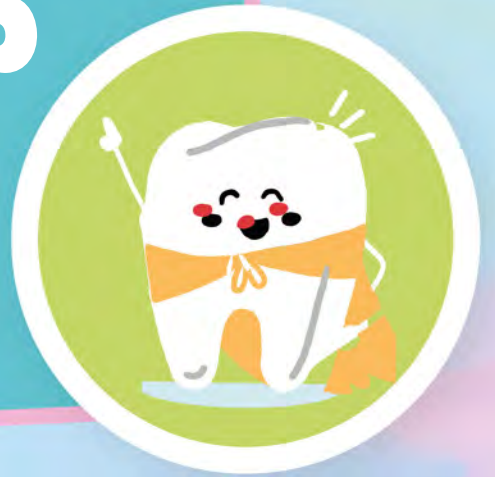
Molars are the big, flat teeth that you use to grind and chew food.



## Baby tooth

Baby teeth are the first set of teeth that grow in your mouth. They are also known as milk, primary or deciduous teeth. It is important to keep them healthy as they help you to chew and speak.

# How to keep your teeth strong



You should brush your teeth twice a day for two minutes—once before bed and one other time, using a fluoride toothpaste.



Keep sweet foods and sugary drinks to meal times to reduce acid attacks on your teeth.

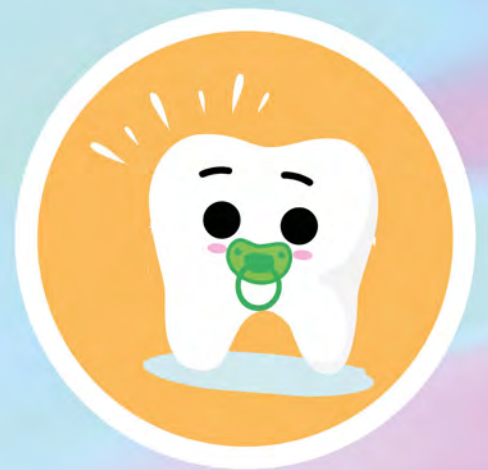
Spit out your tooth paste after brushing, and don't rinse with water afterwards. The active ingredient in tooth paste is fluoride. It is great for protecting our teeth, but it needs time to soak in without being washed off.



# How to keep your teeth strong



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 checkup.

Book your baby to see the dentist when they get their first tooth.

If you do not have a dentist, don't worry. Visit the NHS Find a dentist website at:

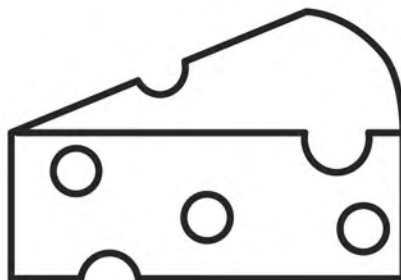
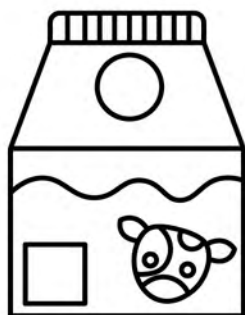
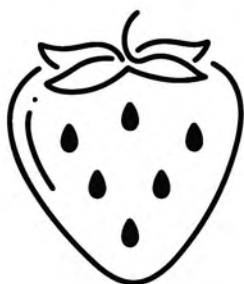
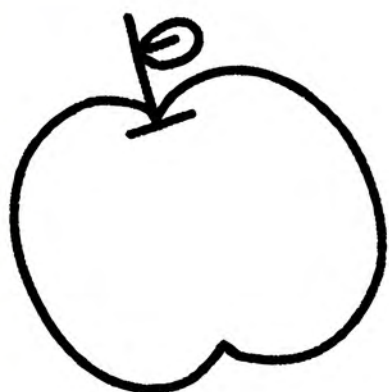
[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)

# ACTIVITY

## Guess the tooth-friendly foods



Five of these foods are better for your teeth and overall health. Help Captain Canine find them by colouring them in and crossing out the remaining pictures.



# Supervised toothbrushing programme



The Supervised Toothbrushing programme helps kids to keep their teeth healthy!

Supervised Toothbrushing is a 5 to 10 minute activity, which takes place everyday under the supervision of staff members.

Schools and early years settings are provided with oral health resources such as their own toothbrushes, toothpaste and toothbrush racks to help create healthy oral hygiene habits.

Support and training for settings is provided throughout the year by the oral health promotional team at HealthyTeeth, Happy Smiles!

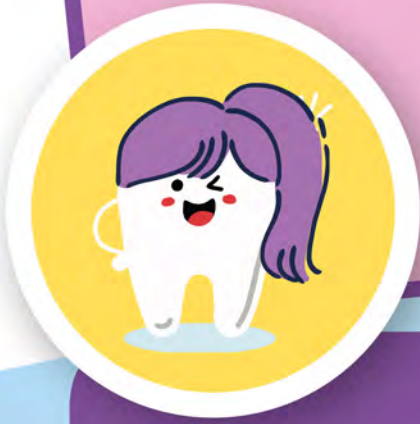
Supervised Toothbrushing is a great way to help reduce oral health inequalities and spread awareness of the importance of a healthy mouth.

For more details on Supervised Toothbrushing and how your setting can get started, please get in touch:

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

# ACTIVITY

## Frozen fruit pop recipe



### Serves 4

You will need:

- 230 grams Natural Greek yoghurt
- Frozen fruit or berries
- Ice lolly molds



1. Mix your yoghurt and fruit together in a bowl
2. Spoon your mixture into your molds
3. Place your fruit pops in the freezer for at least 4 hours (we'd recommend leaving them in overnight!)

**Tip:** Struggling to get your fruit pops out of the mold? Hold them under running warm water for a few seconds to loosen them!



# ACTIVITY

## Save Princess Premolar from decay!

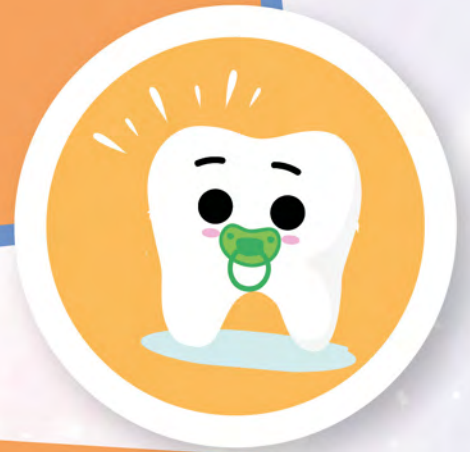


Help Mighty Molar deliver a toothbrush to Princess Premolar before the sugar and bacteria create a cavity!



# ACTIVITY

## Let's floss!



## You will need

An empty egg carton  
flat side down



Modelling  
clay



String



Fill the gaps on the bottom of your egg carton with the modelling clay.

Using the string find a way of removing the clay from the gaps. Make sure you don't miss any!

Do you think you could use floss in the same way to clean in between your teeth? Ask an adult to help to try giving it a go.

## ACTIVITY

# Complete the words



Can you find the missing letters to complete the words? Then circle the two words that Captain Canine needs to clean his teeth.

M \_ L \_ R

\_ O \_ T H \_ A S \_ E

B \_ B Y T \_ \_ T H

D \_ C \_ Y

T \_ \_ T \_ B R \_ \_ H

**Tip:** Use the other pages to find the right spelling!

# Great British Brushathon



Join us on Monday 15th May for the Great British Brushathon. A national event where people from all over the country, come together to brush their teeth together!

Participation is easy – simply snap a selfie of yourself brushing your teeth and share it on social media. You can even film a video of yourself brushing if you want to show off your creative side. Get your friends and family to take part as well! Don't forget to use the hashtags

#GreatBritishBrushathon or #LeicesterBrushathon along with your selfies, videos and messages throughout the day, so that we can join in the fun and see how you brush your teeth. Or tag us!



[Live Well Leicester](https://www.facebook.com/LiveWellLeicester)



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

# ACTIVITY

# Experiment



## You will need

Two cups



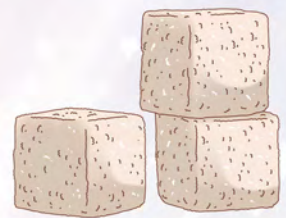
460 millilitres of warm water



Four teaspoons of yeast



One tablespoon of sugar



In both cups, place two teaspoons of yeast. Then pour in 230 millilitres of warm water.

Sprinkle one tablespoon of sugar into one of the cups and mix with separate spoons. Watch the plaque attack!

Draw what your two cups look like below.



No sugar



With sugar

What can help reduce plaque on your teeth?

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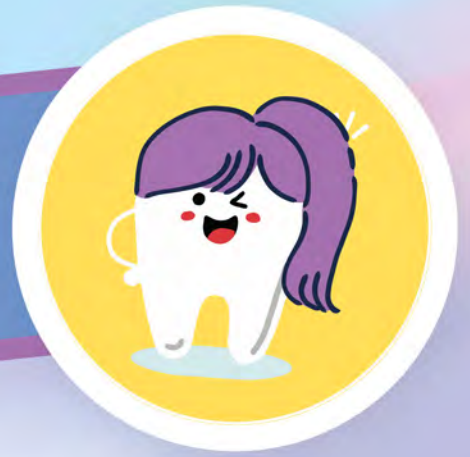
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# ACTIVITY

# Crossword

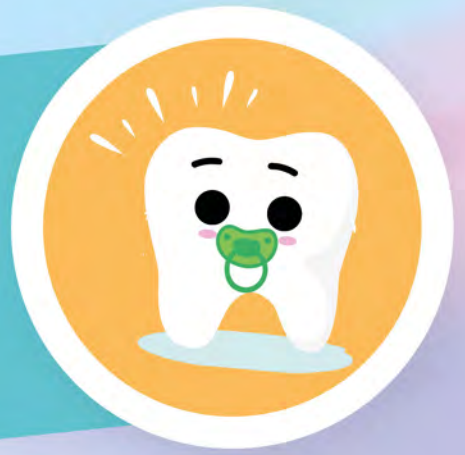


- Canine
- Incisors
- Dentists
- Smile
- Floss
- Brush
- Toothpaste

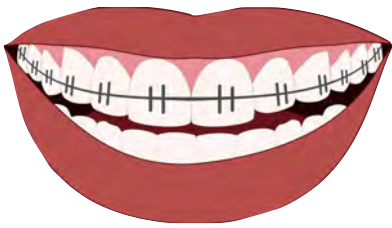


# ACTIVITY

## Match them up!



Can you match together the oral health words with the right picture? Draw a line to connect the two.



Mouthwash

Dentist



Toothbrush

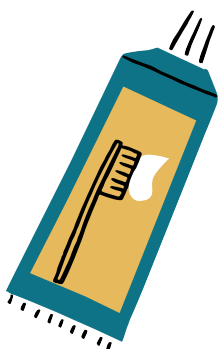
Floss



Braces

Toothpaste

Tooth



# I cleaned my teeth!

Use your teeth cleaning chart to help you stay on track!

Simply tick or colour in the circles once you've brushed your teeth!



**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**



**Saturday**



**Sunday**





# Award Certificate

PRESENTED TO

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who has completed oral  
health training with the  
teeth team.

**Good job!**





# Healthy Teeth, Happy Smiles!



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



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