



Oral Health Pack

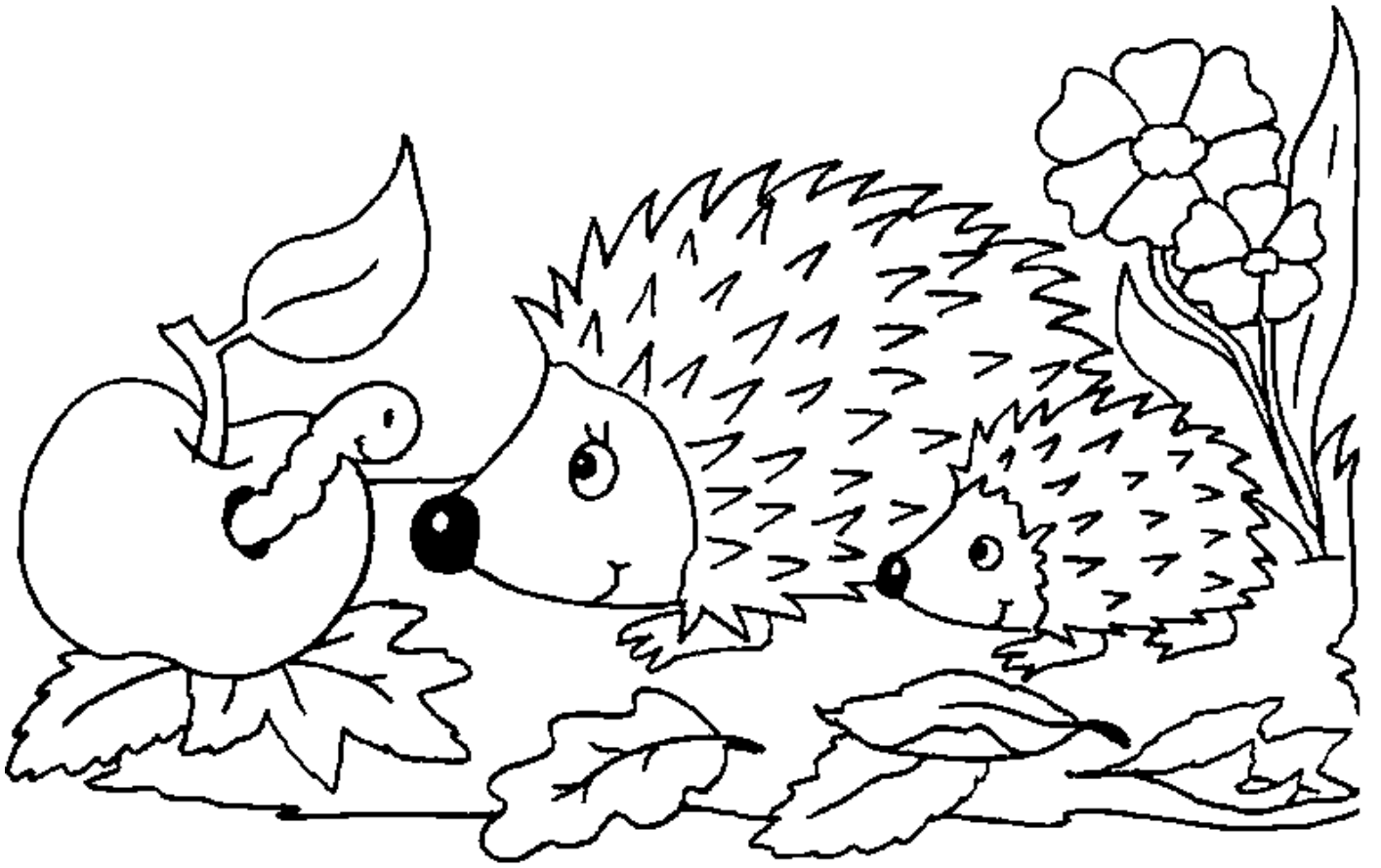


Easter 2024 Activity Pack

Whittington Health NHS Trust Oral Health
Improvement Team







Number 2 Practice Sheet

Practice by tracing along the lines with a bold colour pencil

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2

2 2 2 2 2 2



Word Tracing Practice

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day



1. Limit the frequency of sweet treats

Grazing on Easter eggs will leave your teeth coated in sugar all day, increasing your risk of decay. It's best to limit how often you are eating your Easter eggs.

2. Enjoy your chocolates after meals

When you eat your mouth produces saliva which has proteins and minerals that protect your tooth enamel and prevent tooth decay and gum disease. Eating your chocolate after meals means your mouth is already producing saliva and will be better equipped to fight a sugar-induced acid attack.

3. Wash down your chocolates with water

Keep a glass of water near you when you're eating your chocolate eggs. A quick 'swish and swallow' will remove some of the sugar from your teeth, and the bonus is that you also improve your hydration.

4. Brush your teeth twice a day

This is a great tip to include in your daily routine, not just at Easter. Aim to clean your teeth for two minutes twice a day focussing along the gumline and in between your teeth. If you have little ones, supervise their teeth brushing and make sure their teeth are clean before bed.

5. Enjoy your Easter treats on Easter Sunday

Avoid collecting a big stash of chocolate that can be eaten for weeks after Easter. Try purchasing only enough chocolate eggs to be eaten on Easter Sunday.

6. Replace your toothbrush every 3 months



Letter T Practice Sheet

Practice by tracing along the lines with a bold colour pencil

T T T T T T

T T T T T T

t t t t t t

t t t t t t



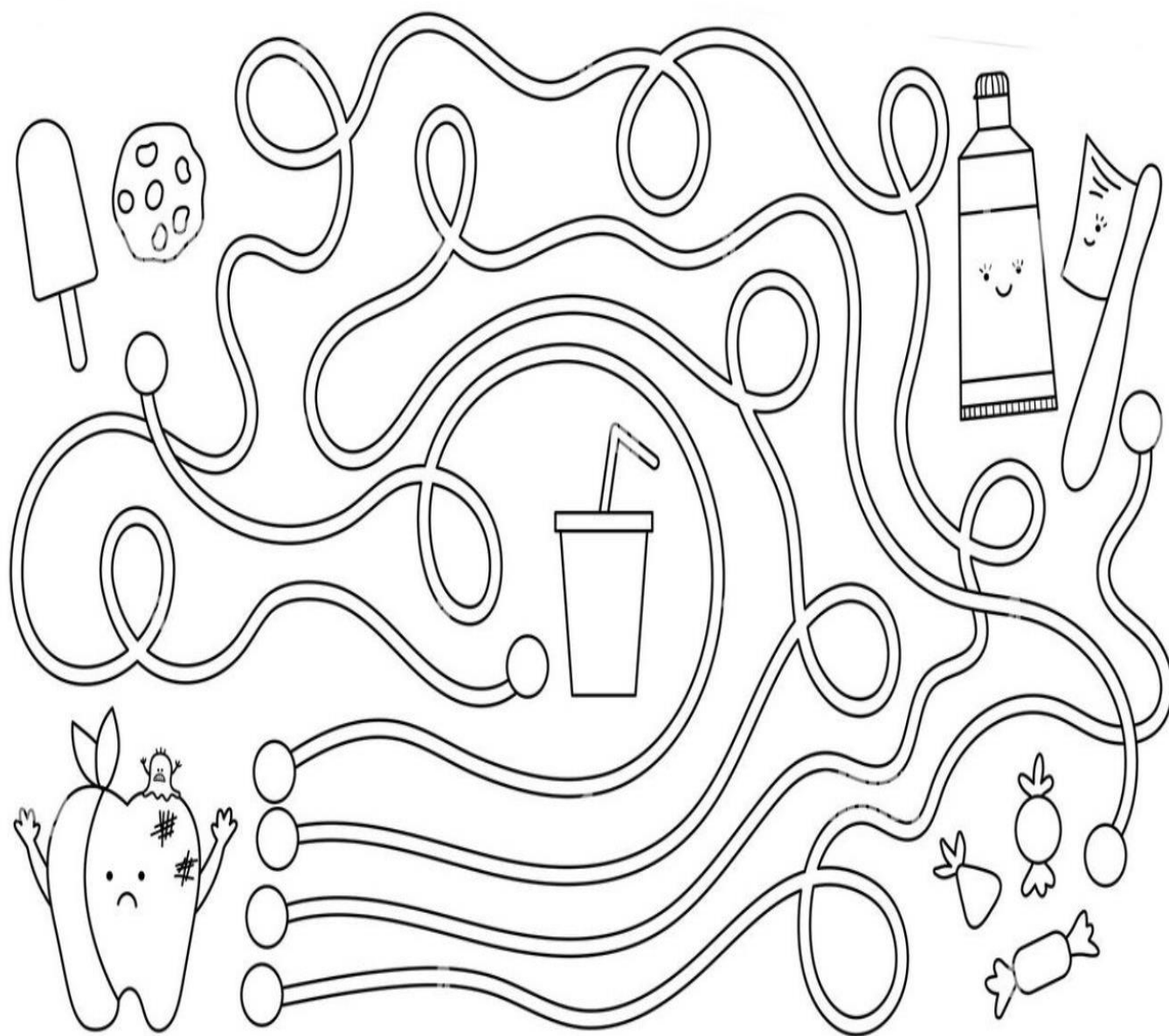
Can you find the words?

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

Decay Oral Fluoride Minutes
 Tooth Eggs Dentist Two
 Brush Plaque Gums Cavity



Help the tooth get to the
toothbrush & toothpaste





We hope you enjoy the Easter break!

Please remember it's important to look after your teeth this Easter is and to maintain good a daily oral health routine.

1. Limit the frequency of sweet treats
2. Enjoy your chocolates after meals instead of snacks
3. Wash down your chocolates with water
5. Enjoy your Easter treats on Easter Sunday only as a treat day
4. Brush your teeth twice a day especially at night-time
5. Wait at least 30mins after eating to brush the teeth.



Show your teeth you care.

Fill in the missing words from the list below to complete the sentences below.

Dentist, Sugary, Brush, Toothpaste, Drinks, Teeth

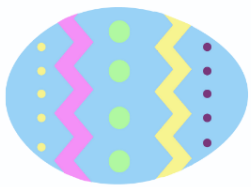
1. your..... last thing at night and at one other time during the day with a fluoride.....
2. Cut down on how much and how often you havefoods and
3. Visit theregularly, as often as they recommended.

Answers

Brush your teeth last thing at night and at one other time during the day with a fluoride toothpaste. Cut down on how much and how often you have sugary foods and drinks.

Visit the dentist regularly, as often as they recommend.



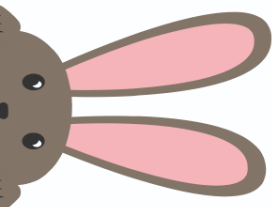
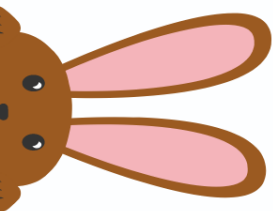
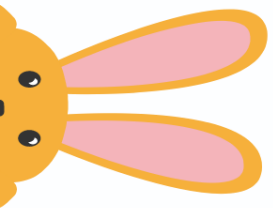


Toothbrushing Chart

Make your teeth sparkle and shine this Easter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							

*Brushing your teeth
in morning and night?
Egg-celenti!*




NHS

 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!

ਪੁਲੋਰਾਈਡ ਪਰਪਸੇਯੇਪ
 ਪਯੰਪਠੁੱਠੀ ਓਰੁ ਨਾਨੇਕੁ ਓਰੰਨੁ
 ਮੁਰੇ ਪਲ੍ ਤੁਲਕਕਵਮ. ਪਿੰਨਰ
 ਨੀਂਕਗ ਚੰਕਗ ਪਲਪਸੇਯੇ
 ਵੇਲੀਯੇ ਤੁਪਪੀ ਮੁਢਿੰਨ੍ਠੁਮ ਮਰੁਪਢ
 ਅਲਸ ਵੇਨੰਨੁਲਾਮ!

Caday ama rumeयो
 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 ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ
 ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟਨੀ ਓਪਯੋਗ ਕਰੀਨੇ ਢਿਵਸਮਾਂ ਕੇ
 ਵਅਤ ਤਮਾਰਾ ਢਾਂਤ ਸਾਫ਼ ਕਰੋ. ਪਠੀ ਯਯਾਰੇ ਤਮੇ
 ਸਮਾਪਤ ਕਰੋ ਯਾਰੇ ਤਮਾਰਾ ਢਾਂਤਨੀ ਪੇਸਟਨੇ ਥੁੱਕੀ ਨਾਂਯੋ,
 ਪਰੰਤੂ, ਕੋਗਲਾ 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,
 wypluj ale nie płucz!



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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