



Early Years Lesson Two

First visit to the dentist

Oral Health Foundation
KEY MESSAGE
for this lesson

Visit the dentist regularly, as often as they recommend.

EYFS LINK
for this lesson

Understanding the world:
making sense of their physical world and their community through opportunities to explore, observe and find out about people, places, technology and the environment.

Supported by



Free Downloadable Dental Health Education Resource
www.dentalbuddy.org



VISITING THE DENTIST

Who are the people that help us at the dental surgery?

- **Dentist** – they count our teeth and make sure that they are clean and healthy. They will also repair our teeth if there is anything wrong with them.
- **Dental Therapist** – they care for our teeth and also help teach us about healthy mouths.
- **Dental Nurse** – they help the dentist.
- **Dental Hygienist** – they clean and polish our teeth and help teach us about teeth too.
- **Receptionist** – they meet you when you arrive and make appointments.

DISCUSSION: Ask the children if they have all visited the dentist.

- What do they remember?
- Where did/would they wait?
- Did/would they do anything while they waited?
- Did/would the dentist count their teeth?
- Did/would they tell the dentist anything about their teeth (wobbly, check-up, eating sweets, cleaning their teeth)?
- All children should have their first dental check-up by the age of 1 year.



A VISIT TO THE DENTIST

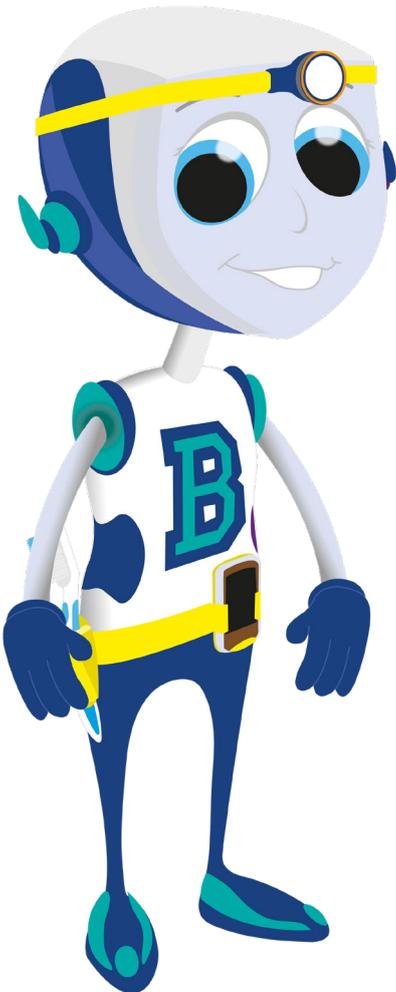
- You go to the desk and tell the receptionist your name. She will tell the dentist that you have arrived.
- You will then have a seat in the waiting room.
- When the dentist is ready for you, the dental nurse will come to the waiting room and call your name.
- The dentist will ask you to sit in the big, special chair.
- When you sit in the chair, the dentist will press a button and the special chair will move. It will lie you down - like you're in your bed. It is very comfy.
- The dentist will say 'open wide' and when you open your mouth, the dentist will use a tiny mirror on a stick to look into your mouth and count your teeth.
- The dental nurse will write down the number of teeth that you have.
- When the dentist has counted all your teeth, they will press the button again and the special chair will sit you up again so you can hop off.
- The dental nurse will give you a sticker for being an amazing patient.
- Your dental check-up is now finished, so you will go back to see the receptionist, where you will be given another appointment for next time.

ACTIVITIES

- Rearrange the pictures of a visit to the dentist, into the correct order.
- Create a Dental Practice in the nursery environment.
The children can draw and colour in signs for the dental practice.
They can then use role play to re-enact a visit to the dentist. Taking it in turns to be the dentist, the dental nurse, the dental hygienist and the receptionist.

EQUIPMENT

- Pictures of the sequence of visiting the dentist. Children encouraged to place in the correct order.
- Record cards and appointment cards.
- Masks, gloves and mouth mirrors, to recreate a dental check-up.
- An appointment book or diary sheets to make appointments.
- Computer/typewriter.
- Reception desk and chair.
- Telephone.
- Pens/pencils.
- Magazines and books.
- Posters.
- Clock.
- Calendar.
- Toothbrushes and accessories to sell.
- Till.



RESOURCES

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit www.dentalhealthshop.org

To deliver the lesson outlined above, the following resources are particularly relevant:

[Dentist Play Set](#)



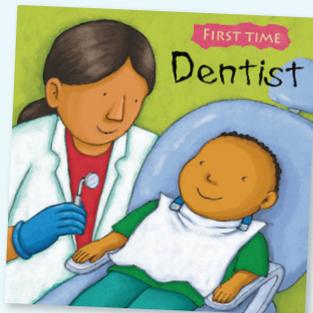
[Dentist Dressing Up](#)



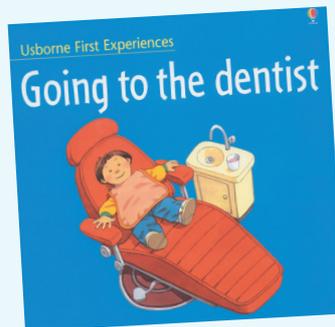
[Toothtime](#)



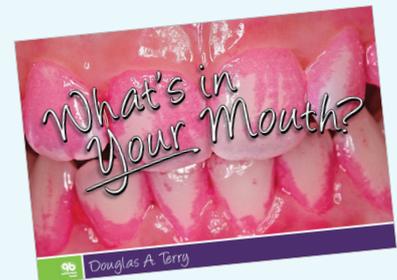
[First Time at the Dentist](#)



[Going to the Dentist](#)



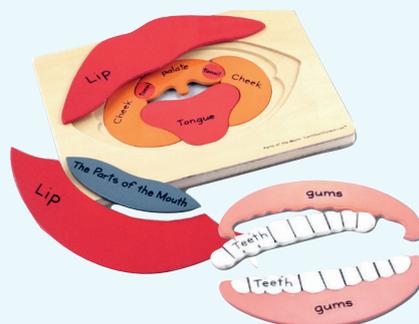
[What's in Your Mouth?](#)



[Mega Mouth Hand Puppet](#)

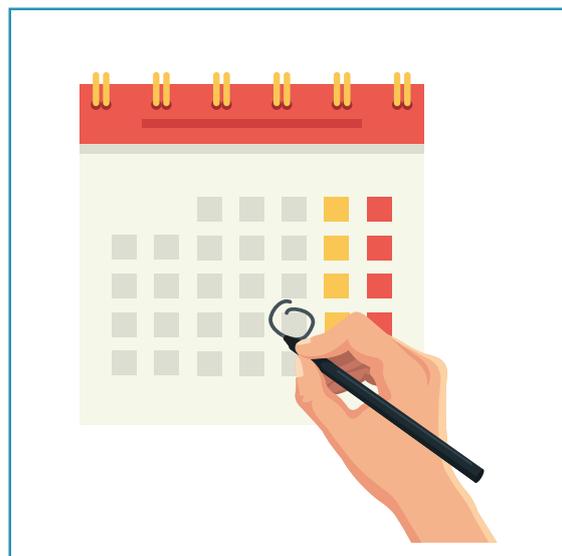
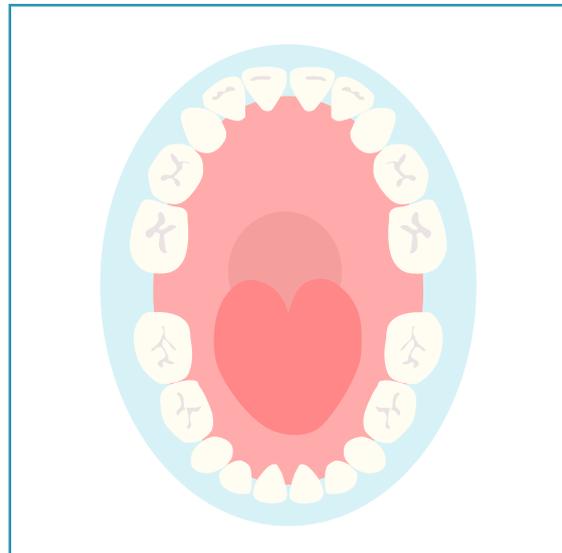
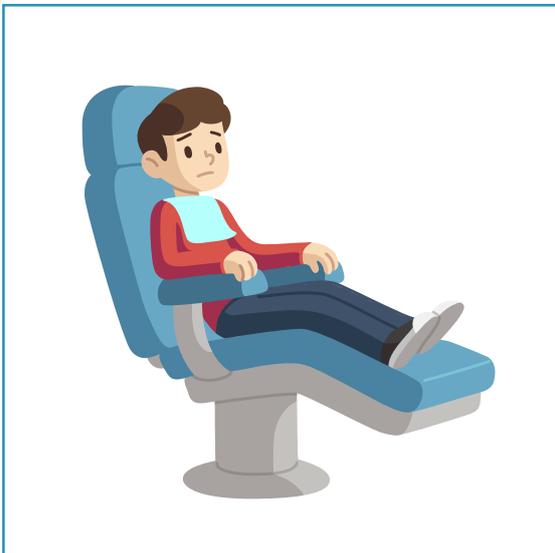
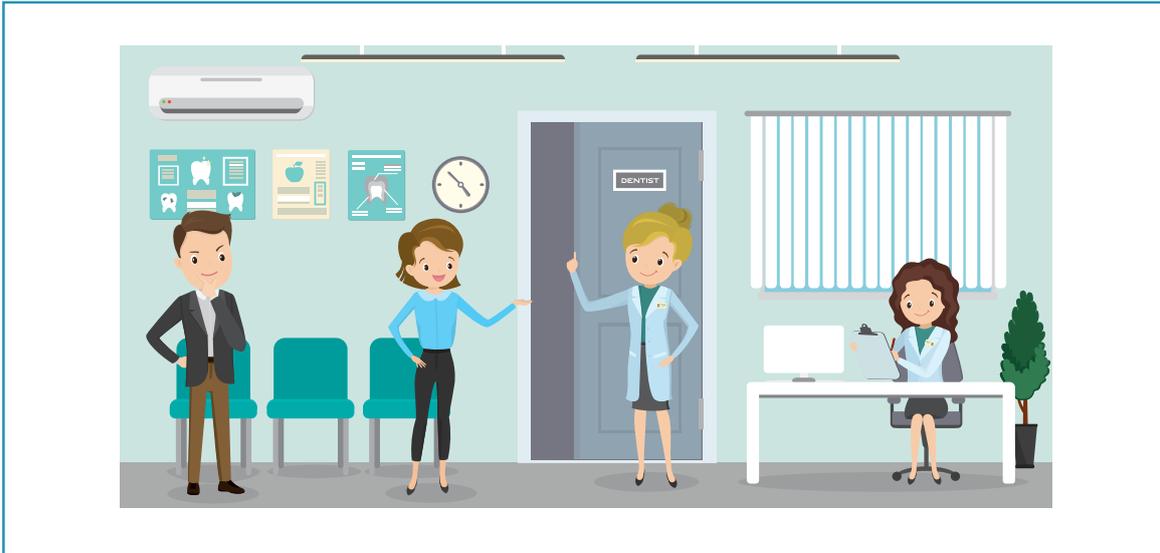


[Wooden Mouth Puzzle](#)



[Happy Mouth Puppet](#)





The Dentist

OPEN

**Please come in
and wait**

The Dentist on duty today is:



The Dentist

Price List

Toothbrush.....	£ _____
Toothpaste.....	£ _____
Dental floss.....	£ _____
Interdental brushes.....	£ _____
Mouthwash.....	£ _____
Check-up.....	£ _____
Clean and polish.....	£ _____
X-Ray.....	£ _____

The Dentist

Appointments for today

_____day	Name

The Dentist

Appointment Card

Name _____

Please come for your
Dental Check at

At (time) _____

On (date) _____

Try not to be late!

The Dentist

Appointment Card

Name _____

Please come for your
Dental Check at

At (time) _____

On (date) _____

Try not to be late!

The Dentist

Appointment Card

Name _____

Please come for your
Dental Check at

At (time) _____

On (date) _____

Try not to be late!

The Dentist

Appointment Card

Name _____

Please come for your
Dental Check at

At (time) _____

On (date) _____

Try not to be late!

The Dentist

Name _____

Smile Good?
Yes No

Teeth OK?
Yes No

All Clear?
Yes

The Dentist

Name _____

Smile Good?
Yes No

Teeth OK?
Yes No

All Clear?
Yes

The Dentist

Name _____

Smile Good?
Yes No

Teeth OK?
Yes No

All Clear?
Yes

The Dentist

Name _____

Smile Good?
Yes No

Teeth OK?
Yes No

All Clear?
Yes



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