



Key Stage 1

Lesson Two

Our Smile



Oral Health Foundation **KEY MESSAGE** for this lesson

Brush your teeth for two minutes last thing at night, and at least one other time during the day using a fluoride toothpaste.

KS1 LINK for this lesson

PHSE Health & Prevention: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

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Free Downloadable Dental Health Education Resource

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LOOKING AFTER OUR TEETH

How do we look after our teeth?

- We should brush our teeth for 2 minutes, last thing at night and at least one other time during the day with a fluoride toothpaste.
- We should have less sugary foods and drinks.
- We should visit the dentist regularly, as often as they recommend.

OUR SMILE

Our 'baby' teeth start to come through (erupt) when we are around 6 months old. We normally have 20 'baby' teeth by the time we are 2.5 years old. (show diagram of baby (first) teeth and types of 'baby' teeth)

When we are about 6 years old, we start to get our 'adult' (second) teeth.

This normally starts with the first molars, which come in behind the last baby tooth. The teeth at the front of our mouth are next. The baby teeth become a little loose, then a bit 'wobbly'.

This is because the 'adult' teeth are growing underneath and pushing the 'baby' teeth out of the way.

It can take many weeks before they are ready to fall out.

There is no reason to be worried about wobbly teeth, it just means that we are growing up.

Our baby teeth continue to wobble out, to make room for new adult teeth, until we are about 10 to 12 years old. Then we will have 28 teeth. Hopefully no children will have had any teeth removed, but be aware of the conversation.

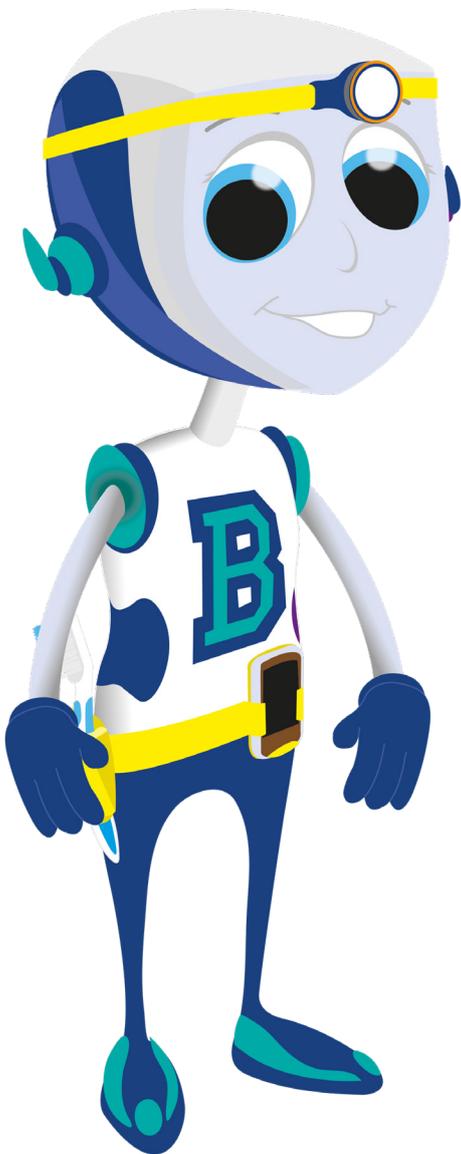
We may get 4 more molar teeth later, when we are around 18-24 years old, these are called wisdom teeth. (show diagram of secondary dentition and the types of 'adult' teeth).

TOOTHBRUSHING

- You should brush your teeth for 2 minutes, last thing at night, and at least one other time during the day.
- Use a pea-sized amount of fluoride tooth paste that contains at least 1000 parts per million fluoride, on your toothbrush.
- Place the toothbrush at a 45-degree angle where the gums join the teeth, use small, circular movements to brush the surface of the tooth several times.
- Do this on every surface of the teeth.
- Remember that teeth have more than one side: they have an outside, inside and biting surface.

ACTIVITIES

- **Mouth map**
Each child can draw a mouth map of their own teeth, by using a mirror (or they can do this in pairs and draw each other, if mirrors are not available). This will help the children to see the difference in adult and baby teeth, sizes, colour and heights etc.
- **What makes you smile?**
Draw their own face with a smile and write what makes them smile.
- **Toothbrushing**
Cut out the pictures of toothbrushing, then place them in order



EQUIPMENT

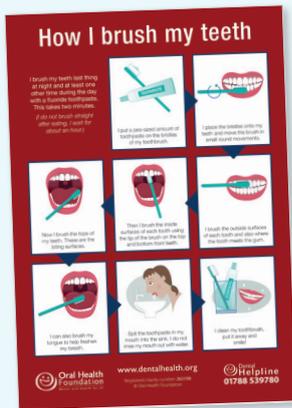
- Mouth map activity sheet
- Mirrors
- Toothbrushing pictures

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:

How I Brush My Teeth Poster



Zmile Toothbrushes



Brushing Sandtimers



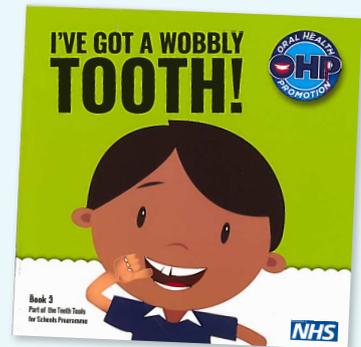
Huge Sandtimer



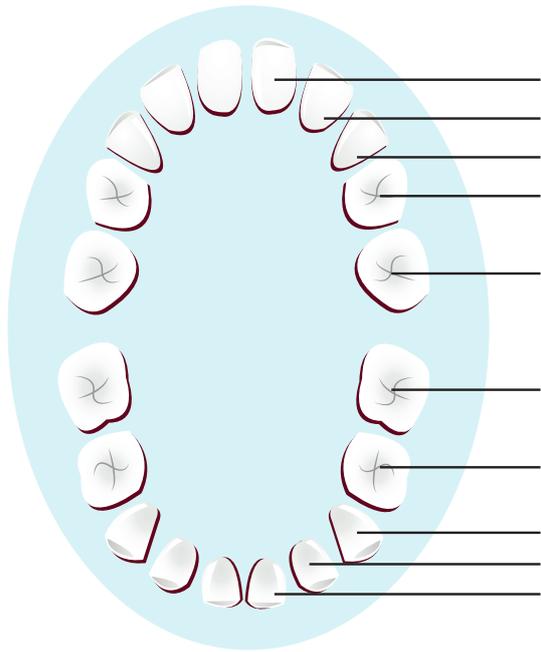
Children's Budget Goody Bag



I've Got a Wobbly Tooth

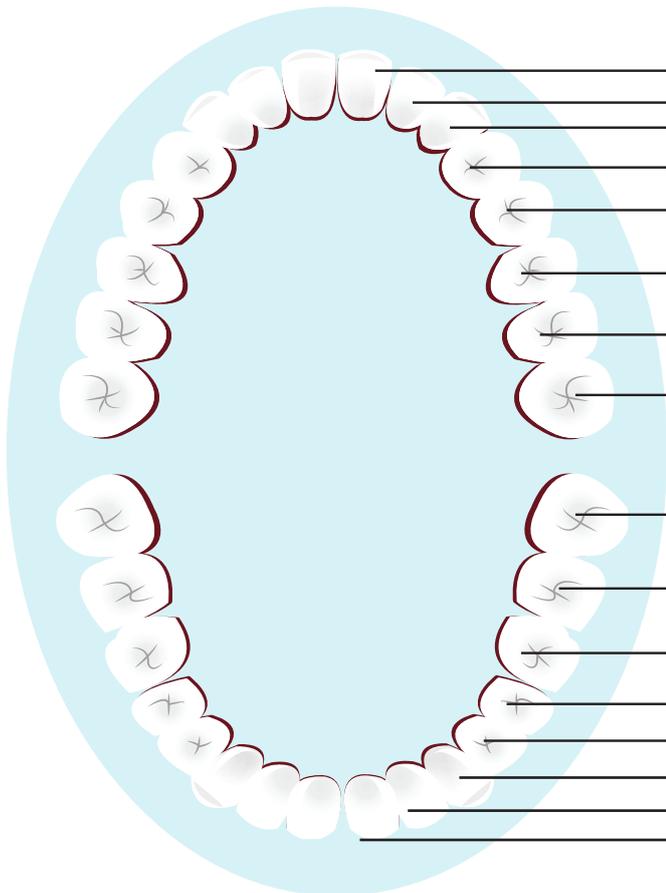


Baby (primary) Teeth Eruption Chart

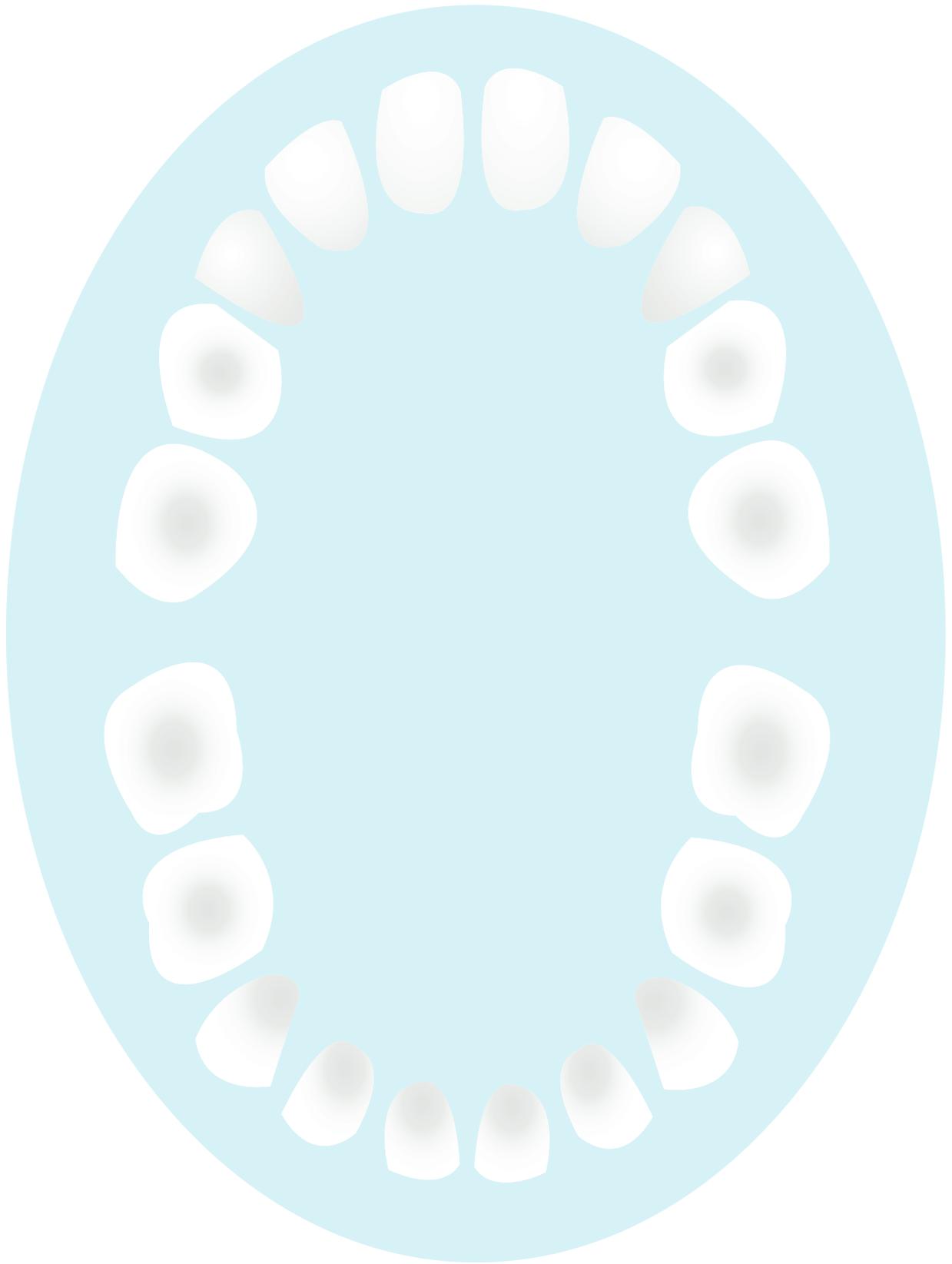


Upper Teeth	Erupt	Shed
Central Incisor	8-12 months	6-7 years
Lateral Incisor	9-13 months	7-8 years
Canine	16-22 months	10-12 years
First Molar	13-19 months	9-11 years
Second Molar	25-33 months	10-12 years
Lower Teeth	Erupt	Shed
Second Molar	23-31 months	10-12 years
First Molar	14-18 months	9-11 years
Canine	17-23 months	9-12 years
Lateral Incisor	10-16 months	7-8 years
Central Incisor	6-10 months	6-7 years

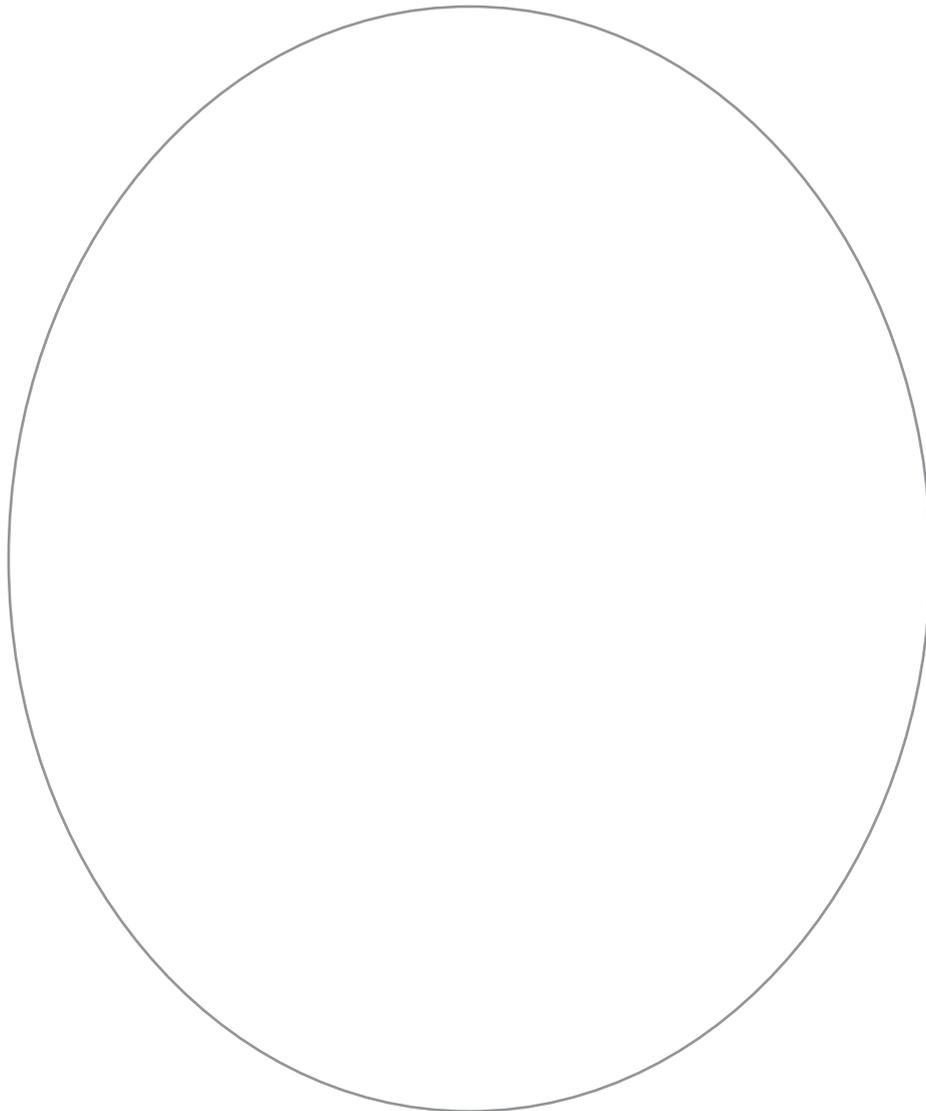
Adult (secondary) Teeth Eruption Chart



Upper Teeth	Erupt
Central Incisor	7-8 years
Lateral Incisor	8-9 years
Canine	11-12 years
First Premolar	10-11 years
Second Premolar	10-12 years
First Molar	6-7 years
Second Molar	12-13 years
Third Molar (wisdom tooth)	17-21 years
Lower Teeth	Erupt
Third Molar (wisdom tooth)	17-21 years
Second Molar	11-13 years
First Molar	6-7 years
Second Premolar	11-12 years
First Premolar	10-12 years
Canine	9-10 years
Lateral Incisor	7-8 years
Central Incisor	6-7 years



NAME



..... makes me smile

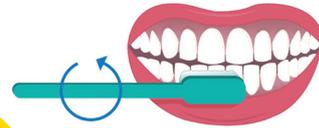
How I brush my teeth

I brush my teeth last thing at night and at least one other time during the day with a fluoride toothpaste. This takes two minutes.

(I do not brush straight after eating, I wait for about an hour.)



I put a pea-sized amount of toothpaste on the bristles of my toothbrush.



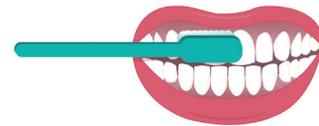
I place the bristles onto my teeth and move the brush in small round movements.



Now I brush the tops of my teeth. These are the biting surfaces.



Then I brush the inside surfaces of each tooth using the tip of the brush on the top and bottom front teeth.



I brush the outside surfaces of each tooth and also where the tooth meets the gum.



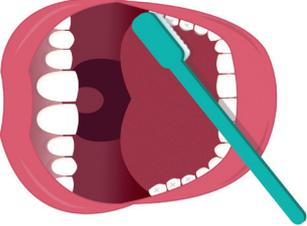
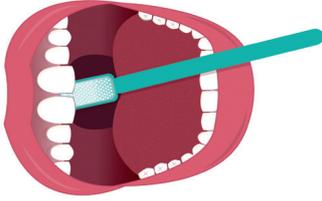
I can also brush my tongue to help freshen my breath.



Spit the toothpaste in my mouth into the sink. I do not rinse my mouth out with water.



I clean my toothbrush, put it away and smile!

	<p>I put a pea-sized amount of toothpaste on the bristles of my toothbrush.</p>		<p>I place the bristles onto my teeth and move the brush in small round movements.</p>
	<p>Now I brush the tops of my teeth. These are the biting surfaces.</p>		<p>Then I brush the inside surfaces of each tooth using the tip of the brush on the top and bottom front teeth.</p>
	<p>I can also brush my tongue to help freshen my breath.</p>		<p>I brush the outside surfaces of each tooth and also where the tooth meets the gum.</p>
	<p>Spit the toothpaste in my mouth into the sink. I do not rinse my mouth out with water.</p>		<p>I clean my toothbrush, put it away and smile!</p>



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