

National Smile Month 2020:
18 May to 18 June –
Activity pack.



Introduction

National Smile Month happens every year in May and June. This year National Smile Month begins on the 18 May and ends on the 18 June.

Normally, the Healthy Teeth, Happy Smiles team hold events across Leicester to help people understand the importance of looking after children's teeth, and ways they can improve their children's oral health.

However, due to COVID-19, we need to do things a little differently this year! In this pack you can find information about oral health, tips and tricks, and some fun activities for children.

If you have any questions about the pack please email our team at: healthyteethhappysmiles@leicester.gov.uk

What is National Smile Month?

National Smile Month is a big campaign across the UK that promotes good oral health. Across the month thousands of individuals and organisations spread key messages about keeping a healthy mouth. These messages include:

- Brush your teeth last thing at night and at least one other time with a fluoride toothpaste
- Cut down on how much sugary food and drink you have, and how often you have them
- Visit your dentist regularly
- Spit, don't rinse when brushing your teeth
- And how to look after your teeth during lockdown

National Smile Month isn't just about education and stressing the importance of a healthy mouth. The key to the success of the campaign is that we have lots of fun doing it too!

That's why we have created this pack with some fun activities for children to take part this year.

How to Look after Your Teeth in Lockdown

While we are in lockdown, your dentist will not be open for people to attend appointments, but they will still be answering the phone.

If you have dental pain, you can call your own dentist between 9am - 5pm from Monday to Friday. They will talk to you over the phone and ask you questions to see what is wrong. They will then give you some advice to help with the pain.

If you need antibiotics, they will be able to help you with this and prescribe them where necessary.

If you are not registered with a dentist and have dental pain please call 111.

You should only go to the hospital if:

- You have severe pain and swelling
- You have severe bleeding
- You have injuries to your face, mouth or teeth.

How to Look after Your Teeth in Lockdown - Top Tips!

Brush twice a day - once before bed and one other time, using a fluoride toothpaste.

It is easy to get out of the routine of brushing your teeth during the lockdown - you could use a toothbrushing chart to help you remember to brush your teeth twice a day (find a copy on the [Healthy Teeth, Happy Smiles website](#)).



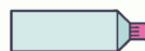
Keep sweet foods and sugary drinks to meal times to reduce acid attacks on your teeth.

We're all in danger of raiding the fridge throughout the day at the moment but try to keep to tooth friendly snacks and enjoy a sweet treat as part of a meal.



Spit out your 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. If you use a mouth wash, use it at a different time to brushing rather than straight afterwards.



Activity 1: Wordsearch

Find the toothbrushing related words in the grid below! Can you find them all? How fast can you find them?

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

Find:

Brush

Smile

Teeth

Timer

Toothpaste

Water

Activity 2: Count the brushes!

How many toothbrushes do you see? Add them together, then write the correct answer in the box or on your own piece of paper.

How many toothbrushes are there?	Answers
	
	
	
	

Activity 3: Who do these teeth belong to?

Animals have different types and sizes of teeth! Can you name the animals by looking at the pictures of their teeth?



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Activity 4: Let's get creative

Make your own toothbrush holder!

Step 1: Get a plain container - this could be a cup, milk bottle or small box.

Step 2: Decorate your container to be a toothbrush holder. You could use pens, pencils, paint, pieces of paper - it is up to you!

(See our example below for ideas!).

Step 3: Put your new toothbrush holder somewhere dry and clean.

Step 4: Brush your teeth twice a day!



Activity 5: Tooth Tickling Tuesday!

Tuesday 19 May 2020

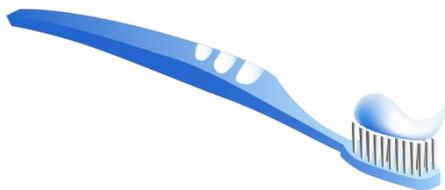
Every year during National Smile Month, the Healthy Teeth, Happy Smiles Team encourages children across the city to take part in 'Tooth Tickling Tuesday'.

On Tooth Tickling Tuesday we are encouraging as many children as possible across the city brush their teeth in a fun or different way to usual.

This year, Tooth Tickling Tuesday is on the 19 May. You can participate by brushing in your garden, pulling a funny face or wearing a silly costume. It's totally up to you!

Remember, when you're brushing it is important to spit but not rinse with water and to brush your teeth for two minutes.

Let us know how you will be taking part by emailing healthyteethhappysmiles@leicester.gov.uk or using the hashtag #SmileLeicester.



Activity 6: Snacks for super smiles!

It is important that you look after your teeth. You can do this by eating foods with less sugar in! Can you circle the foods below that are better for your teeth?



Did you know: If you are going to have a sugary snack, the best time to have it is with a meal. Try and keep your sugary treats to meal times!

Activity 7: Complete the words

Can you complete the words by finding the missing letters?
You can fill them in on the page or write the whole word out on another piece of paper. Use other pages to help you find the right spelling.

1	T O O H ■ ■ ■ ■ ■
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2	B R S H ■ ■ ■ ■ ■
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3	A T E R ■ ■ ■ ■ ■
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4	T I M E ■ ■ ■ ■ ■
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Myth Busting

Like a lot of health topics, there are a few myths about dental health that are spread on social media that are not true. It is important to get your information about your dental health from trusted places like the [NHS website](#).

Here are some myths and why they are not true.

Myth 1 - 'Baby teeth don't matter'

Some people believe it doesn't matter if baby teeth go bad, they'll just fall out and the child will get a new set.

But teeth that have gone bad can cause a lot of pain and a lot of sleepless nights for them and their parents.

If left for too long without seeing a dentist, those bad baby teeth may affect the adult teeth too, causing them issues which could last a lifetime.

Myth 2 - 'You shouldn't brush your teeth more than twice a day'

This is false. While scrubbing our teeth very hard many times a day for a long time may cause damage, if we stick to certain rules, brushing more than twice a day will only keep them cleaner. Make sure:

- You use a soft or medium brush

- Don't brush straight away after eating. Our teeth are generally softer if we have just eaten or drank something other than milk or water so leave it 30 minutes before you brush.
- Spit and don't rinse – use a pea sized amount of toothpaste from three years and upwards and spit the froth out when done but don't swill with water. This way the toothpaste has longer to do its work.

Myth 3 - 'It is okay to add solids to formula milk overnight'

You might have been told that if your baby isn't sleeping through the night, you can add something to their formula like baby rice, rusks or oats and let them fall asleep with it to fill them up, so they sleep through.

Unfortunately, that milk and solid mix eats away at your baby's teeth while they sleep and can cause something called "bottle rot". This is where the front few teeth decay, go brown and wear away very quickly.

It can be very painful for your baby which means you might actually just be delaying those sleepless nights until your baby can no longer make it through the night because they are in pain.

If you have any questions about the topics covered in this section, please email

healthyteethhappysmiles@leicester.gov.uk