1. **Introduction**

2. **Why do we need our teeth?** *(Use puppet to show teeth)*
   - Eating - sharp teeth at front to bite & chunky teeth at back to chew.
   - Help us to speak - teeth help tongue to make correct shape
   - Help us to smile & look nice *(ask to see their smiles)*

3. **What do healthy teeth look like?**
   - Shiny & clean
   - No black bits or fillings
   - Can be crooked & wobbly
   - May be gaps where baby teeth have come out

4. **What can we do to keep our teeth and mouths healthy?**
   1st - Brush our teeth twice a day - in morning after breakfast and before we go to bed.
   - Invisible germs called bacteria live in our mouths. They form a sticky coat on our teeth called plaque.
   - It is really hard to see but as it grows it can feel furry when you rub your tongue over your teeth. We need to brush it off every day.

5. **How should we brush?** *(Show putting on paste)*
   - A small toothbrush is best
   - A pea size amount of fluoride toothpaste *(fluoride is a special ingredient helps to make our teeth strong)*
   - Brush in small circles over all teeth & gums *(demonstrate with puppet)*
   - Count to six and do all surfaces
   - Spit out toothpaste and do not rinse with water - this lets the fluoride work for longer.
✓ How long should it take to brush our teeth? - 2 mins

6. **Avoid sugary snacks & drinks**
   ✓ Plaque on teeth gobbles up the sugar we eat and drink and turns it into acid.
   ✓ Sugary snacks produce lots of acid.
   ✓ Acid attacks teeth causing holes & eventually pain
   ✓ Eat healthy snacks between meals
   ✓ If having sugary foods have them at mealtime as a dessert
   ✓ Milk & water are the only safe drinks for teeth
   ✓ Sugary & fizzy drinks are not good for teeth - but if having them have at mealtimes and use a straw
   ✓ Only have sweets as treats/special occasions

*(Play healthy/unhealthy snacks game with children)*

7. **Visit the Dentist**
   ✓ Dentist is a doctor who takes care of our mouths
   ✓ Shows us how to keep our mouth and teeth healthy
   ✓ Will repair any holes by fillings or taking teeth out

8. **What does the dentist and the surgery look like when you go in?**
   ✓ White coat or tunic, Mask, Gloves, Goggles/glasses
   ✓ Big fancy chair – goes up & down and you get to lie down
   ✓ Has a big light & instruments - little mirrors

9. **Finish – Recap messages**
   ✓ Brush twice a day with a fluoride toothpaste
   ✓ Avoid sugary snacks & drinks
   ✓ Eat more healthy snacks & drinks between meals
   ✓ Visit the dentist.

10. **Any Questions?**