



Healthy Body, Happy Me 2019

Let's look at the mouth



Supported by



Healthy Mouth, Happy Body - giving our mouths the best start in life

MYTH Milk teeth are not important as they fall out

FACT Milk teeth are extremely important and need looking after

Milk teeth matter: because they help us to eat and make the sounds needed to form words and speak. They help to establish good lifetime habits and provide the spacing for adult teeth.

Oral health is part of our overall general health. Did you know that problems in the mouth can be linked to disease elsewhere in the body? Poor dental hygiene and oral health can lead to pain, loss of sleep and delays in development such as communication and language. And this can lead to time off from nursery for the children and time off work for parents as well as additional visits to the dentist or hospital for tooth extractions.

As we know childhood is an influential time for setting healthy habits for life. Unhealthy habits, such as consuming too much sugar and not looking after teeth and gums properly, cause not only poor oral health in childhood but an increased likelihood of poor oral health in adulthood too.

Being self-conscious about their teeth, smile and/or speech can negatively affect children's self-esteem and lead to social discomfort. On the other hand, setting good routines and supporting children to make positive choices in early childhood will help them make informed choices as they grow.



RESOURCES **Make a model of the mouth**



Boxes – various sizes including egg boxes and white card to make the ‘teeth’

White paint (for the teeth)

Red paint (for the gums and mouth)

A piece of quilted material (or similar) for the tongue.

Activity

Once you have made a model of the mouth there are lots of possibilities to explore, for example:

- ♥ Counting the teeth - perhaps the children could use a mirror and count their own teeth?
- ♥ Hiding things in the mouth for the children to find. For example under the tongue, lips and between the teeth. You could explain that this could be bits of food and why they need to clean their teeth
- ♥ Introduce new vocabulary – gums, teeth, tongue, lips, jaw etc.
- ♥ Talk about what happens when teeth come through
- ♥ Use a basic diagram, such as the one on the right
- ♥ Ask the children what they think their teeth are for. They might know that teeth help them chew their food, but do they also know that their teeth help them talk?

Extension ideas

- ♥ Appropriate to their age, talk about the number of teeth that the children will get, how they grow, fall out and become replaced by permanent teeth. Even though they will get their adult teeth it is still really important that they look after the teeth that they have now
- ♥ Add written labels to name the parts of the mouth on your model
You can find a timeline of when teeth develop here:
<https://bit.ly/2HNnFxy>






Happy Days Nursery and Preschool, Penair



ON SOCIAL

Share your photos of your model mouth with us, your parents and other nurseries.

-  @NDNATalk
 -  /ndna.org.uk
 -  National Day Nurseries Association
- #HealthyBodyHappyMe



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run our annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2019 campaign and help keep your children happy and healthy.



The British Dental Association is the voice of dentists in the UK. We champion prevention and campaign for real improvements to the nation's oral health. We believe all children deserve the best start in life, and are delighted to work with NDNA to bring vital messages on oral health to nurseries across the country.



Don't forget - NDNA members get up to 20% discount on orders with TTS and Consortium

Healthy Set of Teeth Model - from TTS

Anatomically correct rubber teeth model with oversized tooth brush. Comes with notes on keeping healthy teeth. Ideal for demonstrating good oral hygiene to pupils. Suitable for 3 to 11 years. Find out more at <https://bit.ly/2lo71Kn>



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