

<b>Activity</b>	<b>Looking after our Teeth</b>		
<b>Key:</b>	Due the various abilities of our children we have graded some of the activities into different levels.	<b>Contact details:</b>	<a href="mailto:schools@cdssgroup.org.uk">schools@cdssgroup.org.uk</a>
<b>Seeds</b>	Your child may access different levels depending on the activity as well as their ability.		All Education Advocates access this email.
<b>Saplings</b>			Sarah Larkin (Cheshire West)
<b>Trees</b>			Becky Harris (Cheshire West)
			Yvonne Edwardson (Cheshire East)

### Brief description of Activity

Its national smile month. This event helps to promote the importance of good oral hygiene. <http://www.nationalsmilemonth.org/>  
There are lots of resources on the website, we have picked out a few to look at how we can help children to look after their teeth.

### Resources needed

There are free resources on the national smile website.

**BRUSH 2 MINS TWICE A DAY**

Brush your teeth twice a day with a fluoride toothpaste

National Smile Month  
18th May - 18th June 2020

[www.smilemonth.org](http://www.smilemonth.org)

Oral Health Foundation  
Better Oral Health For All

**Dental statistics**

- An average of **3** school days missed every year due to **DENTAL PROBLEMS**
- 7,926** children under 5 have had teeth extracted
- 66%** of adults have **VISIBLE PLAQUE**
- 39%** of adults do not attend a **DENTIST** REGULARLY
- 25%** of adults DON'T BRUSH TWICE A DAY
- 1 in 3** have NEVER FLOSSED or interdentally cleaned
- 8,337** new cases of MOUTH CANCER a year
- 3.5 million** people with REGULAR ORAL PAIN
- 1 in every 7** ADULTS suffer from EXTREME DENTAL ANXIETY
- 7,926** children under 5 have had teeth extracted
- 66%** of adults have **VISIBLE PLAQUE**
- 74%** of all adults have had a **TOOTH EXTRACTED**
- 31%** of adults have **TOOTH DECAY**
- 2 million** Brits travelling **40 miles** to access dental care
- 6 million** SMOKERS
- 3 million** DRINKERS
- 20+ units** OF ALCOHOL A WEEK
- 84%** of adults have at least one or more fillings
- This is how much **sugar** we consume every day. In some cases, it's almost **3 times** the recommended amount.

Children 2-10: 60.0g  
Teenagers 11-18: 76.2g  
Adults 19-64: 58.0g  
Adults 65+: 31.0g

Brush your teeth at night and at least one other time during the day with a fluoride toothpaste.  
Cut down how much and how often you have sugary foods and drinks.  
Visit your dentist regularly, as often as they recommend.

[www.dentalhealth.org](http://www.dentalhealth.org)

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### Activity: Seeds

Laminate the poster of the set of teeth. There is an alternative picture to use on page 3 of the dentists colouring sheets if you haven't got a laminator you can put the picture into a plastic wallet

Use a whiteboard marker and draw marks on the teeth as if to look like bacteria  
 Child then uses a toothbrush to get rid of the marks.

Encourage your child to start at one end and move to the other and then do the bottom set of teeth.

Children have 20 teeth, how many teeth has your child got?

### Activity: Saplings and Trees

<https://www.bbc.co.uk/bitesize/topics/zv9qhyc/articles/znt8wty>

Do you know what types of teeth do you have? What job do they have?

**How much sugar is in your drink?**



500ml Btl	300ml Btl	500ml Btl	250ml Can	330ml Can	500ml Btl	500ml Btl	500ml Cup
0g Sugar	3g Sugar	20g Sugar	27.5g Sugar	35g Sugar	43.6g Sugar	52.6g Sugar	65g Sugar

Can you measure out these amounts and see how much sugar in each drink. Put the sugar into clear containers or a plastic bag to compare the amounts. If your child drinks tea or coffee how much sugar do they have in their drink?

### Attachments:

Dentists colouring sheets  
 Brushing your teeth sequence  
 Teeth picture  
 Tooth brushing chart



## **Cheshire Downs Syndrome Support Group**

Registered Charity Number 1146127.

Website address: [www.cheshiredownssyndrome.com](http://www.cheshiredownssyndrome.com)

Phone number: 07518 590300

Support us at : [www.justgiving.com/cheshiredownssyndrome/raisemoney](http://www.justgiving.com/cheshiredownssyndrome/raisemoney)