



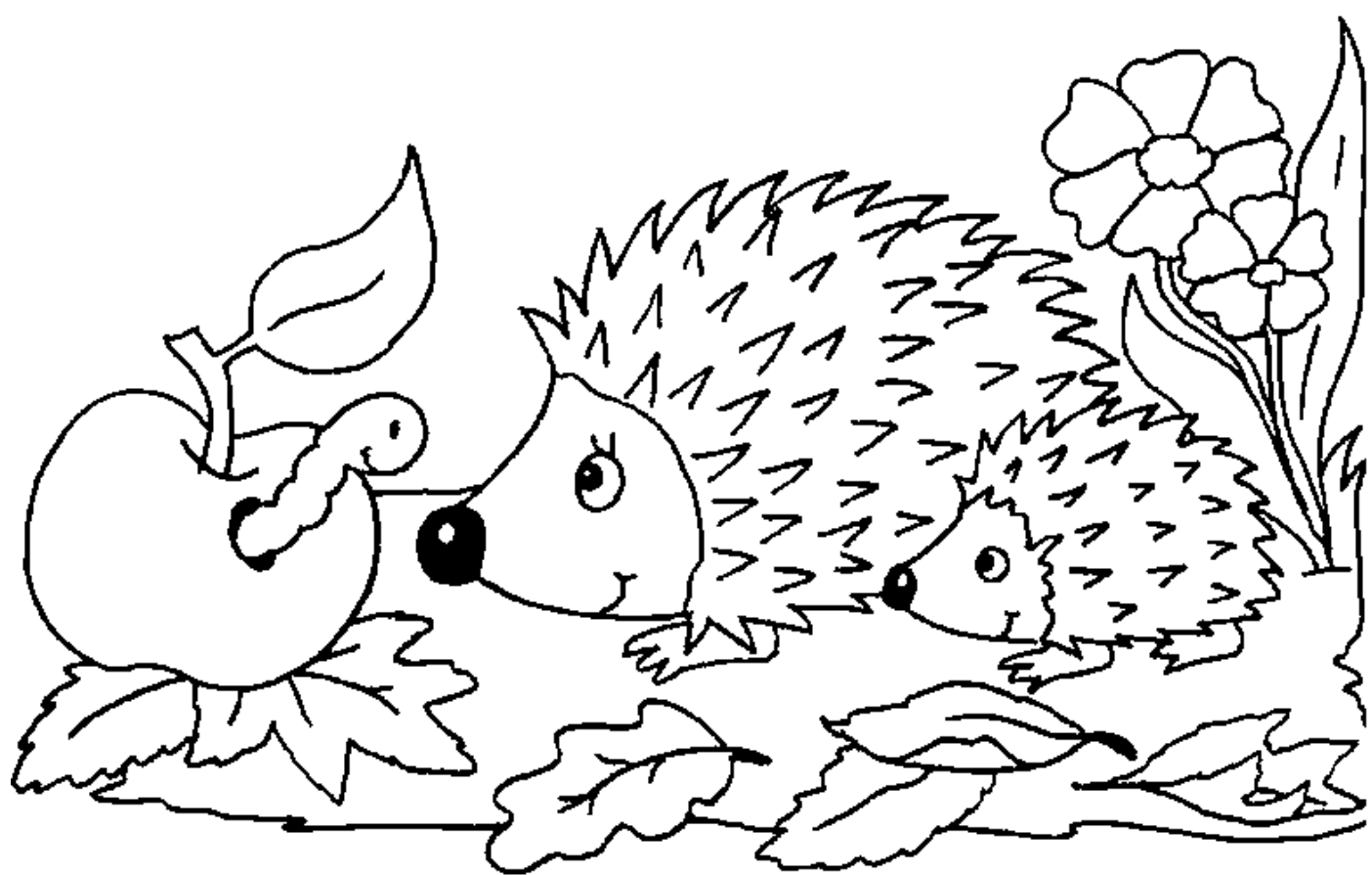
Oral Health Pack



Easter 2024 Activity Pack

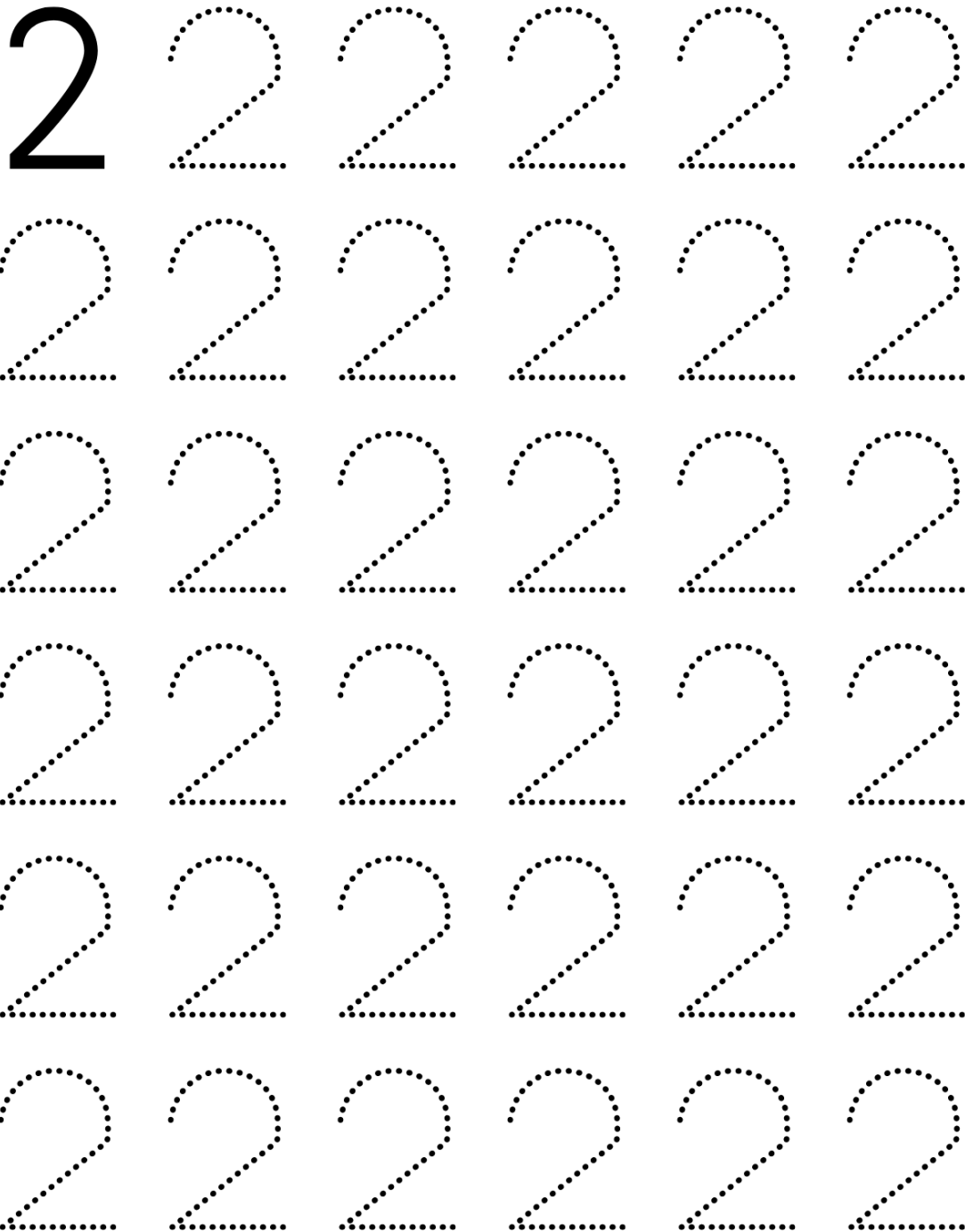
**Whittington Health NHS Trust Oral Health
Improvement Team**





Number 2 Practice Sheet

Practice by tracing along the lines with a bold colour pencil



Word Tracing Practice

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day

I brush my teeth twice a day



1. Limit the frequency of sweet treats

Grazing on Easter eggs will leave your teeth coated in sugar all day, increasing your risk of decay. It's best to limit how often you are eating your Easter eggs.

2. Enjoy your chocolates after meals

When you eat your mouth produces saliva which has proteins and minerals that protect your tooth enamel and prevent tooth decay and gum disease. Eating your chocolate after meals means your mouth is already producing saliva and will be better equipped to fight a sugar-induced acid attack.

3. Wash down your chocolates with water

Keep a glass of water near you when you're eating your chocolate eggs. A quick 'swish and swallow' will remove some of the sugar from your teeth, and the bonus is that you also improve your hydration.

4. Brush your teeth twice a day

This is a great tip to include in your daily routine, not just at Easter. Aim to clean your teeth for two minutes twice a day focussing along the gumline and in between your teeth. If you have little ones, supervise their teeth brushing and make sure their teeth are clean before bed.

5. Enjoy your Easter treats on Easter Sunday

Avoid collecting a big stash of chocolate that can be eaten for weeks after Easter. Try purchasing only enough chocolate eggs to be eaten on Easter Sunday.

6. Replace your toothbrush every 3 months



Letter T Practice Sheet

Practice by tracing along the lines with a bold colour pencil

T T T T T T

T T T T T T

t t t t t t

t t t t t t



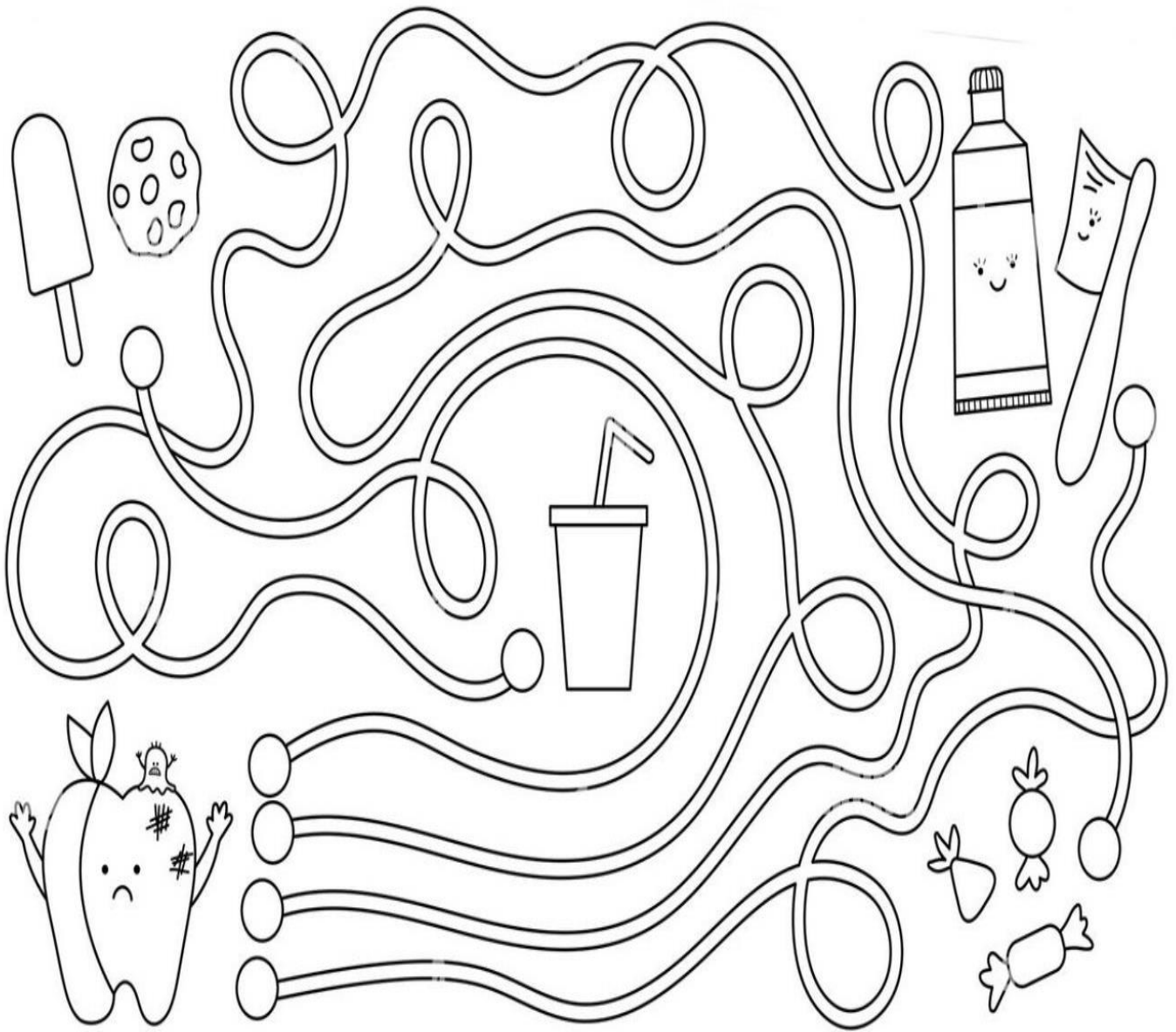
Can you find the words?

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

Decay Oral Fluoride Minutes
 Tooth Eggs Dentist Two
 Brush Plaque Gums Cavity



Help the tooth get to the
toothbrush & toothpaste





We hope you enjoy the Easter break!

Please remember it's important to look after your teeth this Easter is and to maintain good a daily oral health routine.

1. Limit the frequency of sweet treats
2. Enjoy your chocolates after meals instead of snacks
3. Wash down your chocolates with water
5. Enjoy your Easter treats on Easter Sunday only as a treat day
4. Brush your teeth twice a day especially at night-time
5. Wait at least 30mins after eating to brush the teeth.



Show your teeth you care.

Fill in the missing words from the list below to complete the sentences below.

Dentist, Sugary, Brush, Toothpaste, Drinks, Teeth

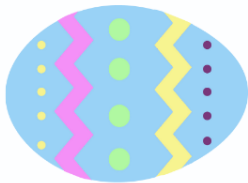
1. your..... last thing at night and at one other time during the day with a fluoride.....
2. Cut down on how much and how often you havefoods and
3. Visit theregularly, as often as they recommended.

Answers

Brush your teeth last thing at night and at one other time during the day with a fluoride toothpaste. Cut down on how much and how often you have sugary foods and drinks.

Visit the dentist regularly, as often as they recommend.

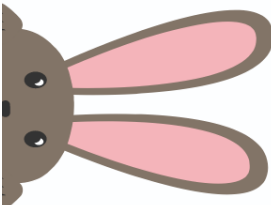
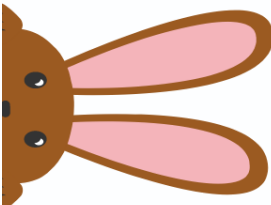
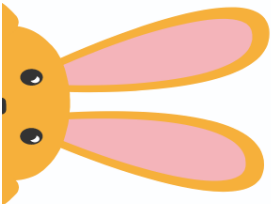




Toothbrushing Chart

Make your teeth sparkle and shine this Easter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							



*Brushing your teeth
in morning and night?
Egg-celent!*


NHS

 Whittington Health
NHS Trust

Brush your teeth twice a day using a fluoride toothpaste. Then when you have finished spit your toothpaste out, but do not rinse!

புளோரைடு பற்பசையைப்
பயன்படுத்தி ஒரு நாளைக்கு இரண்டு
முறை பல் துலக்கவும். பின்னர்
நீங்கள் உங்கள் பல்பசையை
வெளியே துப்பி முடிந்ததும் மறுபடி
அலச வேண்டாம்!

Caday ama rumeysa
ilkahaaga laba jeer maalintii
adigoo isticmaalaya
daawada cadayga ilkaha ee
Fluoride leh. Kadib markaad
dhamaysatid waa tufi kartaa
daawada ilkaha ee laakiin
ha biyo raacsiin!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ
ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ ਆਪਣੇ ਦੰਦਾਂ
ਉੱਤੇ ਬੁਰਸ਼ ਕਰੋ। ਫੇਰ ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ
ਟੂਥ ਪੇਸਟ ਨੂੰ ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ
ਕੱਢ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ!

ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟਨੂੰ ਉਪਯੋਗ ਕਰੀਏ ਦਿਵਸਮਾਂ ਕੇ
ਵਜ਼ਤ ਤਮਾਰਾ ਏਂਤ ਸਾਫ਼ ਕਰੋ। ਪੜੀ ਯਥਾਰੇ ਤਮੇ
ਸਮਾਪਤ ਕਰੋ ਯਥਾਰੇ ਤਮਾਰਾ ਏਂਤਨੀ ਪੇਸਟਨੇ ਥੁੱਕੀ ਨਾਂਯੋ,
ਪਰੰਤੂ, ਡੋਗਲਾ ਨ ਕਰੋ!

اپنے دانتوں کو دن میں دو بار فلورائڈ ٹوٹھ
پیسٹ سے برش کریں۔ جب برش مکمل
کریں تو ٹوٹھ پیسٹ کو تھوک دیں، مگر
کلی نہ کریں

Czyść zęby dwa razy dziennie używając
pasty z fluorem. Następnie, kiedy skończysz,
wypluj ale nie płucz!



Please scan the QR code to visit the Whittington Health Oral Health website and learn more:



Leaflet by the Whittington health oral health improvement team

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.



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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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