

NATIONAL SMILE MONTH

17TH May 2021—17th June 2021

HELP KEEP OUR CHILDREN'S SMILES FOR YEARS AHEAD!

F A C T S !

69.2% of children in the UK DID NOT SEE A DENTIST last year!
Around one in four, 25% of 5year old children in 2019 had dental decay.

“No child should be born into a world where they have a one-in-four chance of having decayed teeth on their fifth birthday.”

Tooth decay is now the number one reason for hospital admissions among young children.

Official data has revealed an 18% increase in the number of extractions taking place on children in hospitals since 2012, costing the NHS £205 million.

WE CAN PUT AN END TO THIS BY MAKING POSITIVE DIETARY CHANGES

Reducing how much and how often children have sugar.

Introducing healthier foods like fruits and vegetables can help them avoid tooth decay and obesity. “Brushing twice a day with a fluoride toothpaste is also essential for people of all ages. It can aid dental health by making tooth enamel stronger and more resistant to tooth decay. Visiting a dentist every six months during childhood not only prevents tooth decay but helps build up tooth enamel due to their magic enamel strengthening paste.



KIDS PAGES (Adults welcome)

Q: Why did the King go to the dentist?

A: To get his teeth crowned!

Q: What does a dentist do during an earthquake?

A: She braces herself!



Q: Has your tooth stopped hurting yet?

A: I don't know, the dentist kept it!



Dental Health Month Word Find

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

root plaque toothpaste gums enamel cavities cheese milk
brushing flossing dental floss toothbrush molars incisors
vitamin d calcium mouthguard dentist braces smile

Dental Word Search—see if you can find them all!

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

Snacking Smiling Talking Chewing Acid

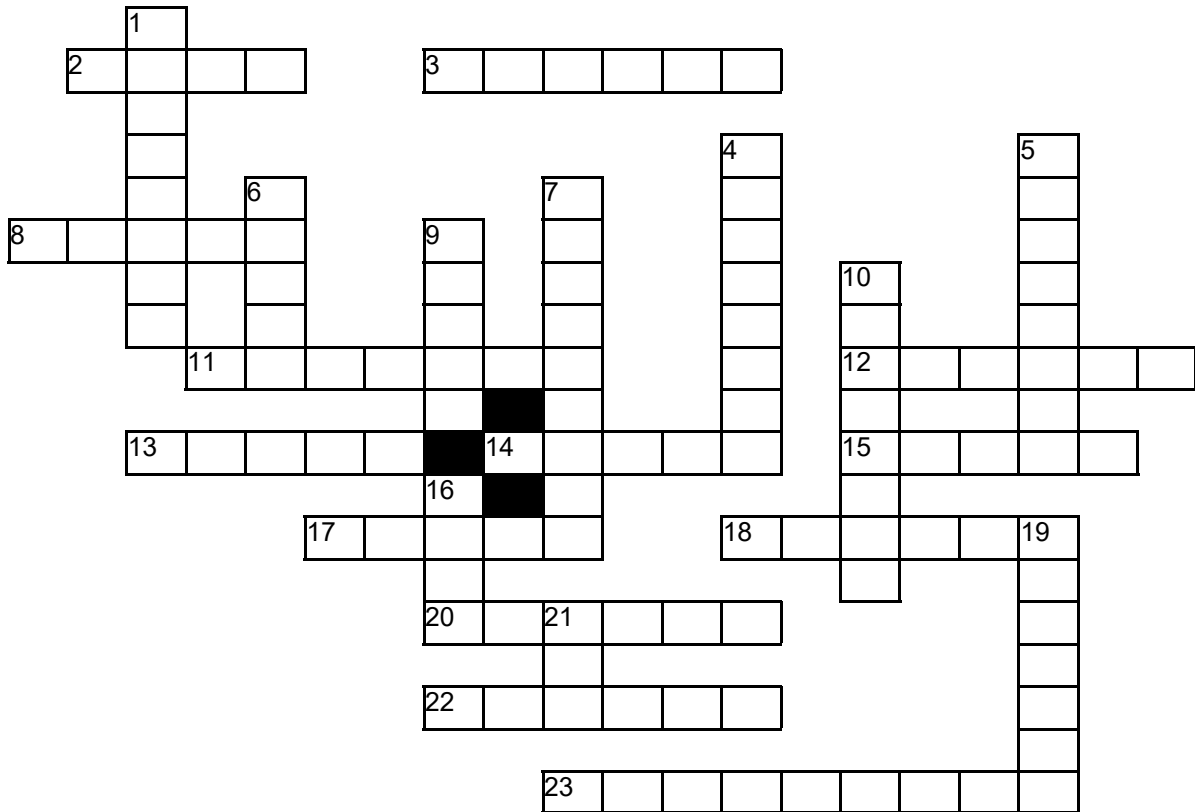
Sugar Vegetables Fruit Fluoride floss

toothpaste Toothbrush Calculus Gingivitis

Cavities Plaque Gingiva Pulp Root Dentine

Crown Enamel Premolars Molars Incisors

Dental Crossword



Across

2. the kind of teeth you lose
3. this means "cheek"
8. the type of tooth used for grinding
11. the kind of tooth for cutting food
12. another word for decay
13. this classification of cavity is found on the anterior Interproximals
14. it's what you put on your toothbrush
15. proper brushing can remove plaque _____ the gumline.
17. you should do this often, especially after sugary snacks
18. the hardest substance in your body
20. the sticky, bacteria filled film that collects on your teeth
22. the color your teeth will become if you smoke
23. the tooth numbering system most often used

Down

1. mineralized plaque
4. this mineral makes teeth healthy and strong
5. the dentist says "_____"! (2 words)
6. the part of the tooth you can see is called the _____.
7. also known as halitosis
9. long string that gets plaque out from between the teeth
10. the tooth surface where sealants are placed
16. contains the tooth's blood vessels and nerves
19. this means "tongue"
21. how many of your teeth should you brush?



TOP TIPS FOR DENTAL HEALTH

One of the most important messages that dentists can give to patients is to remember that it is not just the amount of sugar you eat or drink that causes tooth decay, but also how often you have those sugary foods and drinks.

- **Quitting fizzy drinks:** Fizzy drinks are the largest single source of sugar consumption for children aged 11-18, and they provide an average of 29% of daily sugar intake - cutting them out for a month is an easy way to reduce sugar intake and to help encourage a reduced intake for the rest of the year, by switching to healthier alternatives.
- **Sugar-free fizz is still bad for teeth:** The fizz in sugar-free drinks is still acidic, and can cause tooth erosion, so it's much better to switch to tooth-friendly alternatives like water, milk, or a small serving of fruit juice - but this is best consumed with a meal, to avoid the erosive acidity of the fruit juice.
- **Reduce sugary snacks:** the risk of developing tooth decay increases as the amount and frequency of sugar consumption rises.
- **Brush twice a day:** keeping teeth clean by regular brushing helps prevent decay. Children's brushing should be supervised until the age of seven. Ask your dentist for more advice.
- **Use a fluoride toothpaste:** all children up to three years old should use a toothpaste with a fluoride level of at least 1000ppm, both morning and night. From three to six years old, their toothpaste should contain more than 1000ppm. For children six years and older, the recommended amount is between 1350ppm-1500ppm.
- **Visit the dentist on a regular basis:** ask your dentist how often you should visit and keep your appointments, if oral health problems are spotted early, then they can often be dealt with much easier. Your dentist can answer any questions you have about the best way to look after your child's teeth.
- **Watch out for 'hidden' sugars:** pure fruit juices can be a healthy choice, but the natural sugars these contain can still damage teeth. If you are offering fruit juice, drink it with a meal and only in a small glass (up to 150ml).

DAILY RECOMMENDATIONS FOR SUGAR INTAKE

Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes).

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

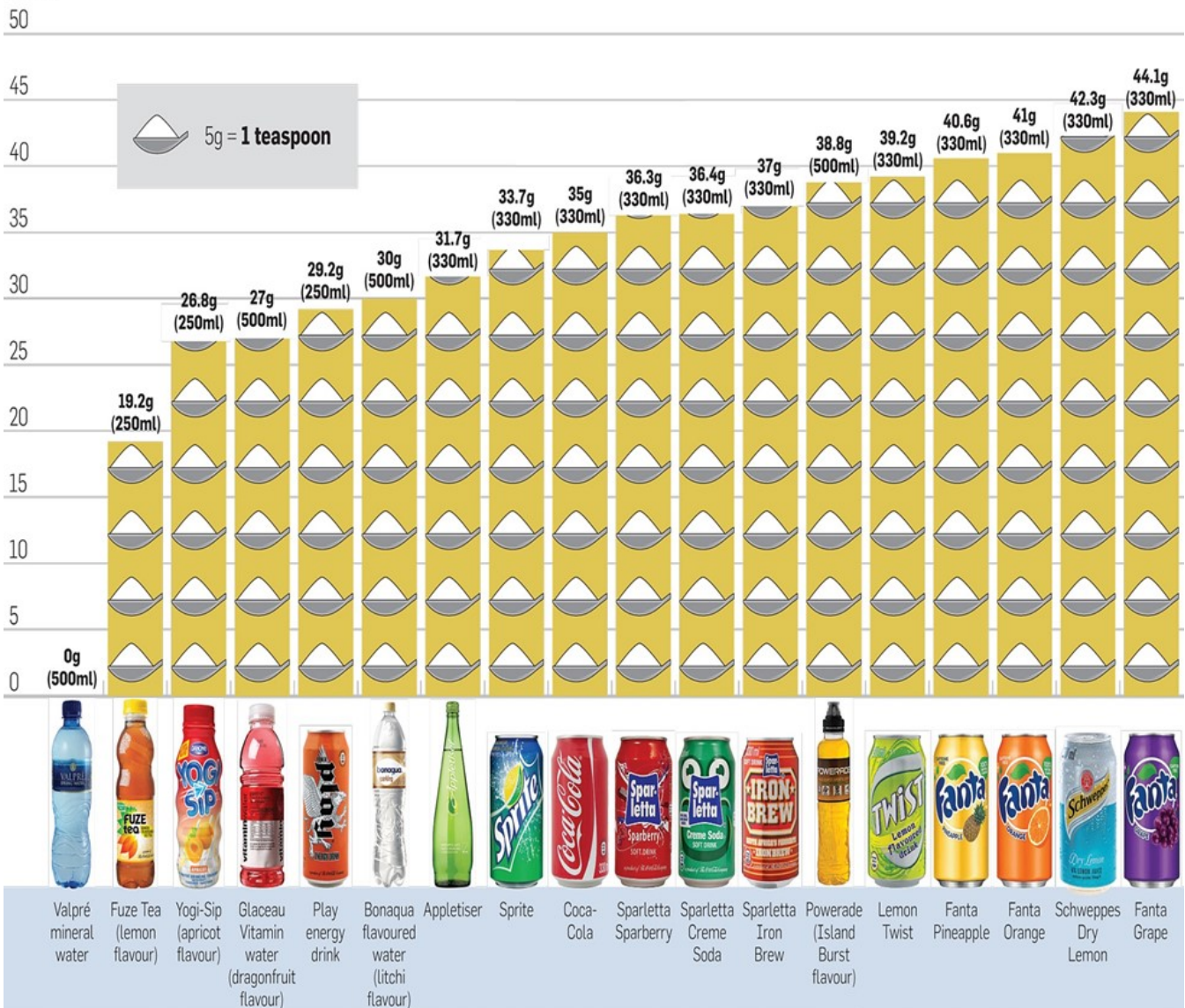
Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).

There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it.

We have looked at a few popular drinks to check how much sugar each one contains, you might be in for a shock!

We gathered a few popular drinks from our canteen's refrigerator to check how much sugar each one contains. The results were surprising. Even 'healthier' drinks, such as flavoured mineral water and drinking yogurt, contain a large amount of sugar

GRAMS



THEUNS KRUGER, Graphics24

The items below have their sugar content represented in sugar cubes



RESOURCE LIST

Dental Services and Lifestyle Information

<https://www.nhs.uk/service-search/find-a-dentist>

<https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

<https://www.nhs.uk/live-well/healthy-body/teeth-facts-and-figures/>

www.dentalhealth.org. Offers amazing information for adults and children on all aspects of dental and oral care. Worth a look by everyone if you scroll to the bottom of the home page and look at the oral health information section. Or

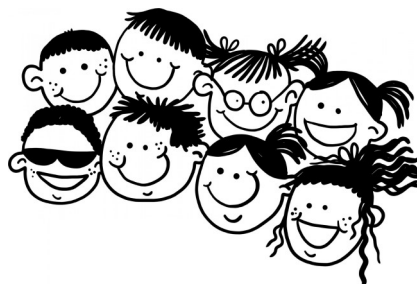
www.dentalhealth.org/Pages/Category/all-oral-health-information

<https://dentalchoices.org/>

Especially for Kids

<https://www.aquafresh.co.uk/kids.html>

<https://www.colgate.com/en-us/kids>



<https://www.dentalcare.co.uk/en-gb/patient-education/children-dental-health/teaching-kids>

<https://www.twinkl.co.uk/event/national-smile-month>

Educational resources to help children learn about their teeth and looking after them.

<https://ppdsmile.com/10-fun-dental-facts-for-kids/>

