

Toothbrushing - Primary 5, Lesson Plan 1

It is important to brush teeth every morning and before bedtime with fluoride toothpaste. This will remove a sticky covering of bacteria called plaque which forms on teeth every day and will help to keep teeth strong.

How to Brush

1. Place a pea sized amount of fluoride toothpaste on a toothbrush.
2. Place the toothbrush bristles where gums meet teeth and brush pairs of teeth for 6 seconds using small circular movements. After brushing outside and inside, clean the tops of teeth using a scrubbing movement.
3. Remember to spit out the toothpaste and NOT to rinse the mouth out with water.
4. It should take 2 minutes to clean the teeth thoroughly

Demonstrate how to toothbrush on large puppet and small soft toys. DO NOT use toothpaste on puppet/toys. Demonstrate a pea sized amount of toothpaste on a toothbrush and remind pupils to spit out toothpaste and not to rinse. Show how long 2 minutes is with sand timer.

Activity

Make bright, colourful posters to remind people to brush, or acrostic poems e.g. SMILE, BRUSH, TOOTHPASTE, FLUORIDE.

Resources

Five small soft toy puppets and toothbrushes. Large puppet and large toothbrush will be available on day of event. Two minute sand timer. Child's toothbrush and toothpaste.

Supportive Materials:

Teeth TLC Posters & Postcards: **‘Love Your Toothbrush’, ‘Don’t Let Bad Breath Ruin Your Chances’ and ‘Spit Don’t Rinse.’**

Activity

Make a montage of ‘healthy smiles’ from magazine cuttings or personal photos. Drawings of teeth, happy smiles e.t.c

Resources

Large tooth model and toothbrush. Child toothbrush and fluoride toothpaste. 3 x A5 posters of healthy / unhealthy mouths.

Supportive Materials:

Teeth TLC Posters & Postcards: **‘7 Steps to a Great Smile,’ ‘Keep Your Smile Healthy With Healthier Snacks’, ‘Stamp Out Fizzy Drinks For A Great Smile’, ‘Love Your Toothbrush’, ‘Don’t Let Bad Breath Ruin Your Chances’ and ‘Spit Don’t Rinse.’**

Useful Websites

www.meandmymouth.co.uk (login = smile)

www.child-smile.org

www.dentalwisdom.com

www.colgate.co.uk

www.healthyteeth.org

www.dentalhealth.org

www.eatwell.gov.uk