

Oral Health improvement materials



Sugar cup

Shows how much sugar is contained in a range of different drinks e.g. coco-cola, innocent smoothie, monster energy and ribena blackcurrant.

Sugar wheel

Includes data which relates to the amount of sugar that can be found in a range of different cereals, tinned vegetables, confectionary, soft drinks, spreads, cakes, biscuits and desserts etc.



Child pack 1-

Includes a 2-minute timer, child's toothpaste, toothbrush and 2 disclosing tablets which are used to make dental plaque visible. This pack also includes a teeth cleaning chart to ensure the child is cleaning their teeth both day and night.

Child pack 2-

Includes a child's toothbrush and toothpaste as well as a 2-minute timer for effective cleaning.



Child pack 3-

Includes a 2-minute timer and child's toothbrush as well as a 4-week chart to ensure that they are cleaning their teeth morning and night.

Adult pack 1-

This adult cleaning pack includes a 2-minute timer, toothbrush and toothpaste. It also includes a leaflet which provides information on caring for their teeth and gums



Mouth model-

A model of the mouth and teeth that can be used to demonstrate how we should brush our teeth correctly to improve upon our oral health



Books-

1. What to eat and drink.
2. How to clean your teeth
3. Oh no! not the sweets!

A range of books to help advise children on what they should and shouldn't eat and how to clean their teeth in order to improve their oral health.



Leaflets-

Includes information and advise in order to promote oral health. Also, to promote checking for changes within the mouth area to raise awareness of mouth cancer.



Food & snacks diary-

The food and snacks diary is a 2 week process. Week 1 can be used to write down what you have ate throughout the day and then for week 2 you should try and replace any sugary foods with teeth friendly foods.