



City of Westminster

City of Westminster

# The Tale of Triumph over Terrible Teeth

An oral health resource for children aged 4 to 7 and their parents



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## Contents

	Page
Background and context	2
Overview of the story and quiz	3
Example Lesson plan	4
Quiz questions and answers	6
Guidelines for maintaining healthy teeth for children	7
Sources of further support and resources	8

## Background and context

The animated story *The Tale of Triumph over Terrible Teeth* has been produced by the City of Westminster Council in order to improve the oral health of children in the borough. It brings together messages about looking after teeth through good tooth care and healthy eating in a fun story suitable for 4 to 7 year olds. It's designed for children to share with their parents/carers and so pass on good oral health practice into the home.

The level of tooth decay among children is of increasing local concern. Rates of children with at least one decayed, missing or filled tooth in the borough are above the London and national average.

Poor oral health is caused by frequent consumption of sugary food and drink, lack of exposure to fluoride, poor oral hygiene and not visiting the dentist. The effects on the overall health and wellbeing are extensive. Pain, infection and tooth loss can affect sleep, concentration, education, nutrition, growth and speech development. Self-esteem can also be affected by bad breath and the unsightly appearance of decay. In adults, links have been found between poor oral health and an increased risk of heart disease, stroke, mouth cancer, diabetes and lung conditions.

Fortunately, tooth decay and associated issues are highly preventable. Ensuring children know how to care for their teeth from a young age means they are more likely to maintain healthy teeth throughout childhood and into adulthood.

## Overview of the Story and the Quiz

### The Story

Ravi is a little boy who loves football and sweets. He does not look after his teeth. Ravi visits the dentist who sees that his teeth are in a very poor state of decay. The Tooth Fairy is upset because she builds her castle with the children's first teeth and all she sees are rotten teeth. The Tooth Fairy has tried to warn Ravi about the harm he is doing to his teeth but he does not pay her any attention much to her frustration. Ravi is sad after visiting the dentist but the Tooth Fairy tells him not to worry, she shows him that it's easy to look after his teeth. The story concludes with Ravi playing and no longer worried about his teeth and the fairy gets to build her castle.

The story, quiz and resources can be accessed from: [www.westminster.gov.uk/triumph-over-terrible-teeth](http://www.westminster.gov.uk/triumph-over-terrible-teeth)

### Characters in the story

- Ravi
- The Tooth Fairy
- The Friendly Dentist
- Ravi's Mum
- Ravi's Dad
- Ravi's little brother

### The Quiz

The cartoon is linked to a short quiz which reinforces the main learning points. The quiz is designed for children to complete online with their parents/carers or they can complete the quiz sheet. This resource is designed so that parents and children learn together about the key oral health messages. On completion of the quiz, the school can reward the child with a certificate and a sticker.

# Example Lesson Plan

## Objectives

For children and parents/carers:

- To know that some foods and drinks are more harmful to our teeth than others
- To know that we need to brush our teeth twice a day with fluoride toothpaste for 2 minutes each time.
- To know how often children need to visit the dentist

## Equipment

- Access to YouTube
- Quiz sheets
- Certificates
- Stickers – order from the Oral Health Promotion team see page 8
- Tale of Triumph over Terrible Teeth pencils – order from the Oral Health promotion team see page 8

## The Activity

1. Show the story to your class.
2. Divide the class into groups. Give each group a couple of the quiz questions. Show the story again and ask each group for the answers.
3. Give each child a copy of the quiz which includes the YouTube link to take home and ask them for their homework to watch the story again with their parents/carers and fill in the quiz together.
4. When children return the quiz they are given a sticker and certificate.

## Activity Extension

- Ask the class to write a letter to either Ravi or the Tooth Fairy about how they are going to look after their teeth. Template letters can be found in this pack. If the children are not yet able to write a letter, then ask them to draw a picture. As a reward for writing the letter the child can be given a Tale of Triumph over Terrible Teeth pencil.
- Run an activity to show how long 2 minutes is. Use a sand timer (or a stop clock) and get the class to do star jumps for 2 minutes to establish that 2 minutes is a long time.

Other activities could be completed from the *Healthy Teeth, Happy Smiles, Activities and ideas for delivering oral health messages to children aged 0-5*.

- Complete Food for Teeth Arts and Crafts page 8 of the oral health resource pack to increase understanding that some foods are more harmful to teeth than others and to identify which foods are bad for teeth and which foods are better.
- Complete the happy smile drawing/game on page 21 of the oral health resource pack in order to increase understanding that we should brush our teeth for 2 minutes.

- Use the Oral Health Resource Pack to complete the Brush, Brush, Brush Arts and Crafts activity on page 23 of the oral health resource pack to show that all surfaces of teeth need to be brushed.

## Curriculum Links for oral health

### Early Years Foundation Stage

<b>Personal, Social and Emotional Development</b>	<b>Communication and Language</b>	<b>Physical Development</b>
Motivation, Engagement Gains confidence and independence Maintaining focus on task Joining in with peers	Organising and sequencing a task Listening and attention skills Speech and sounds	Encourages health and self-care Encourages handling and dexterity skills Hand/eye coordination

### Key Stage 1 – Year 1

The guidance below is an extract from the *Healthy Schools Partnership - Tri-borough PSHE and Wellbeing Framework for Primary Schools* which can be found here:

<https://www.westminster.gov.uk/resources-schools>

National Curriculum Target links:

- Keeping Well and Clean
- Healthy and Safe

Children will learn:

- How some diseases are spread and can be controlled
- About the responsibilities they have for their own health and that of others

Children should:

- Know how to keep themselves clean and how to brush their teeth effectively

## Quiz Questions

The animation is designed so it can be watched together by the child and parents/carers at home and for them to complete the quiz together. The story can be viewed on any device that has an internet link.

Children can complete the quiz online with their parents after viewing the story or by completing the quiz sheet which can be printed off by the school.

Copies of the question sheet can be downloaded from <a href="http://www.westminster.gov.uk/triumph-over-terrible-teeth">www.westminster.gov.uk/triumph-over-terrible-teeth</a> Questions	Answers
1. How many times a day should Ravi brush his teeth?	<ul style="list-style-type: none"> <li>● <del>0</del></li> <li>● <del>1 last thing at night</del></li> <li>✓ <b>2 last thing at night and in the morning</b></li> <li>● <del>3</del></li> </ul>
2. How long should Ravi brush his teeth for?	<ul style="list-style-type: none"> <li>● <del>30 seconds</del></li> <li>● <del>1 minute</del></li> <li>✓ <b>2 minutes</b></li> <li>● <del>4 minutes</del></li> </ul>
3. What kind of toothpaste should he use?	<ul style="list-style-type: none"> <li>● <del>Mint flavour</del></li> <li>● <del>Stripy</del></li> <li>● <del>Fruit flavour</del></li> <li>✓ <b>Fluoride</b></li> </ul>
4. Should Ravi rinse with water after brushing his teeth?	<ul style="list-style-type: none"> <li>● <del>Yes</del></li> <li>✓ <b>No – he will lose the fluoride protection on his teeth</b></li> </ul>
5. Do you think that Ravi’s mum always needs to check that he is brushing his teeth properly?	<ul style="list-style-type: none"> <li>✓ <b>Yes – until he is at least 7</b></li> <li>● <del>No – if Ravi says that he has brushed them</del></li> </ul>
6. What drinks should Ravi have during the day?	<ul style="list-style-type: none"> <li>● <del>Fruit juice</del></li> <li>✓ <b>Water</b></li> <li>● <del>Lemonade</del></li> <li>✓ <b>Milk</b></li> </ul>
7. What snacks should Ravi have?	<ul style="list-style-type: none"> <li>● <del>Strawberry laces</del></li> <li>✓ <b>Fresh fruit</b></li> <li>● <del>Raisins</del></li> <li>✓ <b>Carrot sticks and hummus</b></li> <li>✓ <b>Sugarfree peanut butter and toast</b></li> <li>✓ <b>Plain yoghurt topped with fruit chunks</b></li> </ul>
8. If he drinks fruit juice when should he have it?	<ul style="list-style-type: none"> <li>✓ <b>Mealtimes - and only a small glass</b></li> <li>● <del>Playtimes</del></li> <li>● <del>Watching TV</del></li> </ul>
9. When should Ravi’s litter brother start going to the dentist?	<ul style="list-style-type: none"> <li>✓ <b>By the time he is 1</b></li> <li>● <del>By the time he is 2</del></li> <li>● <del>By the time he is 3</del></li> </ul>
10. Is going to the dentist free for Ravi and his brother?	<ul style="list-style-type: none"> <li>✓ <b>Yes – Free at NHS dentists</b></li> <li>● <del>No</del></li> </ul>

## Guidelines for maintaining healthy teeth for children

Good oral health can be maintained by following three key messages which are summarised below:

### 1. Brush twice a day, using a fluoride toothpaste

- As soon as teeth appear in the mouth they should be brushed last thing at night and at one other time during the morning.
- Only use a smear of toothpaste with not less than 1000 parts per million (ppm) of fluoride for children aged 0-3 (fluoride helps to strengthen teeth).
- Use a pea sized amount of toothpaste containing 1350-1500 ppm for children aged 3 and above.
- Tooth brushing should be supervised or done by a parent/carer until a child is at least 7 years old.
- Make sure all tooth surfaces and gums are brushed – it may help to work your way from one side to the other top to bottom.
- Brush for 2 minutes.
- Spit out after brushing and do not rise to maintain the fluoride benefits.

### 2. Cut the frequency and amount of sugary food and drink consumed

- Breastfeeding provides the best nutrition for babies.
- Infants should be introduced to drinking from a free-flowing cup from 6 months. Bottles should be discouraged from the age of one year.
- Sugar should not be added to weaning food or drink.
- Limit sugary foods to mealtimes.
- Eat healthy snacks e.g. fresh fruit, raw vegetables, breads.
- Eating dried fruit such as raisins are high in sugar and stick to teeth for a long time so should be limited to meal times only.
- Fruit juice should be served at meal times only and should be diluted, one part fruit juice to 10 parts water.
- Drink water or milk during the day.

### 3. Visit a dentist regularly

- Dental check-ups for children from an NHS dentist are free. The dentist will advise how often a child should have a check-up (it should be not less than once a year) and give advice on prevention.
- Children from the age of 3 should be offered a fluoride varnish twice a year to help strengthen teeth and prevent decay.

## Sources of further support and resources

### Oral Health Promotion Team

Katrina Matthews, Oral Health Promotion Team

Tel: 020 7534 6636.

Email: [katrina.matthews@nhs.net](mailto:katrina.matthews@nhs.net)

### Healthy Early Years Partnership

Anna Brennan Craddock, Healthy Early Years Coordinator

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email [anna.brennan-craddock@healtheducationpartnership.com](mailto:anna.brennan-craddock@healtheducationpartnership.com)

<https://www.westminster.gov.uk/healthy-early-years-partnership>



**Healthy Early Years Partnership**

Hammersmith & Fulham, Kensington & Chelsea,  
and Westminster

### Healthy Schools Partnership

David Millard Healthy Schools Coordinator

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### Resources

*Healthy Teeth, Happy Smiles Resource Pack – Activities and ideas for delivering oral health messages to children aged 0-5*

[https://www.westminster.gov.uk/sites/www.westminster.gov.uk/files/wcc\\_final\\_healthy\\_teeth\\_happy\\_smiles0-5-wcc\\_rev8.pdf](https://www.westminster.gov.uk/sites/www.westminster.gov.uk/files/wcc_final_healthy_teeth_happy_smiles0-5-wcc_rev8.pdf)

The following local resources can be obtained free of charge from the oral health promotion team:

- Tooth brushing charts
- Healthy Teeth, Healthy Smiles Leaflet – Tips for looking after children's teeth
- Finding a dentist poster (map of local NHS dentists)
- Finding a dentist leaflets (includes a map of local NHS dentists)
- Tale of Triumph over Terrible Teeth stickers
- Tale of Triumph over Terrible Teeth pencils