

DENTAL HYGIENE

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Aim of this health stand

- Educate children of a primary school age about the importance of good dental hygiene
- To explain why it is important to clean teeth
- To explore the education and medical models of health promotion
- To look at what will happen if people don't clean their teeth



Medical Model and Education Model of Health

If this was a health stand the two models used would be:

- Education model why is it important it is important to clean teeth.
- Medical model what will happen if people don't look after their teeth.



What is dental hygiene?

Dental hygiene means keeping someone's mouth free of the bacteria which could lead to illnesses like gum disease, by keeping the mouth clean (Weymouth Street Paediatric Dentistry, 2023). This can be done by:

- Brushing teeth
 - Mouth care like using mouth wash
 - Looking after your teeth flossing after a meal
 - Avoiding sugary drinks and snacks
- (National Health Service, 2023).



What is included in the health stand

If this was a health stand for primary school children some of the things the stand would include are:

- Posters
- Fact sheets
- Help for parents
- Videos



Video



<https://youtu.be/aOebfGGcjVw>
(SciShow Kids, 2016)



Cleaning your teeth song



https://youtu.be/wCio_xVlgQ0
(Super Simple Songs, 2018).



Activities involved in dental hygiene

If this health fair was to be delivered these are some examples of activities that could be involved:

Word search

Quiz

Colouring in



Reference Page

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- Oral B (2023) Good Oral hygiene for children. Available at: <https://www.oralb.co.uk/en-gb/oral-health/life-stages/kids/good-oral-hygiene-for-children> (Accessed on 17th March 2023).
- SciShow Kids (2016) Why do We Brush Our Teeth?/Health for Kids/SciShow Kids. Available at: <https://www.youtube.com/watch?v=aOebfGGcjVw&t=5s> (Downloaded on 17th March 2023).
- Super Simple Songs (2018) Brush Your Teeth/ Kids Songs/ Super Simple Songs. Available at: https://www.youtube.com/watch?v=wCio_xVlgQ0 (Downloaded on 17th March 2023). #
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- Weymouth Street Paediatric Dentistry (2023) Oral Hygiene for Kids: a guide. Available at: <https://wpddentistry.co.uk/paediatric-dental-information/oral-hygiene-instructions-for-children/#:~:text=Children's%20Oral%20Hygiene%20Instructions&text=Brushing%20n%20a%20timely%20manner,feedings%20with%20a%20wet%20washcloth.> (Accessed on 17th March 2023).

