

# Oral health Promotion

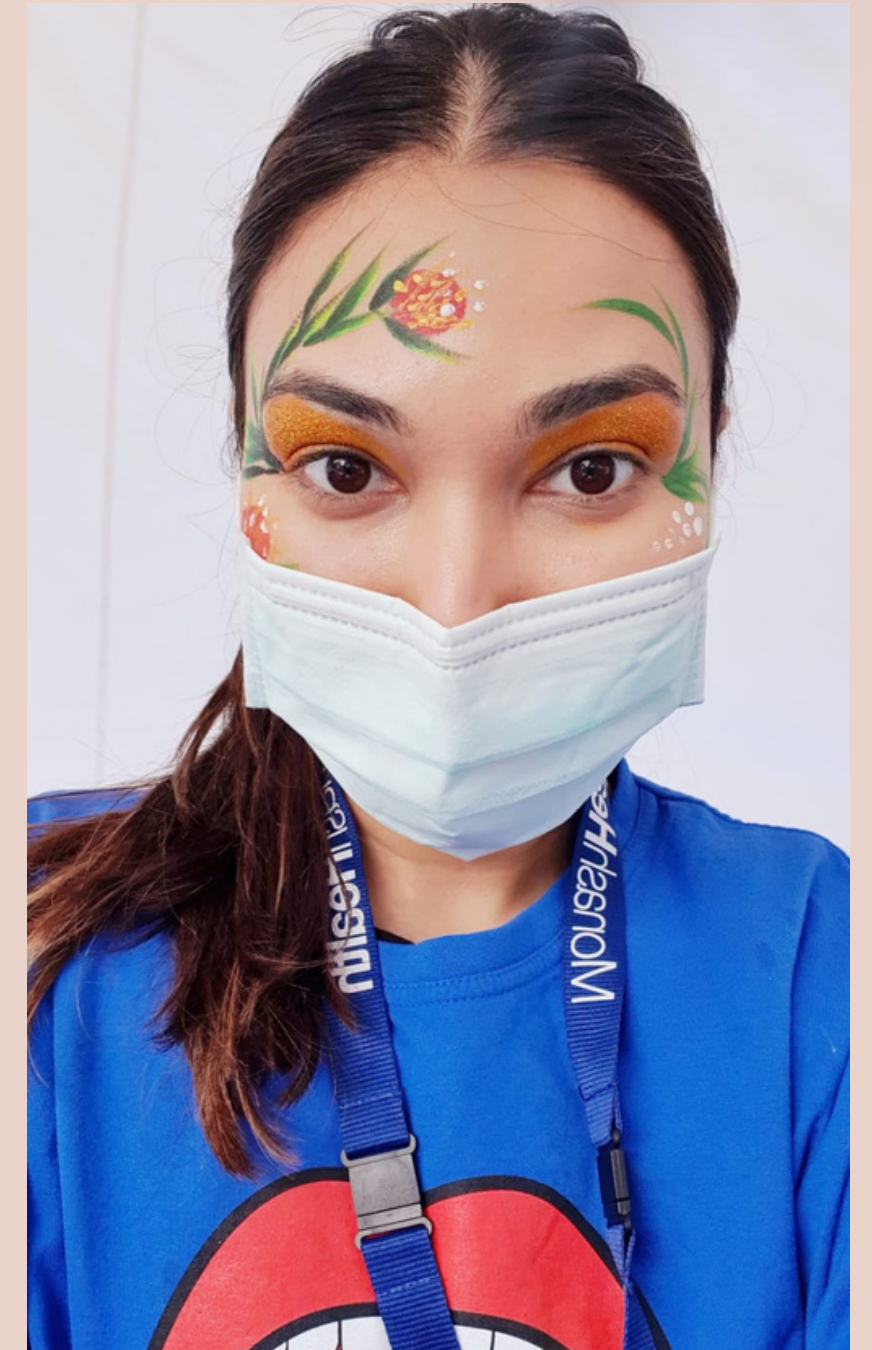
Primary school students

By Krishna Brahmhatt



# Hi My name is Krishna

- OHT for semper dental school dental program
- Oral health champion for semper dental



Which of these 2 tooth look happy?

1



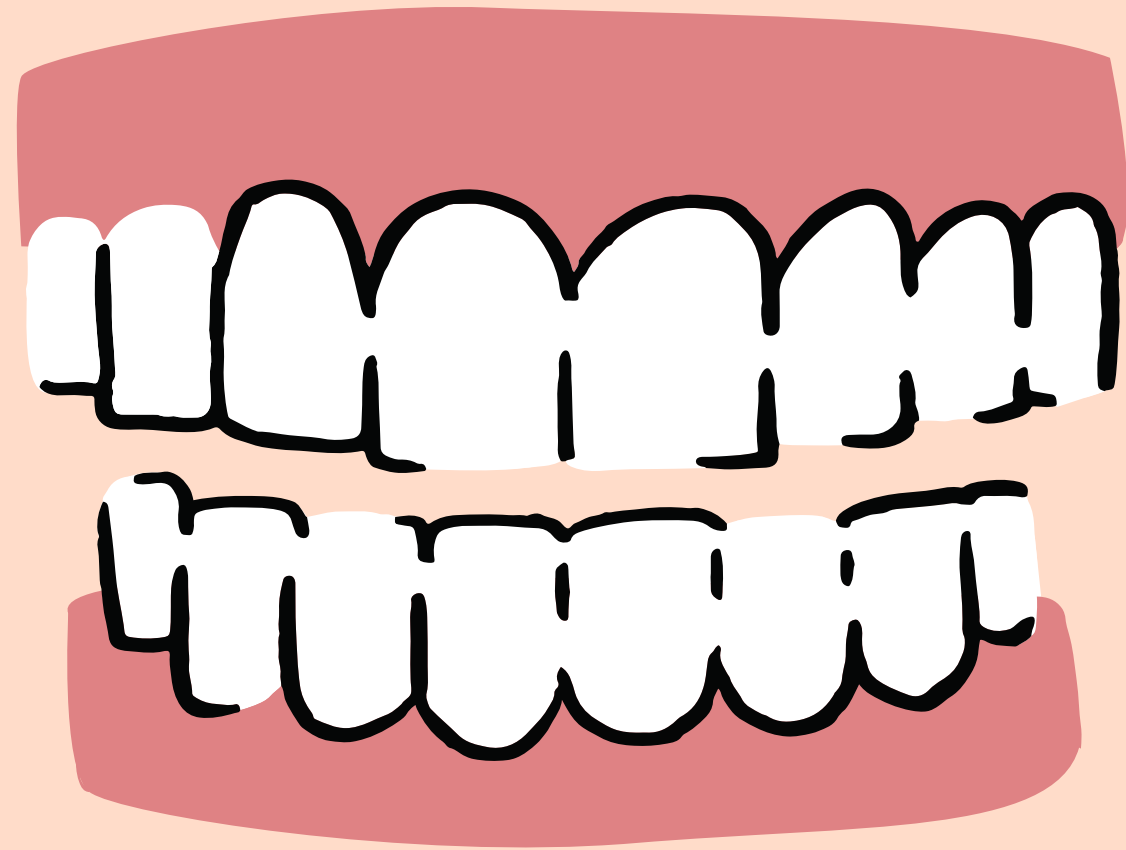
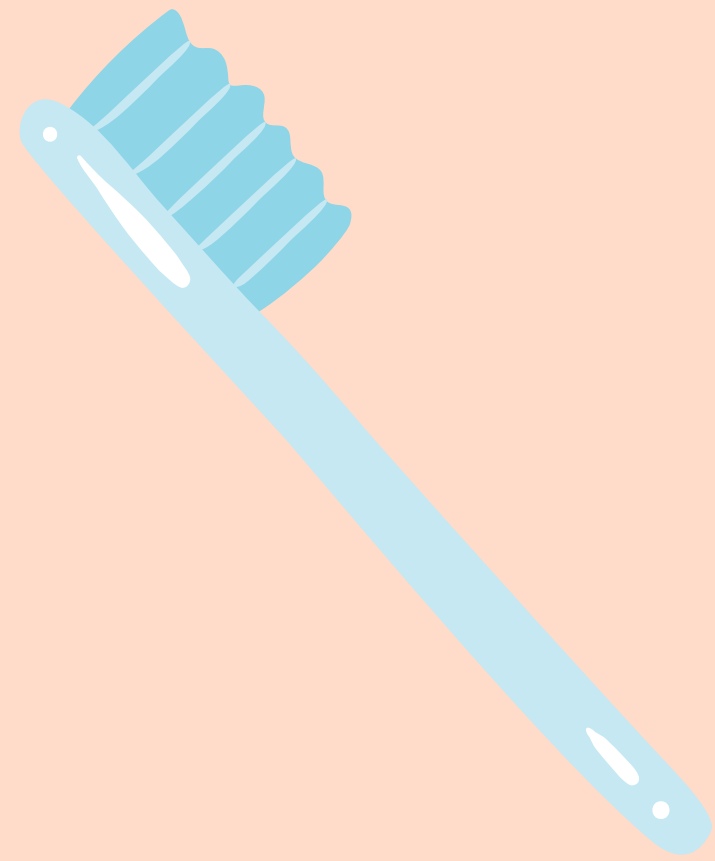
2



Why should we brush our teeth everyday?



How long should we brush our teeth  
for?



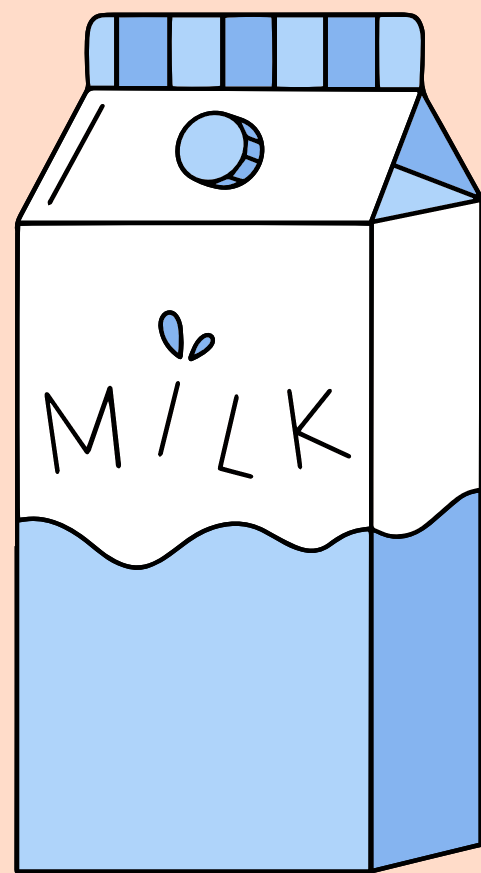
2 minutes

What motion should we use to  
brush our teeth?



ROUND and ROUND and ROUND in CIRCLES

# Good food vs Bad food

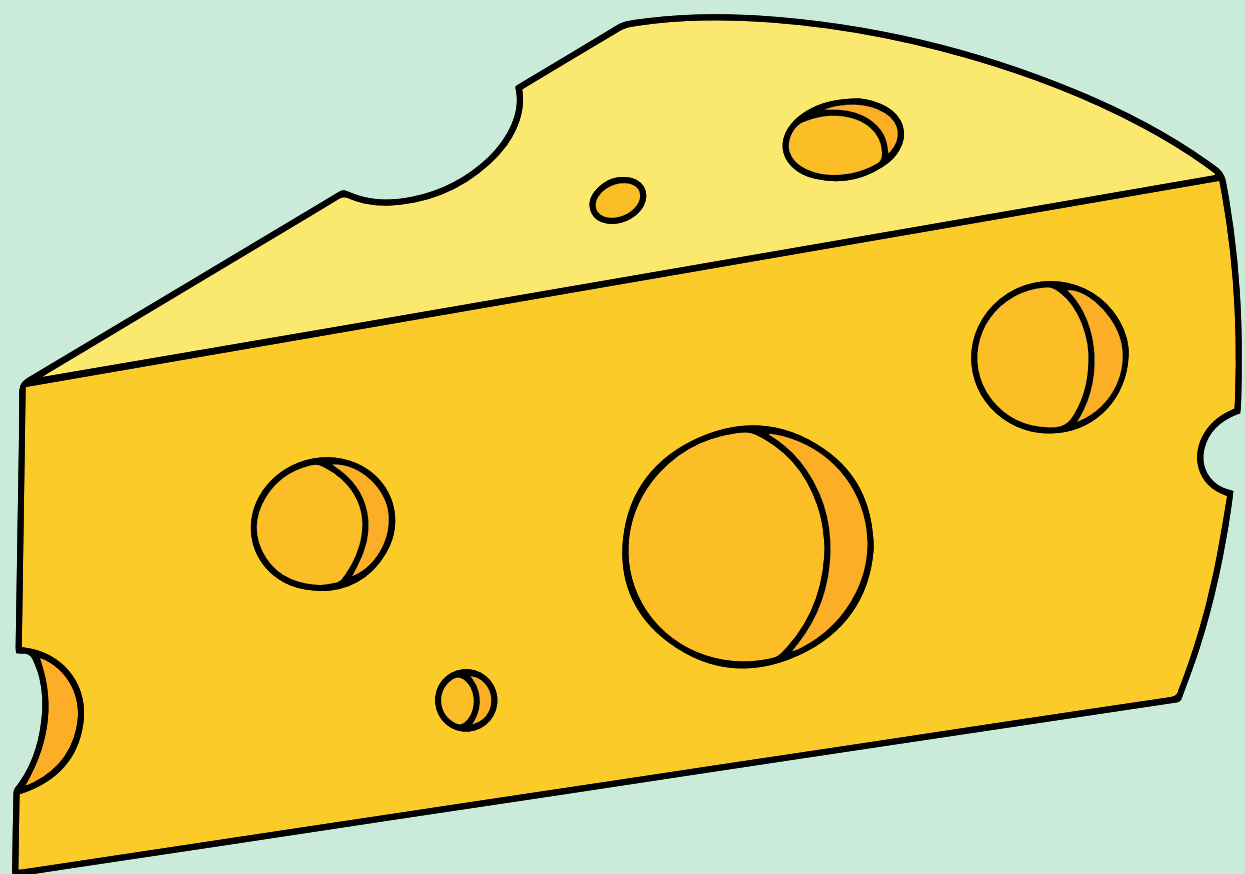


1



2

# Good food vs Bad food



1

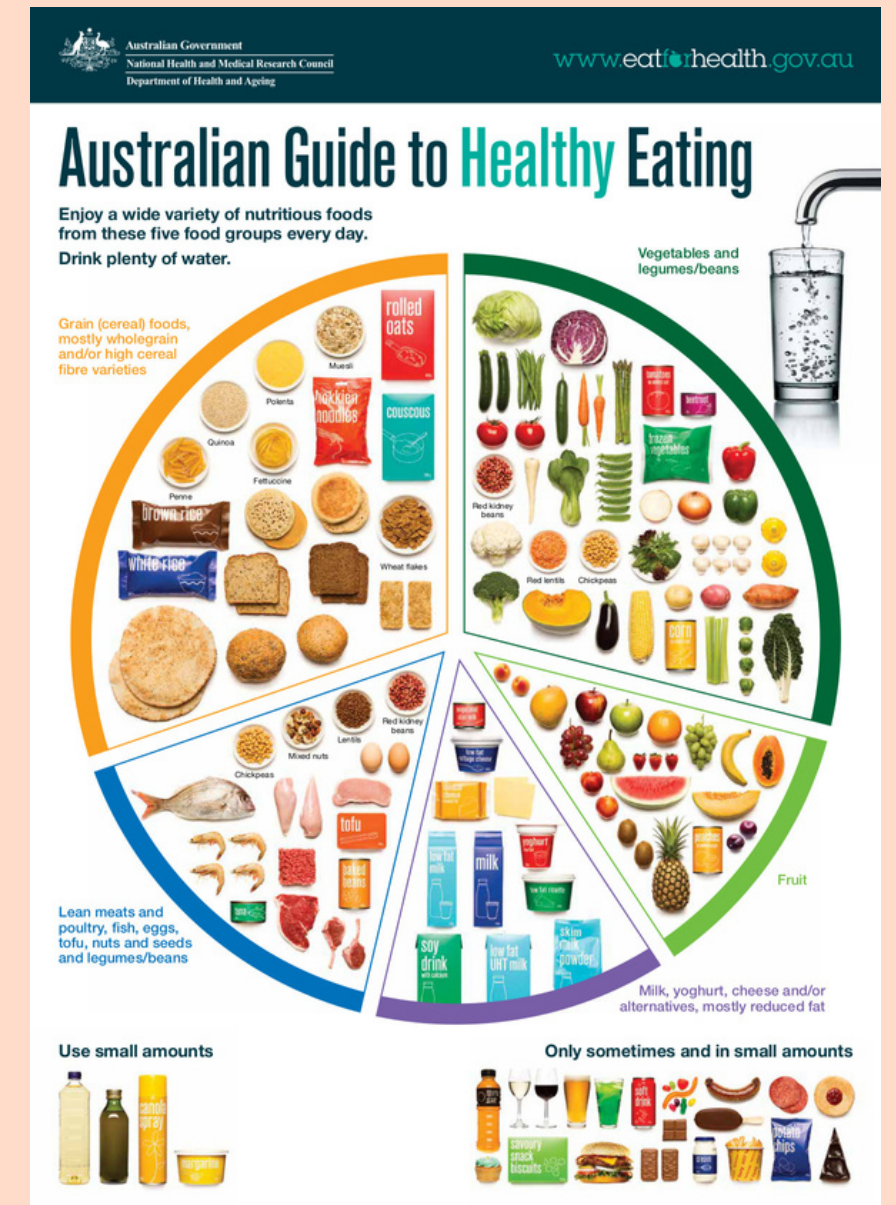


2

# Good food vs Bad food



Choose to eat natural food  
with natural sugars  
instead of processed food.



we should avoid food with excess sugar

# DRINK WELL

Healthy drinks are important for healthy teeth.

- Encourage your child to drink plenty of tap water.
- Plain milk is better than flavoured milk.
- Eat fresh fruit instead of drinking fruit juice.



Everyday drinks:

- Water
- Plain milk
- Soy milk with calcium



**Fluoride**

- Helps protect teeth against decay.
- Is added to drinking water in some areas.

# EAT WELL

Children need to eat a variety of healthy meals and snacks.

Limit packaged snacks such as biscuits and bars.

Instead base snacks and meals on the everyday foods below.

Everyday foods include:

- Fruit- fresh or frozen
- Vegetables- raw, steamed and roasted
- Grains, breads and cereals-whole grain and high fibre
- Cheese and yoghurt
- Lean meat, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds.



# CLEAN WELL

## How to brush

- Use a soft bristled toothbrush with a small head and a fluoride toothpaste.
- Take one to two minutes to brush well.



### 1 Top insides

Jiggle along every tooth making sure you clean down to the gums.



### 2 Bottom insides

Jiggle along every tooth making sure you clean down to the gums.



### 3 Chewing surfaces

Brush along the top and bottom back teeth.



### 4 Outsides

Brush using a circular or up and down motion. Start on one side and go all the way to the other side.

Clean your teeth like this twice every day.

Parents should assist with toothbrushing until





## Baby teeth are very important.

They help children to eat, speak and smile.

- Good oral health habits should start from an early age help to prevent problems as an adult.
- Everyone should brush their teeth twice a day; after breakfast and before bed.
- Help your child to brush their teeth until they are around eight; most children are not able to use a toothbrush properly before they are eight.
- Even when children are able to brush themselves, they may need an adult to check they have brushed thoroughly.



Children should have



## Limit sometimes foods:

- Muesli bars, fruit bars and snack bars made from breakfast cereals.
- Sweet biscuits, cakes, slices and donuts.
- Chocolates, lollies and lollypops.
- High sugar spreads - honey, chocolate, hazelnut and jam
- Ice cream, dairy desserts and squeeze yoghurts.
- Dried fruits including fruit straps can leave a sticky coating which can harm teeth.



**Sweet foods can cause tooth decay. Food and drinks high in sugar (particularly added sugar) should be limited, especially between meals.**



## Limit sometimes drinks:

- All fruit juices and fruit drinks
- Soft drinks (including diet varieties)
- Cordials
- Sports drinks
- Fizzy (carbonated) drinks
- Flavoured water and flavoured iced teas
- Flavoured milk and yoghurt drinks

**These drinks are high in sugar. Sugar is linked to tooth decay.**



What should you use to brush your teeth?



Age appropriate tooth paste, soft tooth brush and dental floss

# What is fluoride?



Water



Tap water



Toothpaste



Fluoride Varnish

# How often should you visit a dental clinician?



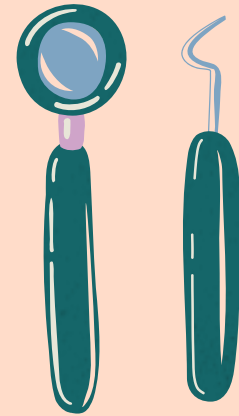
2 times a year

Every 6 months

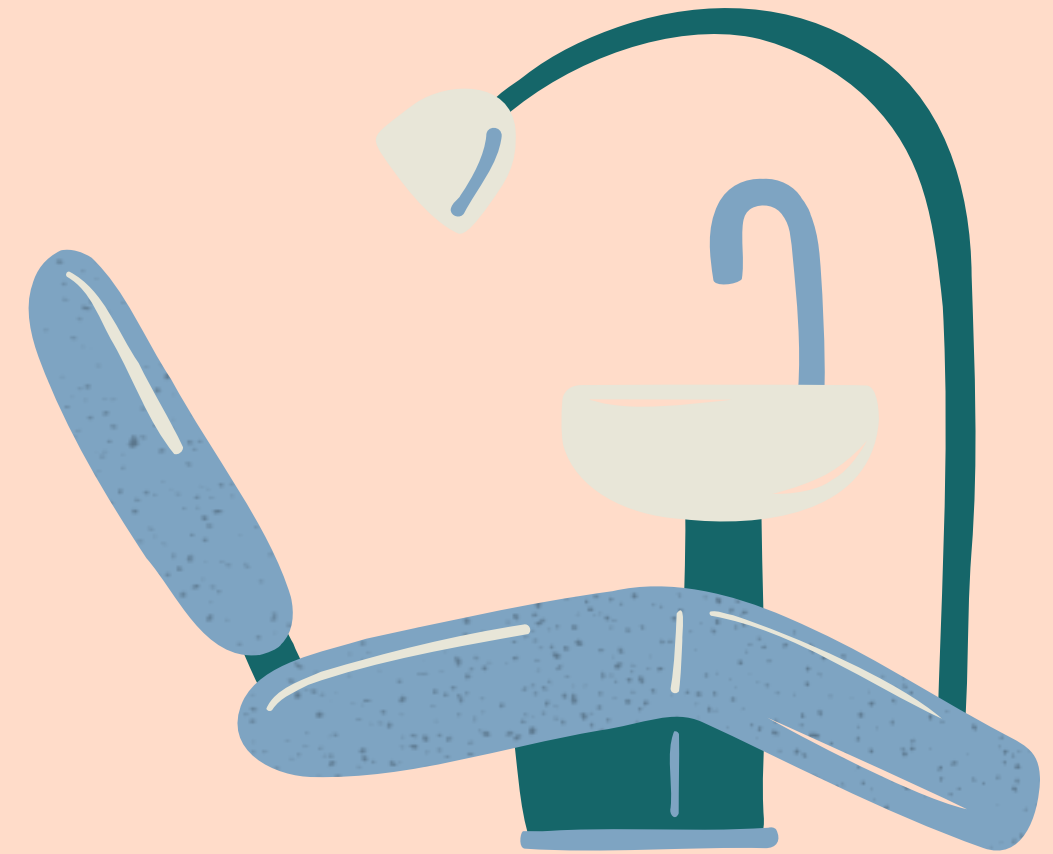




Why should you visit a  
dental clinician?



- Cleaning with a tooth brush alone twice a day is not enough
- Formation of biofilm
- Formation of calculus
- Biofilm and calculus can be removed with the help of water scalers
- Dental x-rays every 2 years to ensure there is no decay inbetween the teeth



Sing the brush song with my nephew  
Michael

Brush Brush Brush your teeth

Brush them twice a day

Round and round and round and round

We brush the bugs away



Hi, my name is Michael.  
I am 3 years old and I have 20 teeth.



*Thank you!*



*Do you have any  
questions?*