

*Healthy Teeth Healthy Smiles*  
*Oranga Niho Oranga Kata*

Early Childhood Teaching Guide

**BeeHealthy**  
Regional Dental Service



Aligned to Te Whāriki Early Childhood Curriculum New Zealand Ministry of Education 2017.

**Version 1- 2019**

Available online at [www.beehealthy.org.nz](http://www.beehealthy.org.nz).

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Bee Healthy Regional Dental Service

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Wellington

For further information or support, contact the Early Intervention and Prevention Team:

0800 TALK TEETH (825 583)

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## *Bee Healthy Regional Dental Service*

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Bee Healthy Regional Dental Service is the community-based dental service for the greater Wellington Region (Wellington, Hutt Valley, Porirua and Kapiti Coast). Formally known as the school dental service, Bee Healthy provides free (publically-funded) dental care for children from birth until Year 8.

At the beginning of Year 9, Bee Healthy Regional Dental Service will transfer the Year 8 dental care over to a dentist in the community who will continue to provide free dental care (excluding orthodontic treatment). The care will continue to be free until their 18<sup>th</sup> Birthday, even if they are not at school.

Children born in the Wellington Region are enrolled at birth with Bee Healthy. Children can be enrolled at any age, but the earlier the better to make the most of the free service, and prevent tooth decay. Enrolment can be completed online at [www.beehealthy.org.nz](http://www.beehealthy.org.nz).

Bee Healthy Mobile Vans visit primary schools throughout the Wellington Region so children can have their annual examination onsite, at school. In cases where further treatment is required, follow-up appointments are made at the nearest Bee Healthy Dental Clinic.

For further information, visit [www.beehealthy.org.nz](http://www.beehealthy.org.nz) or call 0800 TALK TEETH (0800 825 583).

## About this Teaching Guide

Through their early childhood education years, children are developing more responsibility for themselves. By incorporating oral health into the Te Whāriki Curriculum, children can be supported with their whānau to make healthier choices to protect their teeth and prevent tooth decay, and improve their overall health and wellbeing.

Healthy teeth are important for a child's health and development. They help to eat, speak and smile. They also hold space in the jaws for permanent teeth that are growing under the gums. That's why starting infants off with good oral care means that good oral health habits are learned at an early age which can help protect their teeth for their lifetime.

This teaching guide aims to:

- Increase children's knowledge about the importance of their teeth;
- Increase children's awareness of self-care to keep their teeth healthy through their lifetime;
- Reinforce key messages for oral health and general health and wellbeing;

While the Teaching Guide has been developed to align with Te Whāriki Early childhood New Zealand curriculum, oral health is not a stand-alone topic and can be incorporated into the other strands of the curriculum.

### Alignment with Te Whāriki Early childhood curriculum

Strands	Goals	Learning Objectives
	<i>Children experience an environment where</i>	<i>Over time with guidance and encouragement children will be increasingly capable of</i>
Well-being <b>Mana atua</b>	- Their Health is promoted	- Understanding how to brush their teeth - Choosing water or plain milk to drink - Choosing healthy foods to eat
Belonging <b>Mana whenua</b>	- Connecting links with the family and wider world are affirmed and extended - Feeling comfortable with the routines, customs and regular events	- Establishing and involving the whole family in an oral health routine - Gets familiar with visiting the dentist
Contribution <b>Mana tangata</b>	- Affirmed as individuals - Encouraged to learn with and alongside others	- Contributing experience of oral health confidently to others
Communication <b>Mana reo</b>	- They develop non-verbal communication skills for a range of purposes	- Using mouth models to demonstrate how to brush teeth - Look at dental books - Music and rhymes - Familiar with the Bee Healthy logos and signs
Exploration <b>Mana aotūroa</b>	- They gain confidence in and control of their bodies - They learn strategies for active exploration, thinking and reasoning	- Role playing going to the dentist - Visiting the Bee Healthy Dental Hubs - Tooth brushing coordination skills

## Key messages for 0-4 year olds

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### *Brush teeth for two minutes, twice a day with fluoride toothpaste*

- Brush teeth for two minutes, in the morning and at night before bed.
- Use a soft bristled toothbrush with a smear of adult (full strength) fluoride toothpaste.
- Replace toothbrush every 3 months, or when the bristles begin to wear.
- Children require assistance brushing their teeth until they have developed full wrist movement and flexibility, which is around 7 years old.
- Do not share toothbrushes between family members as this also shares decay-causing bacteria.



### *Spit, don't rinse after brushing*

- Fluoride is important for strengthening tooth enamel.
- Spit, don't rinse after brushing teeth so the fluoride can keep working to protect teeth
- Fluoride toothpaste should be the last thing on teeth before going to bed, so avoid eating or drinking after brushing teeth at night.



### *Drink tap water and milk*

- Drink tap water or milk. Tap water is free, sugar-free and most water supplies within the Wellington Region are fluoridated to support good oral health.
- Drink tap water when playing sport. Children do not need sports drinks or flavoured waters. These are designed to support the energy requirements of high performance athletes.



### *Eat snacks with no added sugar*

- Choose sugar free foods.
- Avoid adding sugar when preparing food.
- Limit sugary foods (such as dried fruits, cereal and muesli bars, and sweetened yoghurts). If provided, these should be eaten only at main mealtimes.
- Fresh fruits are fine for snack time. Natural sugars are not as harmful to teeth as table sugar or added sugar.



### *FREE dental care for under 18's*

- Dental care is FREE from birth until a child's 18<sup>th</sup> birthday.
- For questions or concerns about a child's oral health call 0800 TALK TEETH (0800 825 583).

# About Teeth - Animal Teeth



- Key learning objective:**
- Identify the importance of teeth
  - Identify the basic structure of teeth
  - Identify the function of different types of teeth

## Why do we have teeth?

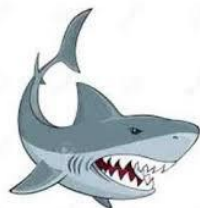
Baby teeth are for holding space for adult teeth to come through.

- Eating            Teeth are important for biting and chewing food into smaller pieces to eat.
- Talking         Teeth are important for making different sounds and words when we speak.
- Smiling         Healthy teeth = healthy smiles.

## How many teeth do we have?

Humans have 20 baby (primary/deciduous) teeth and 32 adult (secondary/permanent) teeth. Each tooth has a different shape for their different functions.

## What sort of teeth do different animals have?

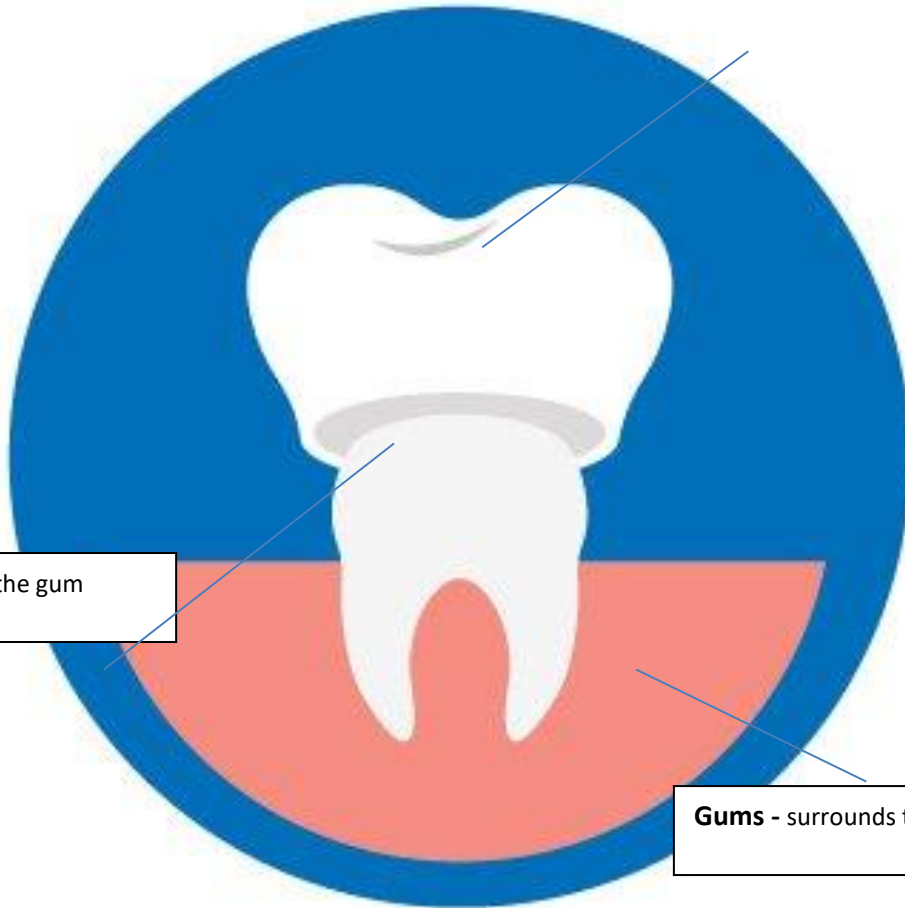


CARNIVORE	HERBIVORE	ONMIVORE
<p>Carnivores are animals that eat only meat.</p> <p>They have long, pointy canines to catch their prey.</p> <p>They have strong, large molars crush and chew through meat.</p> <p>Lions, leopards, sharks, eagles, octopus, and crocodiles are carnivores.</p>	<p>Herbivores are animals that only eat plants.</p> <p>They have sharp incisors to cut and tear plants, leaves and grass.</p> <p>They have flat molars to grind and mash plants.</p> <p>Sheep, cows, rabbits, deer, kangaroos, hippopotamuses, horses and pandas are herbivores</p>	<p>Omnivores are animals that eat meat and plants.</p> <p>They have sharp incisors to cut food.</p> <p>They have pointed canines to tear food.</p> <p>They have large, flat molars to chew food into small pieces.</p> <p>Humans, bears, pigs, squirrels, rats and mice are omnivores.</p>

*What are the different parts of a tooth called – What part do we need to brush?*

The white bit we can see on our tooth and what we need to clean is called a **crow**n. The rest of the tooth is located under the gum and like the roots on a tree, hold the tooth in place

**Crown** – this is what you clean



**Roots** - sit inside the gum

**Gums** - surrounds the roots



# Tooth Decay

**Key learning objective:**

- Describe the process of tooth decay
- Understand the role of bacteria in the tooth decay process
- Identify the factors that lead to tooth decay
- Identify the impacts of behaviours that do not support good oral health

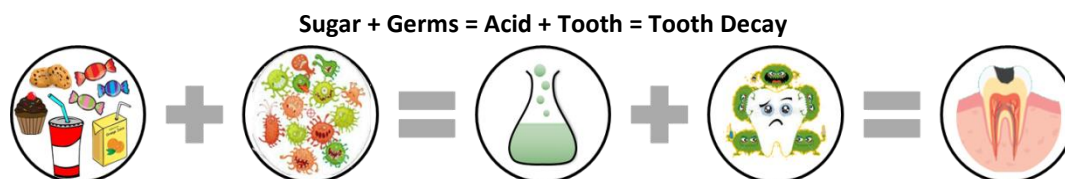
## How does tooth decay happen?

Our mouths are filled with a mixture of good and bad bacteria (germs). Germs like to hide in the deep pits on the top of our teeth, in the gaps between teeth, and along our gum lines.

Tooth decay happens if we don't keep our teeth clean, and if we eat lots of sugary foods and drinks. The sugar from the food and drink we eat is also food for the bad germs in our mouth. The germs turn the sugary bits into acid and then attack tooth enamel (the outside layer of our teeth). If our teeth keep getting attacked by the germ's acid, our teeth become more and more damaged, and we can get holes (cavities) in our teeth.

Just like it is important to wash our hands to keep them clean, it is important to keep our mouths clean. We can do this by brushing our teeth for two minutes, twice a day (after breakfast, and especially before going to bed each night). This cleans away the leftover bits of food and bad germs in our mouth so they can't damage our teeth while we sleep.

## How does sugar affect our teeth and oral health?



## Class exercises

- **Brush your teeth**  
As a group, get the children to brush their teeth for 2 minutes in class.
- **Eggs-periment**  
Put a hard boiled egg in a glass of fizzy drink for the day. Look at how the shell changes colour. Use a soft toothbrush with a smear of tooth paste to gently clean the egg.
- **Burnt Sugar**  
Empty a bottle of fizzy drink into a pot. Heat on a stove and bring to a boil to let the liquid burn off. Observe the sticky substance that is left (sugar content of the fizzy drink).

# Keeping Teeth Healthy

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**Key learning objectives:**

- Identify and understand key strategies to prevent tooth decay
- Identify and make healthy food choice for oral health and wellbeing
- Identify resources available in the community that support oral health
- Develop strategies to support oral health within the early childhood setting

## 5 Tips to keep you smiling:

- Brush teeth with fluoride toothpaste for two minutes, twice a day
- Spit, don't rinse after brushing
- Drink tap water and milk
- Eat snacks with no added sugar
- FREE dental care for under 18s

See "Key Messages for 0-4 Year Olds". Discuss these with students, for example:

- *Why do we brush our teeth?*
- *What happens if we don't brush our teeth?*
- *What do our teeth feel like?*
- *What is it like going to the dentist? Discuss experiences at the dentist*
- *What types of food/drink can keep our teeth strong and healthy?*

## Class Exercises

- Make healthy snacks together
- Brush your teeth together in class
- Make drinking water fun, put water and different fruits in a water dispenser, let the children choose their favourite tasting water drink
- Watch the interactive BarnaBee and Miniature Mouth Monster Mission game
- In groups or individually, develop a Plan of Attack to keep your mouths healthy

Visit [www.beehealthy.org.nz](http://www.beehealthy.org.nz) for a range of interactive games.

## Tooth labelling

Correctly label the three different parts of the tooth using the words in the box.



## Definition match up





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Match the dental word with its correct definition.

Crown	Gum	Root
1. The part of the tooth that sits on top of the gum that you can see.		
2. The part of the tooth which sits inside the gum.		
3. Soft Tissue that surrounds the root of the tooth		



## What does tooth decay look like?

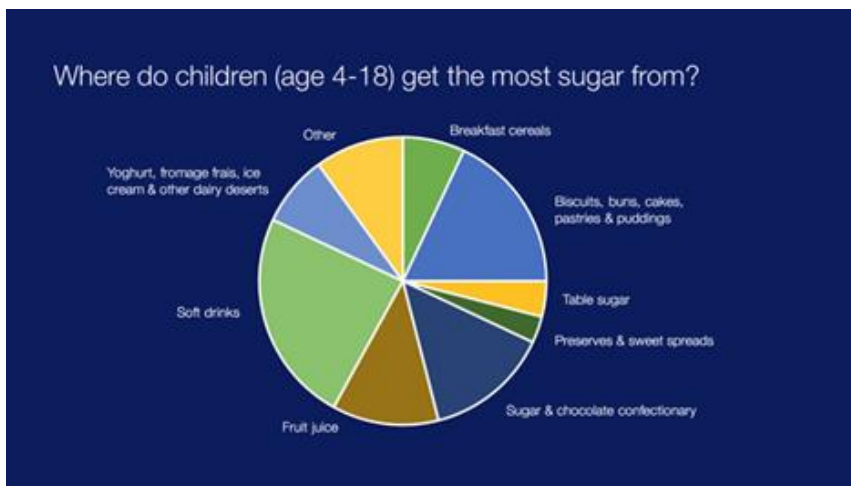
<p>Chalky patches and enamel breakdown on the side of one of the front teeth.</p>	
<p>Clearly visible decayed front teeth</p>	
<p>Well-advanced decay. Crowns on the top teeth are breaking down</p>	
<p>Deep decay in the lower back teeth (molars)</p>	

If you see anything like this please support and encourage your families to make an appointment at Bee Healthy Regional Dental Service for a check-up free-call **0800 TALK TEETH** (825 583).

# Re-think Your Drink and Sugar Intake

How much sugar should children have in a day?

2015 World Health Organisation (WHO) recommends children from 4-6 years of age should have no more than approx. 19g maximum of sugar per day (5 cubes).



## Class exercises

- Using the graph of “where do children get the most sugar from?” Collate packaging from lunchboxes, and see which foods are consumed the most in your centre. Stick the packaging up on a board under each food so the children and families can see how much sugar they are eating
- Print and cut out the flashcards from the template provided. These can be used to:
  - Create your own sugar kit: fill bags or empty drink bottles with the correct amount of sugar
  - Using the pictures only, put the cards in order from least to most sugar content.

Print pages 14-20 double-sided.

Cut along the dotted lines to create flashcards



Sprite 250ml



Raro 250ml glass



Vitamin Water 591ml



V Energy Drink 250ml



Powerade 750ml



Just Juice Fruit Drink 350ml

Print pages 14-20 double-sided.  
Cut along the dotted lines to create flashcards



Raro 250ml glass  
5 teaspoons = 20 grams



Sprite 250ml  
5 teaspoons = 20 grams



V Energy Drink 250ml  
7 teaspoons = 28 grams



Vitamin Water 591ml  
7 teaspoons = 28 grams



Just Juice Fruit Drink 350ml  
10 teaspoons = 40 grams



Powerade 750ml  
11 teaspoons = 44 grams







Fanta 600ml



Lift Plus Energy Drink 250ml



e2 Energy Drink 800ml




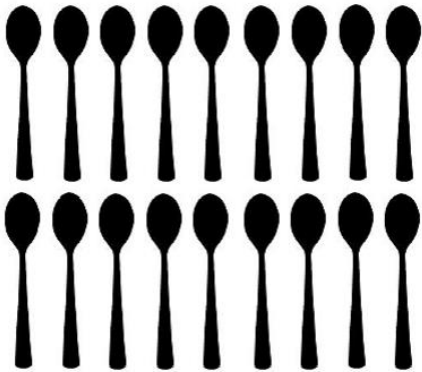
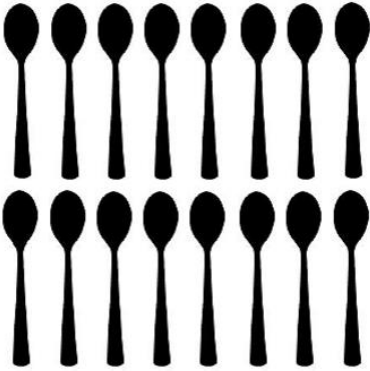
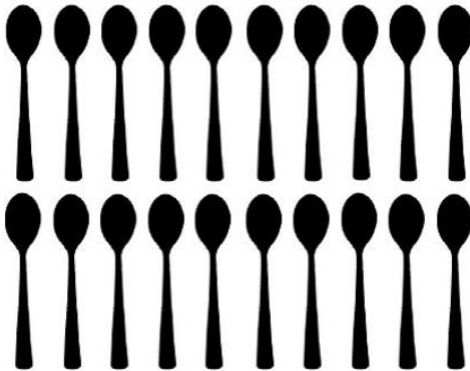


Coca Cola 600ml



G Force 400ml



CalciYum 250ml

<p>Lift Plus Energy Drink 250ml 7 teaspoons = 28 grams</p> 	<p>Fanta 600ml 18 teaspoons = 72 grams</p> 
<p>Coca Cola 600ml 16 teaspoons = 64 grams</p> 	<p>e2 Energy Drink 800ml 20 teaspoons = 80 grams</p> 
<p>CalciYum 250ml 6 teaspoons = 24 grams</p> 	<p>G Force 400ml 10 teaspoons = 40 grams</p> 



Wave Chocolate Milk 600ml



Ribena Fruit Drink 330ml



Just Juice Fruit Juice 250ml



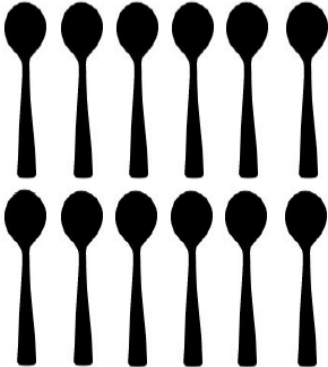
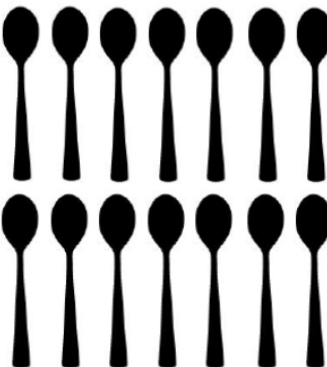



Mizone Sports Drink 750ml



Water



Plain Milk

<p><b>Ribena Fruit Drink 330ml</b> 12 teaspoons = 48g</p> 	<p><b>Wave Chocolate Milk 600ml</b> 14 teaspoons = 56 grams</p> 
<p><b>Mizone Sports Drink 750ml</b> 5 teaspoons = 20 grams</p> 	<p><b>Just Juice Fruit Juice 250ml</b> 7 teaspoons = 28 grams</p> 
	<p><b>Water and Plain Milk</b> 0 teaspoons of sugar!</p> 

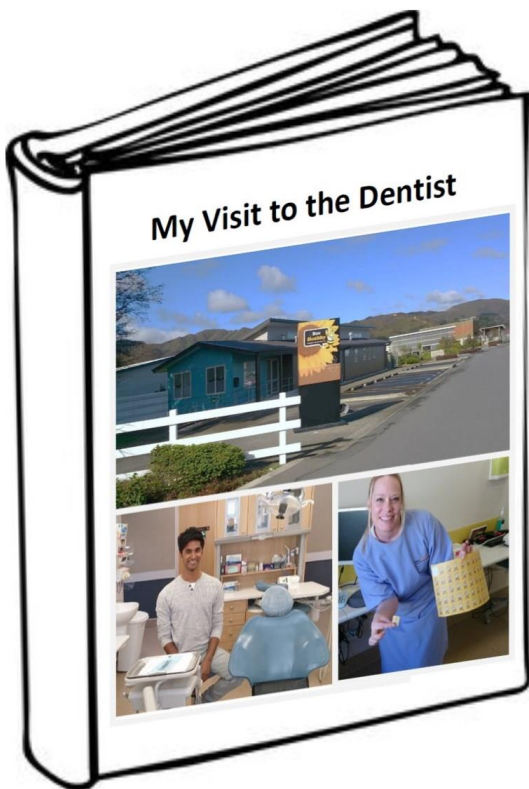


# Visiting the Dentist Book

**My Visit to the Dentist Story Book is available to print by visiting [www.beehealthy.org.nz](http://www.beehealthy.org.nz)**

This is a Double sided A4 Story Book

A fun way to help guide young kids through what they may experience when they go to a Bee Healthy Dental Hub for their dental check-up



## *Useful Websites*

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**Bee Healthy Regional Dental Service**

[www.beehealthy.org.nz](http://www.beehealthy.org.nz)

**New Zealand Dental Association- Healthy Smiles**

[www.healthysmiles.org.nz](http://www.healthysmiles.org.nz)

**Let's Talk Teeth, Ministry of Health**

[www.health.govt.nz/your-health/healthy-living/teeth-and-gums/its-easy-protect-your-family-s-smile](http://www.health.govt.nz/your-health/healthy-living/teeth-and-gums/its-easy-protect-your-family-s-smile)

**Fighting Sugar in Soft Drinks (FIZZ)**

[www.fizz.org.nz](http://www.fizz.org.nz)

**Colgate- Bright Smiles, Bright Futures**

[www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp](http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp)

**World Health Organisation- Oral Health**

[www.who.int/oral\\_health/en](http://www.who.int/oral_health/en)

# Teacher feedback form

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Thank you for taking the time to complete this feedback form.

Please return your completed form by either:

Email: [dental@huttvalleydhb.org.nz](mailto:dental@huttvalleydhb.org.nz)

Post: Early Intervention and Prevention Team  
Bee Healthy Regional Dental Service  
PO Box 31 907  
Lower Hutt 5040

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**1. What year level/ages do you teach? (please circle)**

1 years          2 Years          3 years          4 Years

**Has oral health been discussed previously in your centre? If so, what did this cover?**

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**2. Are the supporting resources provided in this toolkit appropriate for your centre?**

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**3. Did you feel confident talking about oral health using this teaching guide?**

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**4. Are there any improvements which could be made to this teaching guide?**

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**5. Other comments.**

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**BeeHealthy**  
Regional Dental Service



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