

# Toothbrushing exercise

## Teachers' notes

### Materials;

Disclosing tablets (Tablets that can be chewed to stain plaque purple. Also known as 'plaqsearch'. Can be found in pharmacies or some bigger supermarkets.)

Vaseline

Tissues

A toothbrush per child (Either their own from home or a small, cheap brush.)

Toothpaste

Several mirrors

### Method;

1. Class discussion. Why do we need to brush our teeth? What causes tooth decay?
2. Introduce the term 'plaque'. 'Plaque' is a soft build up of bacteria on our teeth. It irritates the gums and can cause tooth decay.
3. Disclosing tablets. Get the children to put a bit of vaseline on their lips. This will prevent their lips staining. Then get them to chew up a tablet.
4. Inspection. The children should now look at their teeth in the mirror. The colouring in the tablet will stain any 'plaque' on their teeth. This is where they have missed bacteria with their tooth brush.
5. Brushing. Using a toothbrush and a small amount of toothpaste, the children should now brush their teeth to get rid of any coloured plaque. The children should brush in a circular action, drawing little circles on each tooth as they move around their mouth. When finished brushing, the children should spit out the toothpaste but not rinse with water. This allows the toothpaste to continue to work and protect the teeth.
6. Tooth brushing advice sheet. Use the brushing advice sheet as a guide on how to brush. Talk through it with the children. Give each child a copy to take home.

Ask the children how long it took to get rid of the coloured plaque. Do they normal spend that long brushing their teeth?

At the end of the session, make sure each child has a 'Toothbrushing Advice' sheet. This is available among the resources at [www.online-dentist.co.uk](http://www.online-dentist.co.uk)