

February Activity Pack

Oral Health for Children

Whittington Health NHS Trust
Oral Health Promotion Team



We are the Oral Health Promotion team. Our vision is that every child is given the best start in life and the opportunity to grow up free from dental decay. Tooth decay is largely preventable, yet it remains serious problem. We aim to improve the oral health of all children

As part of SUGAR SMART, we are getting involved in Fizz Free February. A campaign about pledging to give up all fizzy drinks for 28 days. Starting Tuesday 1st February 2022

Fizzy drinks are the largest single source of sugar for children and cutting them out is an easy way to reduce your sugar intake. Pledging to go Fizz Free for the month of February will make cutting down for the rest of the year easier. As the shortest month of the year February is a good time to set yourself a challenge.

How does fizzy drinks affect your teeth?

Sugar in soda combines with bacteria in your mouth to form acid, which attacks the teeth. Diet or “sugar-free” soda contains its own acid, which also can damage teeth. Each attack lasts about 20 minutes and starts over with every sip of soda you take. These ongoing acid attacks weaken the tooth enamel.

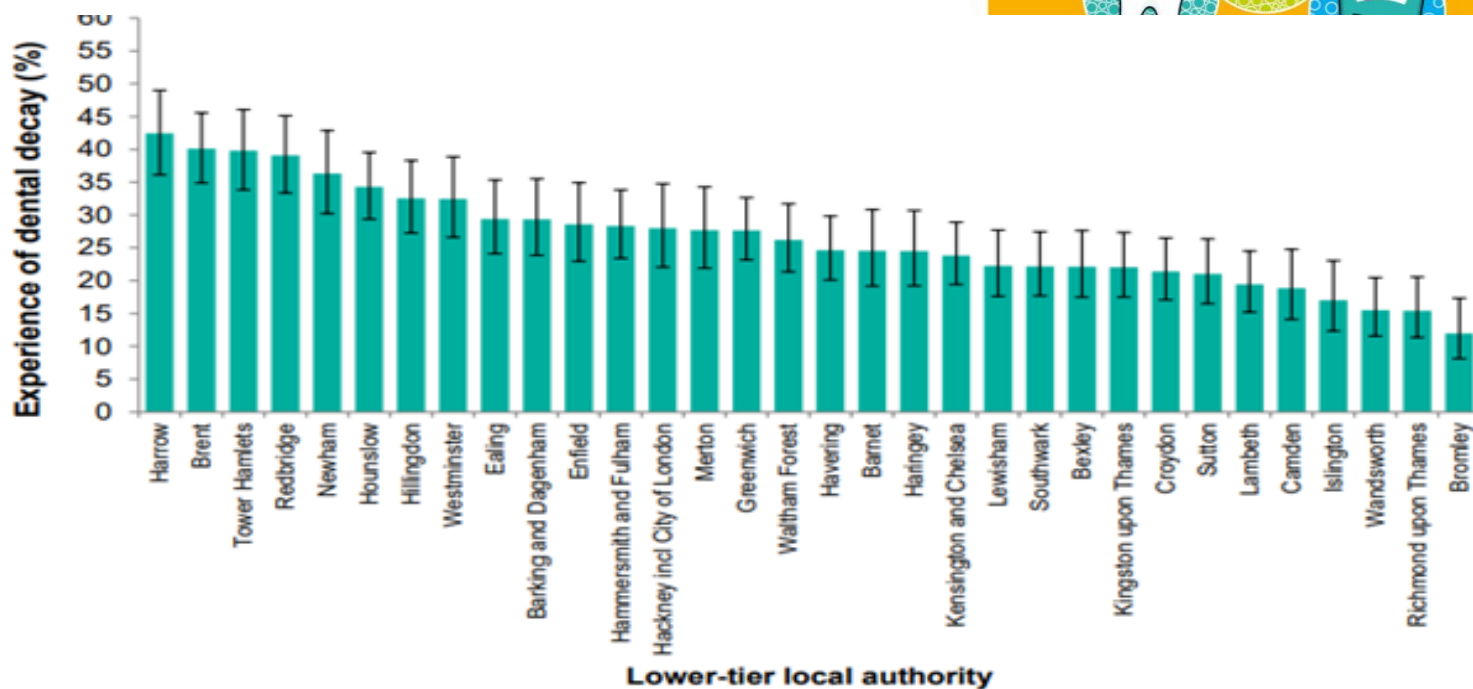


Figure 9: Prevalence of experience of dental decay in 5-year-olds in the North East by lower-tier local authority area, 2019.



Fizz Free

Fizz Free

Fizz Free

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Fizz Free

Fizz Free



February

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FIZZ FREE WORD SEARCH

Can you find the Fizz Free February words?

F	B	M	I	R	R	O	R	W	P
W	I	T	Y	U	I	O	P	H	L
A	X	Z	X	C	V	B	N	I	M
S	F	I	Z	B	E	R	T	T	U
S	D	F	G	Y	H	J	K	T	P
F	E	B	R	U	A	R	Y	I	L
X	S	C	H	O	O	L	O	N	U
M	V	K	M	O	U	T	H	G	N
T	O	O	T	H	P	A	S	T	E
D	E	N	T	I	S	T	X	O	V
L	O	V	E	T	E	C	V	N	M
T	O	O	T	H	P	A	S	T	E
N	O	C	S	W	R	E	T	C	B
D	E	C	A	Y	I	E	M	O	L
S	P	I	T	O	U	T	T	W	O
M	I	N	U	T	E	S	M	A	W
S	U	G	A	R	W	I	S	D	W

Fizzy

Whittington

Two

February

Dentist

Minutes

Sugar

toothbrush

Spit out

Water

toothpaste

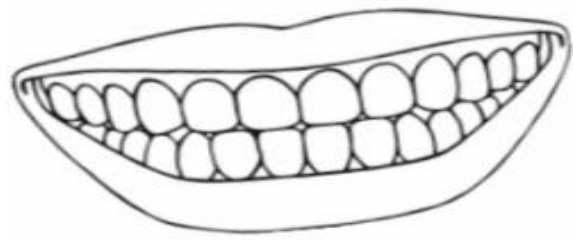
Mirror

Decay

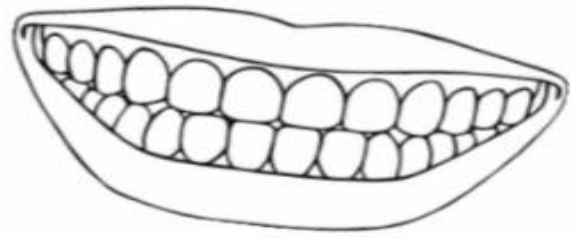
Smile

School

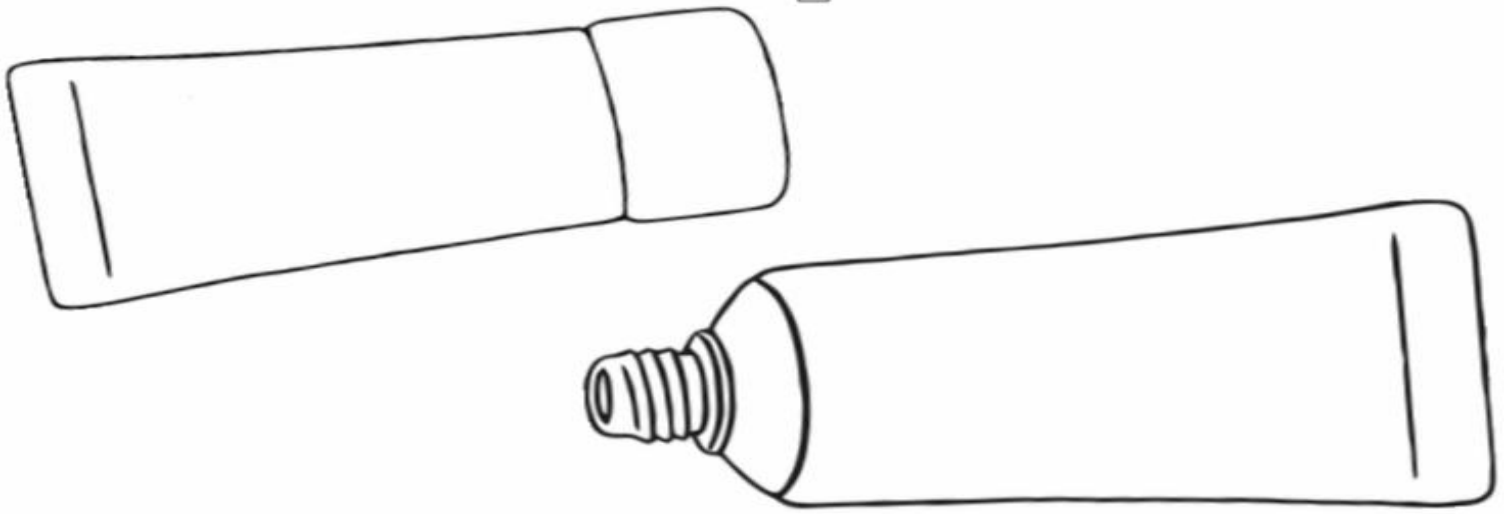




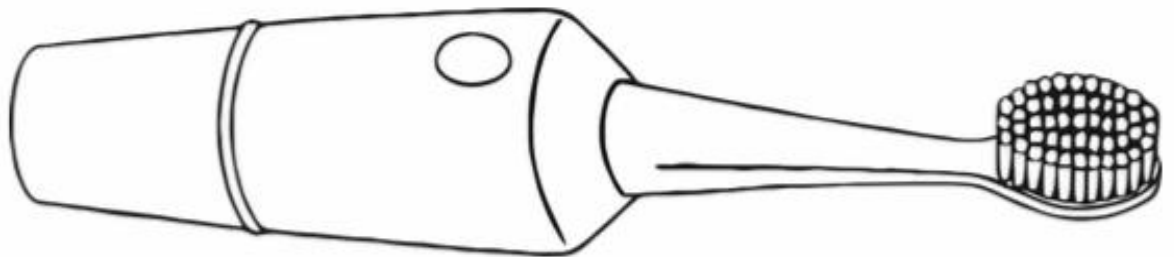
Teeth



toothpaste



toothbrush



Sugar and teeth

Why is sugar bad for your teeth?

Sugar has a direct connection to tooth decay. After eating or drinking foods that contain sugar, these molecules combine with saliva and bacteria present in the mouth. This combination leads to plaque on teeth. Left on teeth, plaque can dissolve enamel, which leads to cavities.



When the sugar is left on your teeth, it causes the acids to not only eat through the enamel, but often goes deeper into other layers of your teeth, and this is what causes cavities.

By cutting out sugar, you can stop this process, avoid cavities, and keep that protective enamel around for as long as possible.



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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