



LEARN WITH
scma



#HappyTeeth

Childminding Information and Activity Pack



Promoting
Oral Health
for Happy
Teeth



SCMA is proud to be training and supporting childminders to promote oral health to children and families and encourage good toothbrushing habits from an early age.

Promoting Oral Health for Happy Teeth



Childminders are ideally placed in a home-from-home environment to encourage children of all ages to take a keen interest in their oral health.

Providing a relaxed, fun and friendly environment to help boost children's understanding of the importance of good oral health, childminders can help children and families forge a routine and a keen interest in looking after teeth.

This 'Happy Teeth Activity Pack' is designed to have a home-based learning theme for childminders

and parents. We have included activities to help children think about their own #HappyTeeth as well as ensuring that parents are actively involved and included while supporting the childminder-family relationship.

For more information on our Happy Teeth project please visit childminding.org/learn-with-scma/happy-teeth or call our Learn with SCMA team on 01786 445377.

What is the Happy Teeth project?

Our Happy Teeth project for childminders is a three-year project - funded by the Scottish Government's Community Challenge Fund – that has been created to improve children's oral health and increase opportunities for people to improve oral health and wellbeing across Scotland.



Why childminders?

As a childminder, you are uniquely placed to work with both children and parents. Working directly with children in a home-based setting helps to establish routines such as getting ready in the morning, getting ready for bedtime and toilet training. Our Happy Teeth project will also help childminders encourage more tooth-brushing activities with children and establish this as part of their daily routine.

Routines initially introduced by a childminder will also encourage parents to continue this routine at home, with the aim of these transferring into a regular habit.



Childminders also operate in their local communities and are well placed to signpost parents and support them to access other support services, including how to get registered with a local dentist for regular check-ups for the family.

Don't decay...take part in our Happy Teeth Quiz!

1

What percent of children in the most deprived areas of Scotland showed signs of dental decay?

2

What is the number one reason for a child in Scotland to be admitted into hospital for surgery?

3

What is the hardest part of your body?

4

How much of a tooth is underneath your gums?

5

Do identical twins have identical teeth?

6

How often should you visit the dentist?

7

What problems can dental decay cause?

8

How many times a day should you brush?

More activities to

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

APPOINTMENT

DECAY

DENTIST

FLUORIDE

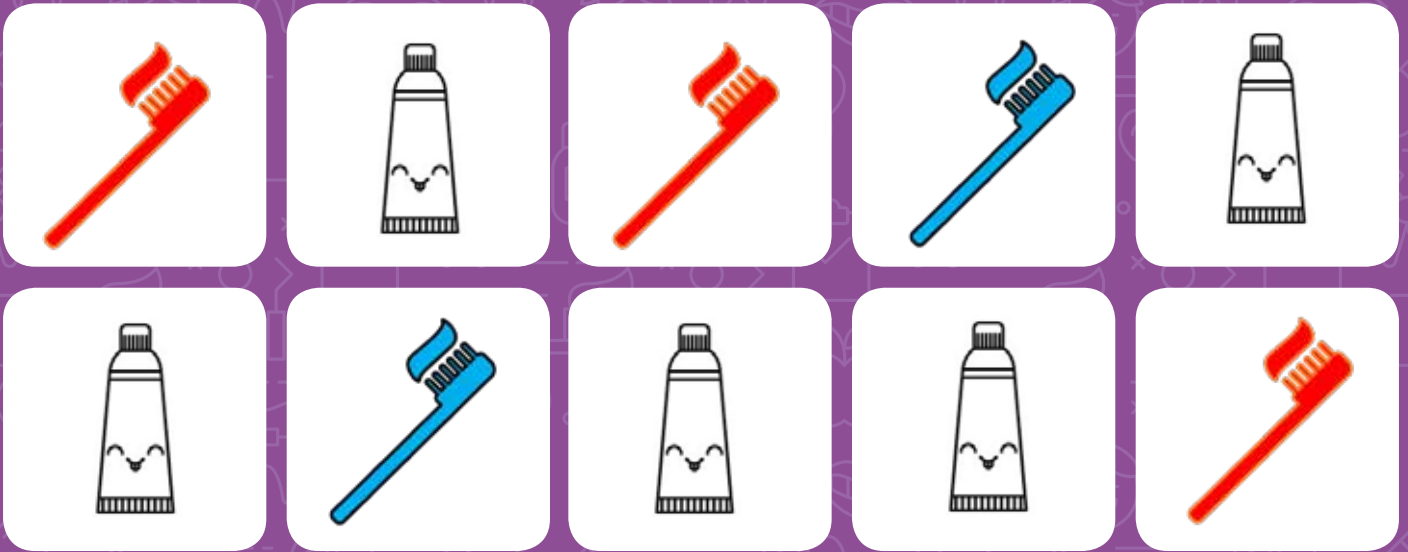
SMILE

TEETH

TOOTHBRUSH

TOOTHPASTE

make you smile...



How many toothbrushes and toothpastes can you see?

<input type="text"/>	Toothbrushes	+	=	Total	<input type="text"/>
<input type="text"/>	Toothpaste				

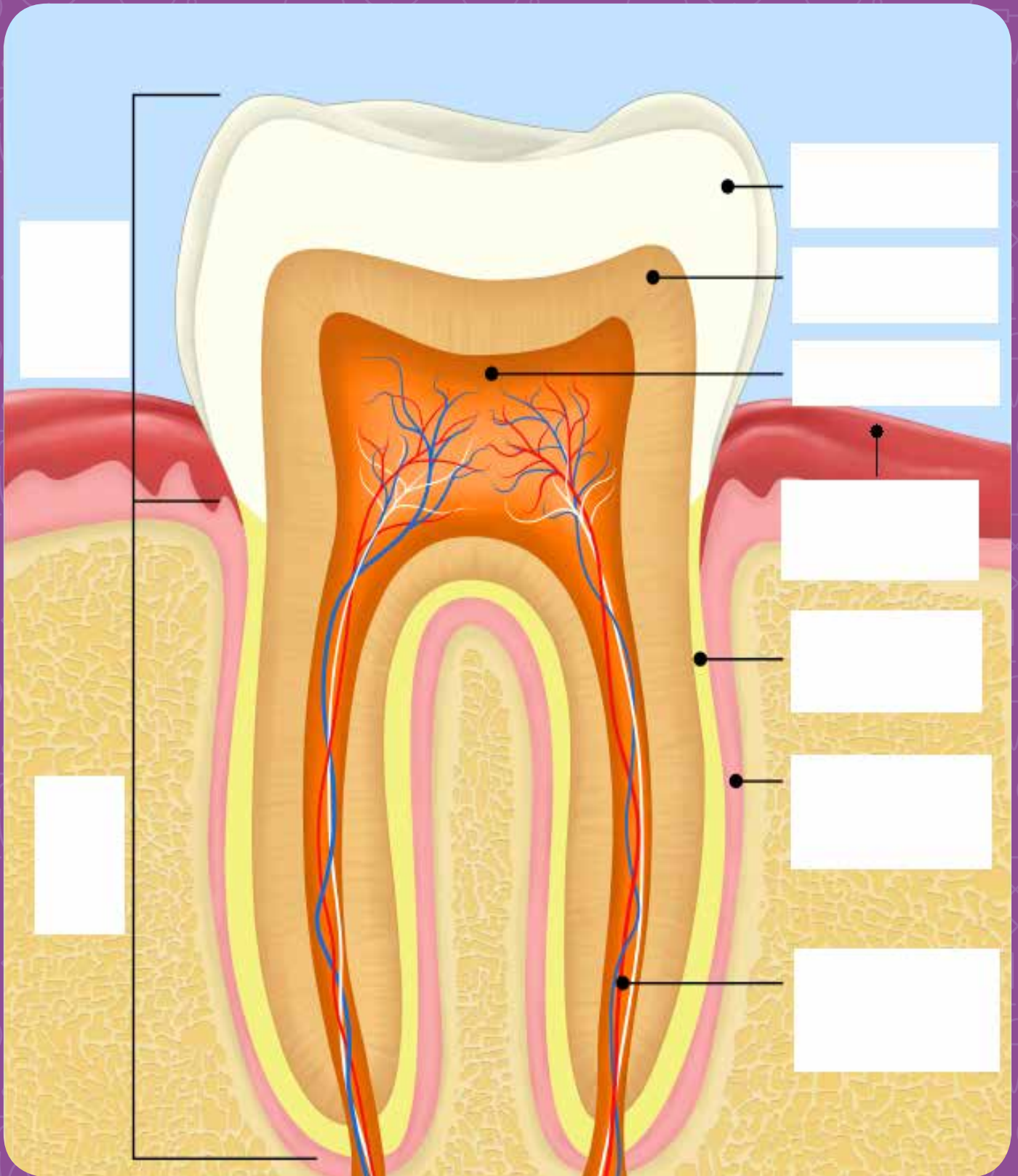


How many blue toothbrushes are there?

How many red toothbrushes are there?



More activities to



- Root
- Gum
- Enamel
- Pulp
- Cementum
- Crown
- Dentin
- Peridontal membrane
- Nerve and blood supply

make you smile...



Where is sugar hidden?

Ask your minded children how many teaspoons of sugar they think is in each drink and match the correct amount. (note: one teaspoon = 4g of sugar)



5 tsp



9 tsp



0 tsp

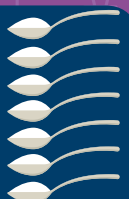
6 tsp



11 tsp



7 tsp



3 tsp



5 tsp



Drinks are the cause of most babies or young children's dental problems.

Get the answers and find out if you have Happy Teeth at childminding.org/learn-with-scma/happy-teeth



Scottish
Childminding
Association

committed to quality childcare

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Our Happy Teeth project is funded by the Scottish Government's Oral Health Community Challenge Fund.
SCMA is proud to be working in collaboration with Childsmile.

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We acknowledge the support of the
Scottish Government through a
CYPFEIF and ALEC Fund Grant.