

London South East Children's University

March 2025 Challenges

National Dentist Day falls on 6th March 2025 and as it is so important to keep our teeth and gums healthy, all the activities this month are around this topic! There are lots of websites with information linked to all of these challenges, so you might want to take a peek at:

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://kidshealth.org/en/kids/teeth.html>

<https://www.oralb.co.uk/en-gb/oral-health/life-stages/kids>

You can choose to complete as many of these challenges as you wish – simply email your evidence (a photo is absolutely fine!) to Kate at BexleyCU@LSEAT.org.uk and she will send you your stamp code!

Our teeth

Our mouth is made of up a number of different types of teeth, all with different functions. For this challenge, we would like you to create a diagram of our mouth, sharing the position of the different teeth and labels to show their names and what they do to help you.

You might find this website helpful:

<https://kidshealth.org/en/kids/teeth.html>

Brush, brush, brush

Brushing our teeth is one way of keeping our teeth health! For this challenge, we would like you to share 5 things that you should (ideally!) do to brush them in the best way!

You might find this website helpful:

<https://www.oralb.co.uk/en-gb/oral-health/life-stages/kids/how-to-brush-child-teeth-age-6-12>

Foods to help mouth hygiene

Did you know that the foods you eat can affect your teeth? For this challenge, we would like you to find out which foods/drinks are good for our teeth and which foods/drinks we need to be careful with?

You can choose how you want to show this information, whether it is a poster or even 2 circles with pictures or words!

You might find these websites helpful:

<https://www.oralb.co.uk/en-gb/oral-health/life-stages/kids/best-food-child-teeth>
<https://www.dentalhealth.org/blog/10-foods-and-drinks-with-surprising-oral-health-benefits>

Create a poster

With all this information in mind, we would like you to create a poster that could be used to share with other families how to keep your teeth and gums healthy and also encourage children and young people to regularly visit the dentist!

You can choose which age of child you would like to aim your poster at, and you could include pictures/drawings/words and complete it on a computer or on paper – the choice is yours!

Have fun!