

Adventures in the Molar System



**An Oral Health Activity
Guide for Early Year Settings**



Dear Early Years Provider

Colgate® *Bright Smiles Bright Futures*™ has a 30-year legacy of bringing positive oral health messages to children across the world. It has now been developed within the UK to include early years settings just like yours. Adventures in the Molar system comprises of a range of fun learning activities to help early years settings promote good oral health habits in line with the early years curriculum. These activities are also designed to build on the learning that children experience at home.

Colgate® recognises that children in early years settings learn through play, by modelling adults, by observing each other, and through guided learning and direct teaching. These activities have been developed to provide opportunities for children to learn through play and other relevant experiences whilst being supported by adults giving them just enough help to achieve something they could not do independently. The range of activities included in the guide are intended to be both appropriate and appealing to cover all age ranges across early years settings.

Empowerment for the future

This engaging range of activities are easily integrated into your existing early years curriculum, so you don't have to add a new unit to your already busy day. The early years curriculum-based approach helps to make it easy to cover learning objectives across a range of areas, whilst allowing flexibility to adapt it to your own setting needs. The curriculum information can be found from page 10.

There are also activities to engage parents and carers to reinforce the children's learning at home. On completion of these activities, download the certificate to present to your oral care superheroes!

Welcome to Colgate® *Bright Smiles Bright Futures*™

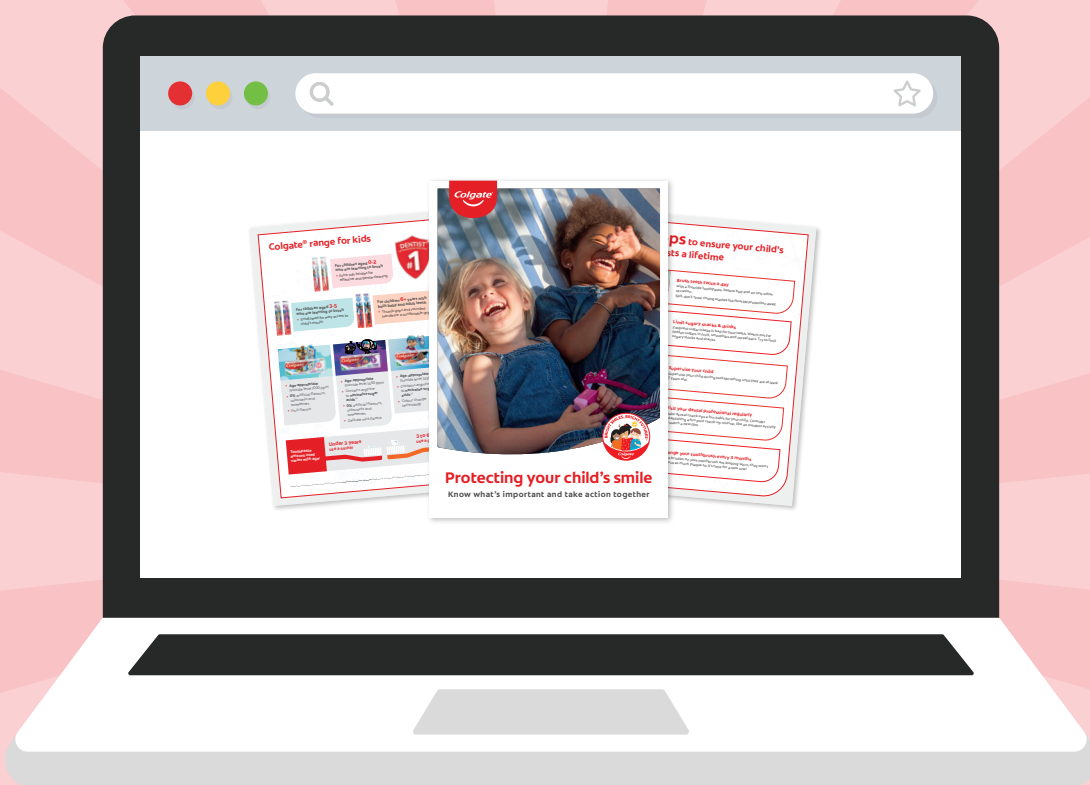
We thank you for your commitment in helping the children in your early years setting have bright smiles to last a lifetime.

Simon Petersen
Senior Vice President and General Manager
Colgate® Northern Europe



Engaging with parents and carers

Share information on protecting their children's smiles



Activity 1



Download the digital leaflet and share with parents and carers via email, social media or your online platform. Let them know you are promoting good oral health in your setting to help form good oral health habits from an early age to help avoid tooth decay.

Engaging with parents and carers

Share top tips for early years toothbrushing



Activity 2

Download and print the top tips poster for family toothbrushing and place it near the entry way at your setting, to make it easy for parents and carers to see.

How to brush teeth

For a superhero smile



Make sure you brush each tooth surface all the way to the gum line



Brush inside of each tooth the same way as in Step 1



Brush the biting surface of each tooth



Use tip of brush to brush behind each front tooth, both top and bottom

Activity 3



- Show children how to brush their teeth by brushing your own
 - Have the children practice brushing teeth on a teddy or doll
- (A 2-minute timer is useful to teach them how long they should brush for)

Make toothbrushing part of a daily routine

To become an oral health hero



Activity 4

Download the toothbrushing chart and share with parents and carers to use at home via email, social media or your online platform. If you have a supervised brushing programme, you can print the chart to track 'daytime' toothbrushing in your setting.

Cutting down on free sugars

Help children understand which food and drinks are healthy for their teeth and general health



Activity 5



Download and print the healthy and unhealthy teeth along with the corresponding food and drinks. Discuss with children what makes the teeth healthy or unhealthy. Have the children place the food and drink cut-outs onto the relevant tooth.

Visit your local dentist

Help young children have a positive experience in the dental practice environment



Activity 6

Arrange a visit to a local dental practice, or invite a local dental professional to visit your setting dressed in their usual uniform to speak to the children about the importance of oral health.

After this, discuss what you have learnt from visiting the dental practice or from the visiting dental professional.

The oral health 'talking tub'

Promote discussions to consolidate what the children have learnt about the importance of good oral health



Activity 7

Gather items and images into a container to pull out individually and discuss in relation to your chosen oral healthcare activities. Items you could include in the talking tub are:

- ✓ A toothbrush
- ✓ A tube of toothpaste
- ✓ Foods and drinks considered both healthy and unhealthy for teeth
- ✓ A picture of a healthy smile
- ✓ A picture of an unhealthy smile
- ✓ A picture of the moon (to promote the importance of night-time brushing)
- ✓ A picture of a dentist



***This Superhero Certificate
is proudly presented to***

for learning about good oral health habits

____ / ____ / ____

Date



Hero Trainer Signature

Curriculum information:

England
Northern Ireland
Scotland
Wales

Curriculum information: England

Activity	Learning Outcomes	Curriculum Information
1 Protecting your child's smile digital leaflet Page No. 2	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
2 Top tips for early years toothbrushing Page No. 3	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
3 How to brush teeth Page No. 4	<ul style="list-style-type: none"> ○ Practise effective toothbrushing to help prevent tooth decay and help keep teeth healthy ○ Observe and review key oral health strategies 	<p>Communication and language</p> <ul style="list-style-type: none"> - Through role play, children can share their ideas with support and modelling from their teacher <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Through adult modelling and guidance, children will learn how to look after their bodies, including managing personal needs <p>Physical Development</p> <ul style="list-style-type: none"> - Fine motor control and precision helps with hand-eye coordination - Repeated opportunities to explore small world activities to allow children to develop
4 Make toothbrushing a daily routine Page No. 5	<ul style="list-style-type: none"> ○ Build the habit of oral health care with the early years setting, or with the whole family (at home) by tracking toothbrushing for 28 days ○ Recognise the importance of good oral health for children... and for everyone! 	<p>Expressive Arts and Design</p> <ul style="list-style-type: none"> - The frequency and repetition of experiences are fundamental to children's progress in appreciating what they respond to. <p>Physical Development</p> <ul style="list-style-type: none"> - Fine motor control and precision helps with hand-eye coordination - Repeated opportunities to explore small world activities to allow children to develop proficiency, control and confidence <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Children should be supported to set themselves simple goals and have confidence in their own abilities - Through adult guidance, children will learn how to look after their bodies including managing personal needs

Curriculum information: England

Activity	Learning Outcomes	Curriculum Information
<p>5</p> <p>Cutting down on free sugars</p> <p>Page No. 6</p>	<ul style="list-style-type: none"> ○ Review which food and drinks are considered 'healthy' and 'unhealthy' for teeth ○ Review ways to take care of our teeth, by limiting the frequency and amount of free sugars 	<p>Communication and language</p> <ul style="list-style-type: none"> - Quality conversation with peers and adults in a language rich environment - Commenting on what children are doing, and echoing back what they saw with new vocabulary added to build their language effectively - Through conversation, children can share their ideas with support from their teacher - Sensitive questioning allows children to elaborate, making them more comfortable using a rich range of vocabulary and language structures <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Through adult guidance, children will learn how to look after their bodies including healthy eating <p>Physical Development</p> <ul style="list-style-type: none"> - Opportunities to explore and play with activities such as puzzles, arts and crafts to allow children to develop proficiency, control and confidence <p>Expressive Arts and Design</p> <ul style="list-style-type: none"> - The opportunity for children to engage with art and design, allowing them to explore a range of materials
<p>6</p> <p>Visiting your local dentist</p> <p>Page No. 7</p>	<ul style="list-style-type: none"> ○ Learn that dental professionals are our friends and mentors in oral health care ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups 	<p>Communication and language</p> <ul style="list-style-type: none"> - Quality conversation with peers and adults in a language rich environment - Commenting on what children are doing, and echoing back what they saw with new vocabulary added to build their language effectively <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Through adult guidance, children will learn how to look after their bodies, including healthy eating and managing personal needs independently <p>Understanding the world</p> <ul style="list-style-type: none"> - Allow children to understand the physical world and their community to increase their knowledge and sense of the world around them
<p>7</p> <p>The oral health 'talking tub'</p> <p>Page No. 8</p>	<ul style="list-style-type: none"> ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups ○ Summarise key oral health strategies 	<p>Communication and language</p> <ul style="list-style-type: none"> - Providing opportunity to use and embed new words in a range of contexts - Echoing back what children have said with new vocabulary added to build their language effectively

Curriculum information: Northern Ireland

Activity	Learning Outcomes	Curriculum Information
1 Protecting your child's smile digital leaflet Page No. 2	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
2 Top tips for early years toothbrushing Page No. 3	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
3 How to brush teeth Page No. 4	<ul style="list-style-type: none"> ○ Practise effective toothbrushing to help prevent tooth decay and help keep teeth healthy ○ Develop fine motor skills and completing simple tasks ○ Observe and review key oral health strategies 	Language Development <ul style="list-style-type: none"> - Allow children to appreciate the link between language and fine motor skills - Providing simple descriptions of what the child is doing or experiencing to enrich their vocabulary - Encouraging children to respond to simple instructions and follow directions Personal, Social and Emotional Development <ul style="list-style-type: none"> - Establish positive attitudes towards health and hygiene (including dental care) - Allow children to increase their awareness of the importance of hygienic habits - Helping children gain confidence in what they do Physical Development and Movement <ul style="list-style-type: none"> - Use of play to complete simple tasks and develop fine motor skills such as grasping
4 Make toothbrushing a daily routine Page No. 5	<ul style="list-style-type: none"> ○ Build the habit of oral health care with the early years setting, or with the whole family (at home) by tracking toothbrushing for 28 days ○ Recognise the importance of good oral health for children... and for everyone! 	Early Mathematical Experiences <ul style="list-style-type: none"> - Develop children's understanding of sequencing and time through daily routines Physical Development and Movement <ul style="list-style-type: none"> - Use of play to complete simple tasks and develop fine motor skills such as grasping Personal, Social and Emotional Development <ul style="list-style-type: none"> - Encourage a daily routine to develop awareness and allow children to follow the sequence of the day The World Around Us <ul style="list-style-type: none"> - Develop an awareness of time as children take part in daily routines

Curriculum information: Northern Ireland

Activity	Learning Outcomes	Curriculum Information
<p>5</p> <p>Cutting down on free sugars</p> <p>Page No. 6</p>	<ul style="list-style-type: none"> ○ Review which food and drinks are considered 'healthy' and 'unhealthy' for teeth ○ Review ways to take care of our teeth, by limiting the frequency and amount of free sugars 	<p>Language Development</p> <ul style="list-style-type: none"> - Understand that pictures, symbols and words carry meaning <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Allow children to increase their awareness of the importance of healthy eating - Establish positive attitudes towards healthy foods and healthy eating habits <p>The World Around Us</p> <ul style="list-style-type: none"> - Provide the opportunity for children to talk about health eating and habits for life
<p>6</p> <p>Visiting your local dentist</p> <p>Page No. 7</p>	<ul style="list-style-type: none"> ○ Learn that dental professionals are our friends and mentors in oral health care ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups 	<p>Language Development</p> <ul style="list-style-type: none"> - Recall an activity or recent event, with the introduction of new vocabulary - Providing simple descriptions of what the child is doing or experiencing to enrich their vocabulary <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> - Establish positive attitudes towards health and hygiene (including dental care) <p>The World Around Us</p> <ul style="list-style-type: none"> - Develop awareness of the work of some people in the local community (the dentist)
<p>7</p> <p>The oral health 'talking tub'</p> <p>Page No. 8</p>	<ul style="list-style-type: none"> ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups ○ Summarise key oral health strategies 	<p>Language Development</p> <ul style="list-style-type: none"> - Recall an activity or recent event, with the introduction of new vocabulary - Understand that pictures, symbols and words carry meaning <p>The World Around Us</p> <ul style="list-style-type: none"> - Stimulate areas of interest using photographs

Curriculum information: Scotland

Activity	Learning Outcomes	Curriculum Information
1 Protecting your child's smile digital leaflet Page No. 2	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
2 Top tips for early years toothbrushing Page No. 3	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
3 How to brush teeth Page No. 4	<ul style="list-style-type: none"> ○ Practise effective toothbrushing to help prevent tooth decay and help keep teeth healthy ○ Develop fine motor skills and completing simple tasks ○ Observe and review key oral health strategies 	Health and Wellbeing Physical Development <ul style="list-style-type: none"> - Promote a commitment for children to follow a healthy lifestyle through participation in relevant activities - Encourage children to apply their physical skills to pursue a healthy lifestyle Numeracy and Mathematics <ul style="list-style-type: none"> - Encourage awareness of how routines and events in the children's world links with time Expressive Arts <ul style="list-style-type: none"> - Through role play, children can explore real and imaginary situations to understand their world
4 Make toothbrushing a daily routine Page No. 5	<ul style="list-style-type: none"> ○ Build the habit of oral health care with the early years setting, or with the whole family (at home) by tracking toothbrushing for 28 days ○ Recognise the importance of good oral health for children... and for everyone! 	Health and Wellbeing Physical Development <ul style="list-style-type: none"> - Participate in physical activities and everyday routines to promote the importance of good oral health - Promote a commitment for children to follow a healthy lifestyle through participation in relevant activities - Encourage children to apply their physical skills to pursue a healthy lifestyle Numeracy and Mathematics <ul style="list-style-type: none"> - Encourage awareness of how routines and events in the children's world links with time - Develop the children's understanding of time (morning and night)

Curriculum information: Scotland

Activity	Learning Outcomes	Curriculum Information
<p>5</p> <p>Cutting down on free sugars</p> <p>Page No. 6</p>	<ul style="list-style-type: none"> ○ Review which food and drinks are considered 'healthy' and 'unhealthy' for teeth ○ Review ways to take care of our teeth, by limiting the frequency and amount of free sugars 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - Develop knowledge and skills to make healthy food choices and help children to establish lifelong healthy eating habits - Develop children's understanding of healthy foods by talking and learning about them <p>Expressive Arts</p> <ul style="list-style-type: none"> - Support children in solving problems with art and design related to real-life situations
<p>6</p> <p>Visiting your local dentist</p> <p>Page No. 7</p>	<ul style="list-style-type: none"> ○ Learn that dental professionals are our friends and mentors in oral health care ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups 	<p>Language Development</p> <ul style="list-style-type: none"> - Explore the kinds of work people do to allow children to understand the world of work <p>Social Studies</p> <ul style="list-style-type: none"> - Develop awareness of social situations outside of the setting through a field trip - Provide the opportunity for children to explore the local environment to develop awareness of the world around them - Explore the local community to allow children to discover the different roles people can play and how they can help
<p>7</p> <p>The oral health 'talking tub'</p> <p>Page No. 8</p>	<ul style="list-style-type: none"> ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups ○ Summarise key oral health strategies 	<p>Language Development</p> <ul style="list-style-type: none"> - Develop children's awareness of when to listen and talk - Encourage children to ask questions and link what they are learning to what they already know - Encourage children to take part in discussions to discover new words and phrases

Curriculum information: Wales

Activity	Learning Outcomes	Curriculum Information
1 Protecting your child's smile digital leaflet Page No. 2	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
2 Top tips for early years toothbrushing Page No. 3	<ul style="list-style-type: none"> ○ Build awareness for parents and carers of your early years setting actively promoting good oral health habits from an early age ○ Recognise the importance of good oral health for children... and for everyone! 	Not applicable (engaging with parents and carers)
3 How to brush teeth Page No. 4	<ul style="list-style-type: none"> ○ Practise effective toothbrushing to help prevent tooth decay and help keep teeth healthy ○ Observe and review key oral health strategies 	Belonging - Encourage children to feel secure in their daily routine with familiar people, places and objects Communication - Provide the opportunity to act out familiar routines and imitate familiar scenarios through play - Extend children's vocabulary through commenting and expanding using familiar words Physical Development - Allow children to develop their fine motor control Exploration - Allow children to use their hand-eye co-ordination
4 Make toothbrushing a daily routine Page No. 5	<ul style="list-style-type: none"> ○ Build the habit of oral health care with the early years setting, or with the whole family (at home) by tracking toothbrushing for 28 days ○ Recognise the importance of good oral health for children... and for everyone! 	Belonging - Encourage children to feel secure in their daily routine with familiar people, places and objects Communication - Extend children's vocabulary through commenting and expanding using familiar words Physical Development - Allow children to develop their fine motor control and master physical skills through repetition

Curriculum information: Wales

Activity	Learning Outcomes	Curriculum Information
<p>5</p> <p>Cutting down on free sugars</p> <p>Page No. 6</p>	<ul style="list-style-type: none"> ○ Review which food and drinks are considered 'healthy' and 'unhealthy' for teeth ○ Review ways to take care of our teeth, by limiting the frequency and amount of free sugars 	<p>Communication</p> <ul style="list-style-type: none"> - Allow children to extend their vocabulary in meaningful play contexts <p>Well-being</p> <ul style="list-style-type: none"> - Promote the understanding of a healthy body (including the mouth) - Encourage children to make healthy choices
<p>6</p> <p>Visiting your local dentist</p> <p>Page No. 7</p>	<ul style="list-style-type: none"> ○ Learn that dental professionals are our friends and mentors in oral health care ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups 	<p>Exploration</p> <ul style="list-style-type: none"> - Introduce children to places beyond your setting and support them to be curious <p>Communication</p> <ul style="list-style-type: none"> - Encourage children to recall recent events <p>Belonging</p> <ul style="list-style-type: none"> - Plan meaningful experiences and provide familiar resources that reflect my community - Allow children to build strong connections with their home and local community
<p>7</p> <p>The oral health 'talking tub'</p> <p>Page No. 8</p>	<ul style="list-style-type: none"> ○ Share existing knowledge of oral health strategies ○ Review every day oral health vocabulary: teeth, toothpaste, toothbrush, dentist, tooth decay, dental check-ups ○ Summarise key oral health strategies 	<p>Literacy</p> <ul style="list-style-type: none"> - Develop children's awareness of when to listen and talk - Encourage children to ask questions and link what they are learning to what they already know - Encourage children to take part in discussions to discover new words and phrases

