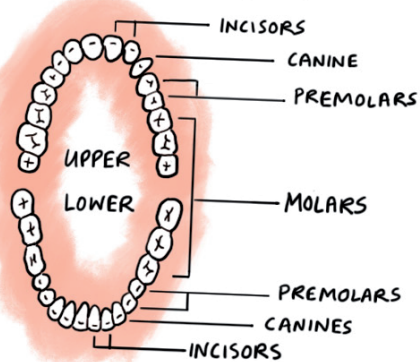




Oral Health - 10 messages for children to learn & share

1. We get two sets of teeth. The first baby teeth fall out between 6 and 12 years. The second is our last and final lifelong set.



2. We have two different kinds of teeth. Front teeth for biting and back teeth for chewing and grinding.



3. When teeth and gums are not brushed properly, germs grow in our mouth and live in something called 'plaque' that causes bad breath, tooth decay and cavities.



4. Having teeth checked by a health worker or dentist prevents problems and catches them quickly.

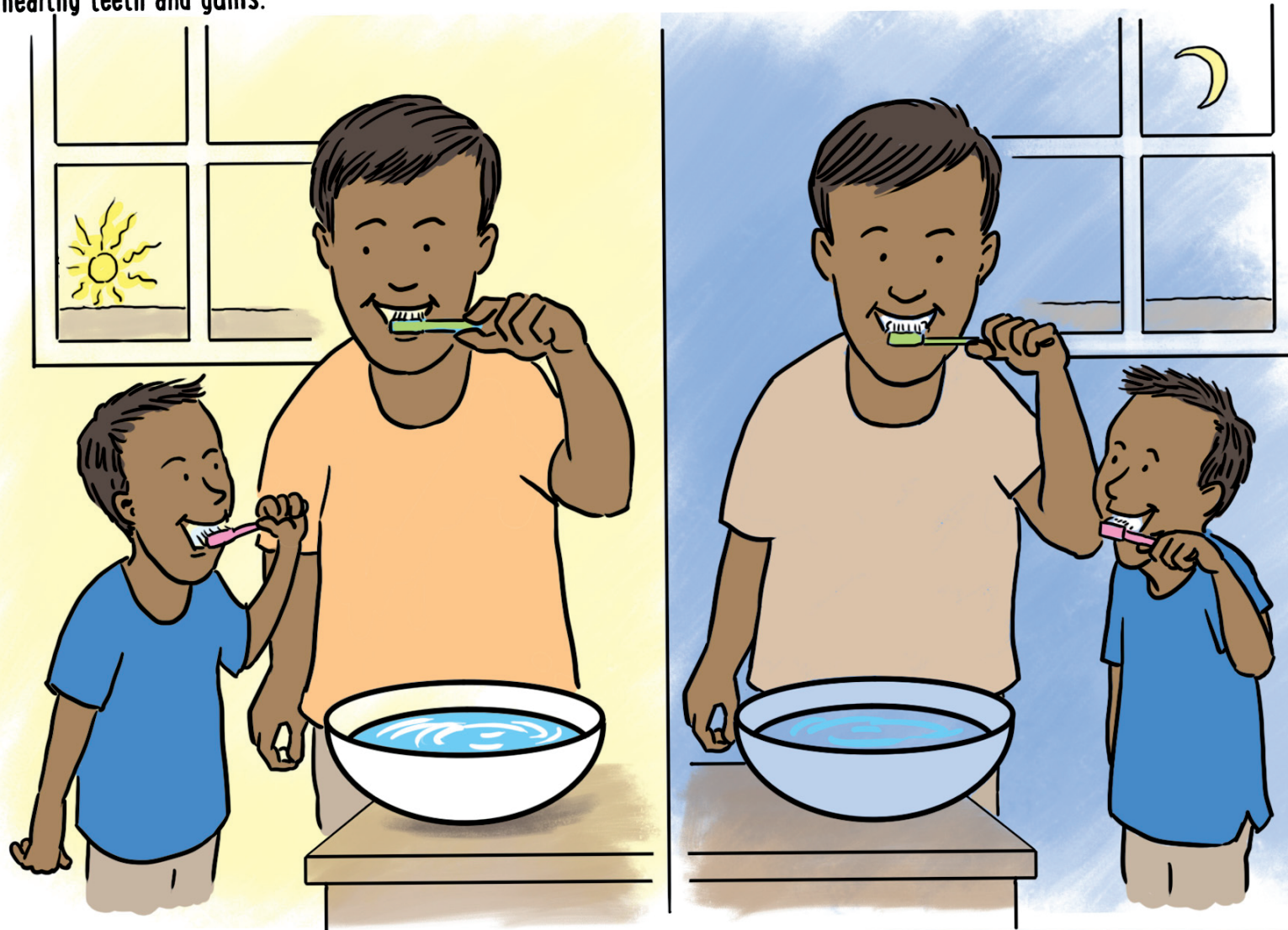


DAY	SAFE SNACK	SUGARY SNACK
1	x	x
2	x x x	
3	x x	x x
4	x x	x x x
5	x x x	x

5. Tooth decay is painful. Eating and drinking sweet things cause children's teeth to decay fast.



6. Brush teeth properly twice a day with fluoride toothpaste to remove plaque, prevent decay and have strong, healthy teeth and gums.



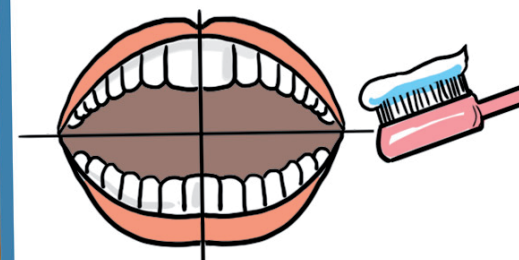
7. Give young children water or milk in a cup. Sugar in drinks like fruit juice and sodas cause teeth to decay.



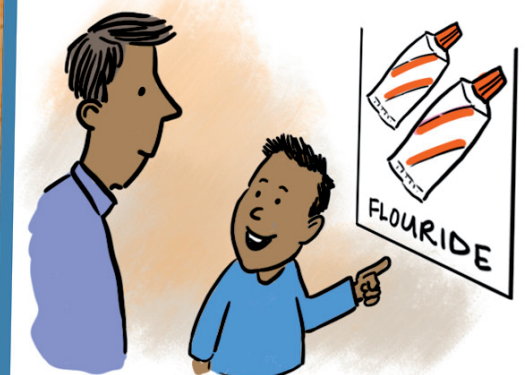
8. As the first teeth push through, brush baby's gums and teeth at least twice a day with safe, clean water and a soft clean cloth. At six months, add a small squeeze of toothpaste.



9. Imagine your mouth divided into four parts. In each one, brush at a 45 degrees angle, from the bottom up, front and back. Brush the tongue. Spit, but do not rinse out the toothpaste.



10. Fluoride is a chemical that strengthens teeth and prevents decay. Use toothpaste containing fluoride.



Frequently Asked Questions About Our Posters

- **Where can I get the printed poster?** You cannot! You need to print it yourself. It is best printed in full colour on A3 size paper and print the back too for reference or display.
- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, projects, clubs, religious groups etc.
- **Why are the faces of the people on the poster look as if they come from many different countries around the world?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **Is it enough for children to just learn the messages?** The messages are designed as **doorways to discussion and action**. They are to understand and use, not just to memorise.
- **How do I use the messages?** Be creative! Focus on one message or one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages and every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message.
- **Can I add to, change, adapt, translate or simplify the messages?** Yes! **But check that your messages are accurate.**
- **Are there other important messages you have not mentioned?** Our messages are short and simple. You may want to add other short and simple messages and that's fine.
- **Some of the words and concepts look hard for children to learn.** Children love to learn new words and ideas. Take time to ensure they understand words and ideas that have lifelong importance, like plaque, decay, gums, fluoride, dentist, oral health. Ask children to practice and test each other until they know the words well.



Working with Children for Health

- Go to our website to view the FREE resources which you can use & adapt as you like.
- Send us your questions which we will answer on our website and blog.
- Translate or adapt our materials and please acknowledge us and send us a copy of your version.
- We can be your mentor. This needs funding.
- We can help develop your health education programme with training, writing materials, help to create stories and pictures to remember messages, programme design, research design or support with monitoring & evaluation. This needs funding.
- Set up a joint venture with us. Our partners lead this process & manage the overall programme. We can apply for funding together.

For more information, please visit www.childrenforhealth.org or contact clare@childrenforhealth.org



What Can Children Do? Our Basket of Ideas

- **MAKE** our own **ORAL HEALTH** messages using our own words in our own language!
- **MEMORISE** the messages, so we never forget them!
- **SHARE** the messages with other children and our families!
- **CHECK** the health of the teeth of younger brothers and sisters.
- **STOP** babies and young children sipping sweet liquids from a bottle or cup for any more than a few seconds.
- **HELP** to clean the teeth of a baby or young child with clean water and a clean cloth.
- **CREATE** a short play about when we need to call a health worker or dentist to help.
- **MAKE** a chart that records the safe and sugary snacks or drinks that children in our class eat each day.
- **MAKE** a poster showing 'tooth-friendly' snacks.
- **SHARE** stories of having tooth pain and what happened.
- **USE** a tooth dye that shows how well we brush our teeth and how much plaque remains.
- **CREATE** a song or drama about losing our baby teeth, gaining our lifelong teeth and caring well for this one special set of lifelong teeth.
- **FIND OUT** where people can go to have teeth checked.
- **MAKE** a snakes and ladders game with messages that help us learn how what to do and what **NOT** to do, to prevent tooth decay.
- **DEMONSTRATE** good tooth brushing in the classroom and to younger children.
- **PLAY** a game to label a picture of the inside of the mouth.
- **ASK** family members: What happens when one of our family has toothache? What is the best way to care for our teeth? What toothbrushes do people use in our community? Do we need toothpaste with fluoride in our community?

