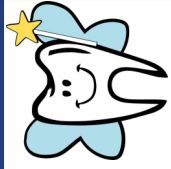
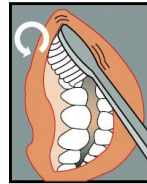




# Oral Health Reward Chart



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
evening							



Please use this reward chart to encourage your child to brush their teeth regularly.



## Healthy Teeth



### Autumn 2

### EYFS



## Chapel Street Community Primary School



See Class Dojo for more.

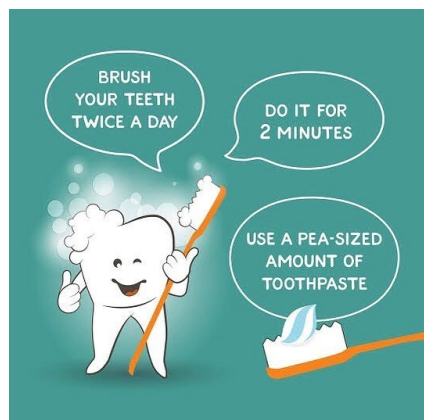
Each half term the EYFS team will be focusing on an element of being a healthy child. You will get a booklet with ideas of how to support your child's health. This half term is ...

## Healthy Teeth

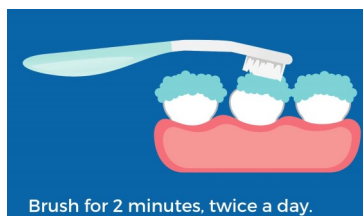
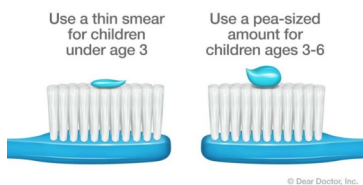


Top teeth brushing tips;

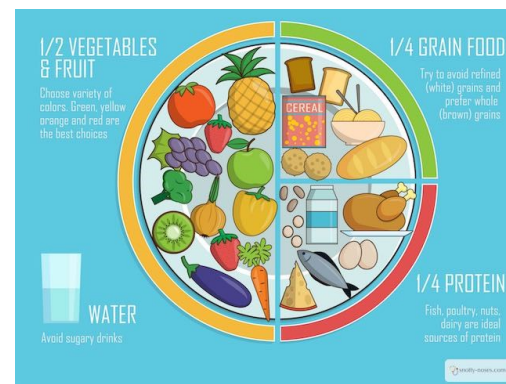
1. Make sure you put the correct amount of toothpaste onto the toothbrush.
2. Brush all surfaces of the teeth.
3. Brush for 2 minutes, twice a day.



### Correct Amount of Toothpaste for Young Children



## Healthy Eating



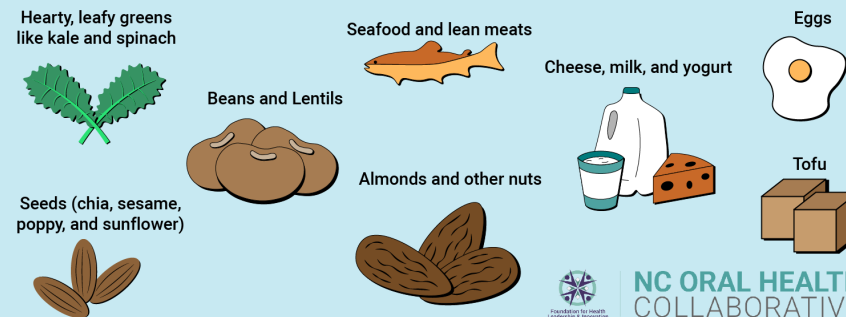
Your child should eat a healthy variety of food to support their development and help them to look after their teeth.

Limit sugary drinks - water is best.

Keep sugary snacks as an after meal treat.

## Healthy Food For Your Teeth

These choices can strengthen your teeth and prevent decay



## Videos and songs to share...

Healthy Eating Song

<https://youtu.be/6iZSnGJU5ug>

Teeth Brushing song

[https://youtu.be/IQMr\\_XY7IEM](https://youtu.be/IQMr_XY7IEM)

Tooth Brush Timer

<https://youtu.be/gAODutgIIVQ>

Teeth Brushing song

<https://youtu.be/3X4Udn7IbuY>



# Oral Health Reward Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
evening							



Please use this reward chart to encourage your child to brush their teeth regularly.

Try to colour in all the smiley faces and toothbrushes!

If you need another reward chart please ask your child's class teacher.

