



## Beckton & Royal Docks Children's Centre Tip Sheet

# Floss It Out Playdough Activity!

### What you need:

- White ice tray
- Playdough
- Pipe cleaner or yarn



### Instructions:

Turn the ice tray upside down and place pieces of play dough in between the ice cube pods to fill the gaps. Explain to your child that the play dough represents plaque and food that get stuck in between our teeth. Have them use the pipe cleaner to "floss" out the play dough. You may need to hold the ice cube tray still or if you have more than one child; siblings can take turns holding the tray and flossing.

Download the **Dental Buddy App** to teach your child about Oral Health at home:

<https://www.dentalhealth.org/oral-health-home-schooling>

Remember to Brush your teeth **TWO** minutes **TWICE** a day.

Babies can start brushing as soon as they get their first tooth. Make sure to use a tiny smear of **1000ppm fluoride toothpaste** to brush their teeth.

**Water** and **Milk** are the only tooth friendly drinks.

Dentist is **FREE** for children so make sure you get the registered with their local NHS dentist for regular check-up.

