

A Trip to the Dentist



Intent

A visit to the dentist will help children to become familiar with the dental environment, reduce any anxieties, and build positive associations with oral hygiene practices. It will promote children's personal, social, and emotional development by encouraging confidence in new settings and interactions with unfamiliar adults. It also supports children's understanding of the world, as they learn about people who help us and how their role impacts our health and wellbeing. The experience will act as a conversation starter, encouraging children to talk with both peers and family members about brushing routines, healthy eating, and regular dental visits.

If your dentist doesn't have the capacity for you to go to them, maybe they could come to you!

Implementation

Contact a local dental practice and ask if the children can visit or if a local dental professional can visit the setting to meet with the children. Children then have the opportunity to:

- Meet the dentist and dental team in a calm, welcoming environment
- Explore the dental surgery and become familiar with the equipment used
- Watch demonstrations of how teeth are checked and how to brush correctly
- Ask questions and share their own experiences

Before the trip, prepare the children through stories and discussions about oral health. Afterwards, encourage children to reflect on the experience through drawing, writing, and group conversation, helping to consolidate learning.

Impact

Following the trip, children will have increased familiarity with a dentist surgery, which helps reduce fear or uncertainty around visits. They will demonstrate a growing understanding of how to care for their teeth and the importance of regular check-ups and healthy eating habits. Children will be more confident in speaking about their own experiences, ask questions about oral health, and begin to make informed choices about their routines. The activity also strengthens the home-setting link, as children are more likely to share what they've learned with their families, encouraging ongoing conversations about oral health.

Things you may need

- Risk Assessment
- Letter for parents
- Volunteers to come too



Links to EYFS

- Communication and Language
- Understanding the World
- Physical Development
- Building Cultural Capital

Characteristics of Effective Learning

- Creating and Thinking Critically
- Playing and Exploring
- Active Learning

Find out more about oral health
www.supervisedtoothbrushing.com



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