

Working with Parents: The Stay and Play with Oral Health Theme



Intent

By engaging families together, the session aims to increase parental knowledge and confidence around key oral health messages, such as the importance of early toothbrushing, reducing sugar intake, and attending regular dental check-ups, while also making learning fun and accessible for the children.

Implementation

Depending on space, you could set up a 3 or 4 interactive activity stations, including a role play area. Have a selection of books available (see our booklist) contact details for local dentists and leaflets for parents (see our “Keeping Your Child’s Teeth Healthy” leaflet). Your stations could include:

- **Toothbrushing Practice** station demonstrate brushing techniques using dolls or mouth models.
- **Sugar Detective** table, invite parents to guess the sugar content in popular drinks using sugar cube visuals, then discuss healthier alternatives. Have magazine/catalogues with images of soft drinks, scissors, glue and families can make a picture together.
- **Healthy Food** sorting activity, support families to sort food items into ‘tooth-friendly’ and ‘not tooth-friendly’ categories.

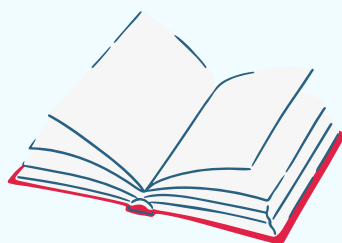
End the session with an oral health group story and rhyme time.

Impact

A stay and play provides practitioners with the opportunity to talk to parents and children together increasing awareness of the importance of oral hygiene. Through the hands on activities children will have increased confidence and independence in their own brushing routines. This approach supports the Early Years Foundation Stage (EYFS) focus on health and self-care, while also strengthening home learning links and encouraging lifelong healthy habits.

Things you may need

- Role Play resources
- Activity resources
- Books
- Parent information



Links to EYFS

- Communication and Language
- Physical development
- Working with Parents

Characteristics of Effective Learning

- Playing and Exploring
- Active Learning

Find out more about oral health
www.supervisedtoothbrushing.com



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