

Cumbria County Council  
*Early Years Team*

**What can I do  
today?**



**This week it is ...teeth**

## **Tuesday**

*May is National Smile Month so we are focusing on Teeth this week!*

### **Role play dentist**

- Some children can be a little scared of going to the dentist as they are not sure what to expect. They may pick up on any nervousness adults show.
- To introduce going to the dentist in a positive way, why not set up a dentist role play at home?
- You could take turns to be the dentist or dental nurse and the patient. You could make teddies or toys the patients.
- You could use a toy doctors kit or even a spoon to pretend it's the mirror, perhaps a torch and a toothbrush.
- Talk about cleaning teeth and count how many teeth you have.