

Get involved in NDNA's week of **health and happiness...**

Monday
25
March



Let's look at the mouth

Start the week by learning about milk teeth and the importance of oral health. Our activity shows you how to make a model of the mouth, with lots of ways to explore the topic!



Tuesday
26
March



Let's limit sugar!

Learn facts about the effect of too much sugar on our teeth and overall health. This day includes top tips for parents, as well as a game to play with the children based on sugar.



Wednesday
27
March



All about brushing

Wednesday's guide focuses on tooth brushing, with helpful guidelines to follow. It also includes our Big Teeth Brush activity! Take part in our mass activity and share on social media.



Thursday
28
March




Let's talk about fluoride

How much do you know about fluoride? Learn about fluoride - plus tips for sharing everything from the week with your parents, and prompts for discussions with the children.




Friday
29
March






Let's go to the dentist

Going to the dentist can be a new and scary prospect for a child! Friday's guide has lots of tips on how you can help to make it a positive experience from an early age.



Please share your stories and photos with us using:

#HealthyBodyHappyMe  @NDNATalk  /ndna.org.uk  National Day Nurseries Association

Find more details and download the activity guides from:

www.ndna.org.uk/healthy