

Read a leaflet

Name _____ Date _____

Visiting the Dentist with Your Child

As soon as your child has teeth coming through the gums, start getting them used to a soft baby toothbrush. They usually enjoy the sensation of brushing their teeth and you can start a lifelong good habit.

Sugary Drinks

Sugary drinks rot teeth, so avoid putting sugary drinks in a bottle or beaker for your child. Milk, water or diluted juice is better.

Brushing Teeth

Start brushing **night and morning** with your child. Use a junior brush and toothpaste for milk teeth. Supervise your child to make sure they brush properly.

Visiting The Dentist

Register your child with a dentist. Dental check-ups and dental treatment are free until your child is 18 years old. A check up every 6 months may prevent painful tooth decay. It will also help your child get used to the dentist looking in their mouth and examining their teeth, gums and tongue. Before you go, explain to your child why they are going and what will happen.

Sweets

Everyone enjoys eating sweet food especially children! If they are hungry offer other snacks so they do not expect or want sweets between meals.

Children can have:

- a little box of tasty fruit
- some carrot/cucumber sticks
- rice cakes which are filling but not sweet
- raisins
- bread sticks

You can look on the internet for more ideas for healthy snacks. Sweet foods can be a treat. They will prevent tooth decay and will introduce your child to good eating habits from the start. 😊

251 words

Plan and write a leaflet

Name _____ Date _____



Writing task

There have been a number of burglaries in your area. You are a member of a neighbourhood watch scheme and have been asked to create a helpful leaflet for local residents.

Write the contents for a leaflet which will be posted through the door of local properties. The leaflet should advise homeowners how to make their property safer.

Consider: door and window locks, shed security, cameras, lights, what to do when you go away, neighbours' help, car keys, money, etc.

Remember to think about the layout: headings, subheadings, numbers, bullet points, paragraphs, bold, underlining, boxes, bubbles, etc.

You do not need to include pictures but you could indicate what pictures or photos could be included.

Write 250-300 words.