

Dentist Visit in Red Room

On Monday 26th January, the children in the Red Room had a special visitor, Dr Lucinda Hold, who came to talk to the children about how to look after their teeth and which foods are good and bad for dental health.

Dr Lucinda showed the children a large model of teeth and a toothbrush, and demonstrated the correct way to brush teeth using small circular movements. She then invited the children to have a turn practising brushing the teeth model, which encouraged active participation.

She showed the children two types of teeth and asked them to identify which were healthy and which were unhealthy. The children then took part in a sorting activity, placing different foods into categories of good and bad for teeth, and discussed why certain foods help or harm our teeth.

To end the session, Dr Lucinda asked the children if they had any questions and talked to them about how going to the dentist is safe. She explained that dentists help to look after our teeth and often give children a sticker, which helped to reassure the children and promote positive feelings about dental visits.

This session had a positive impact on the children's understanding of oral hygiene and healthy choices. The use of real-life resources and hands-on activities helped children to engage confidently and develop knowledge about caring for their teeth. Practising brushing techniques supported children's independence and self-care skills.

The discussion about visiting the dentist helped reduce anxiety and built children's confidence by reinforcing that the dentist is a safe and supportive place. Overall, the session supported children's health and wellbeing, encouraged positive attitudes towards dental care, and promoted lifelong healthy habits.



Children's Comments

Minhas said, "Juice is bad," showing a thumbs-down gesture.

Bitanya said, "Cake is bad because it has sugar."

Ayub said, "My daddy eats ketchup."

Mahmoud said, "We brush our teeth two times."

Ahmir said, "She is a dentist."

