

Dr Lucinda– A local Dentist came to visit **Yellow Room**



26.1.2026

Today Dr Lucinda Hold who is a dentist at College Road Dental Surgery came to nursery to teach our children about good oral health.

Dr Lucinda showed the children how to brush their teeth properly. The children had a turn using the big teeth and toothbrushes. Dr Lucinda also spoke to us about healthy eating and we played a game sorting foods and drinks that are bad and ok for our teeth. Dr Lucinda also spoke about visiting a dentist regularly for a check up and how this isn't scary.

Natan asked a good question: "What happens if your teeth break?" Dr Lucinda spoke about how if we eat lots of sugar then we can get holes in our teeth. She answered Natan's question by talking about how a dentist can fix a hole by filling the hole.

Dr Lucinda also left a goody bag for us to take home, it was filled with a toothbrush, toothpaste, a sticker and a sand timer so we can make sure we are brushing our teeth for 2 minutes at home.