



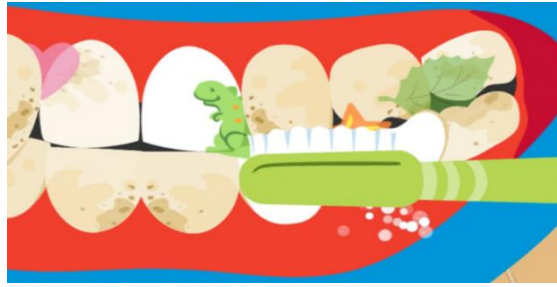
## Oral Health Pack



### October 2025 Activity Pack

Whittington Health NHS Trust Oral Health  
Improvement Team





Halloween is just around the corner, and kids everywhere are gearing up for spooky costumes and bags full of sweets from trick-or-treating. While it's a fun night for children, it can turn into a nightmare for their teeth! Here are some helpful tips to avoid a dental disaster this Halloween.

👻 🌿 Spooky Smile Crew! 🌿 👻

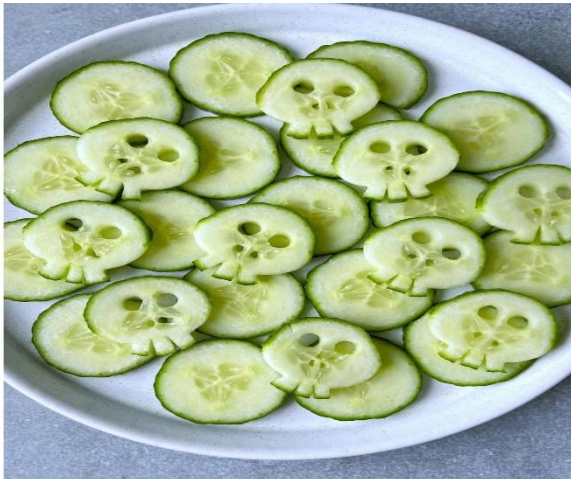
Get ready for a fang-tastic Halloween with these spooktacular tooth tips:

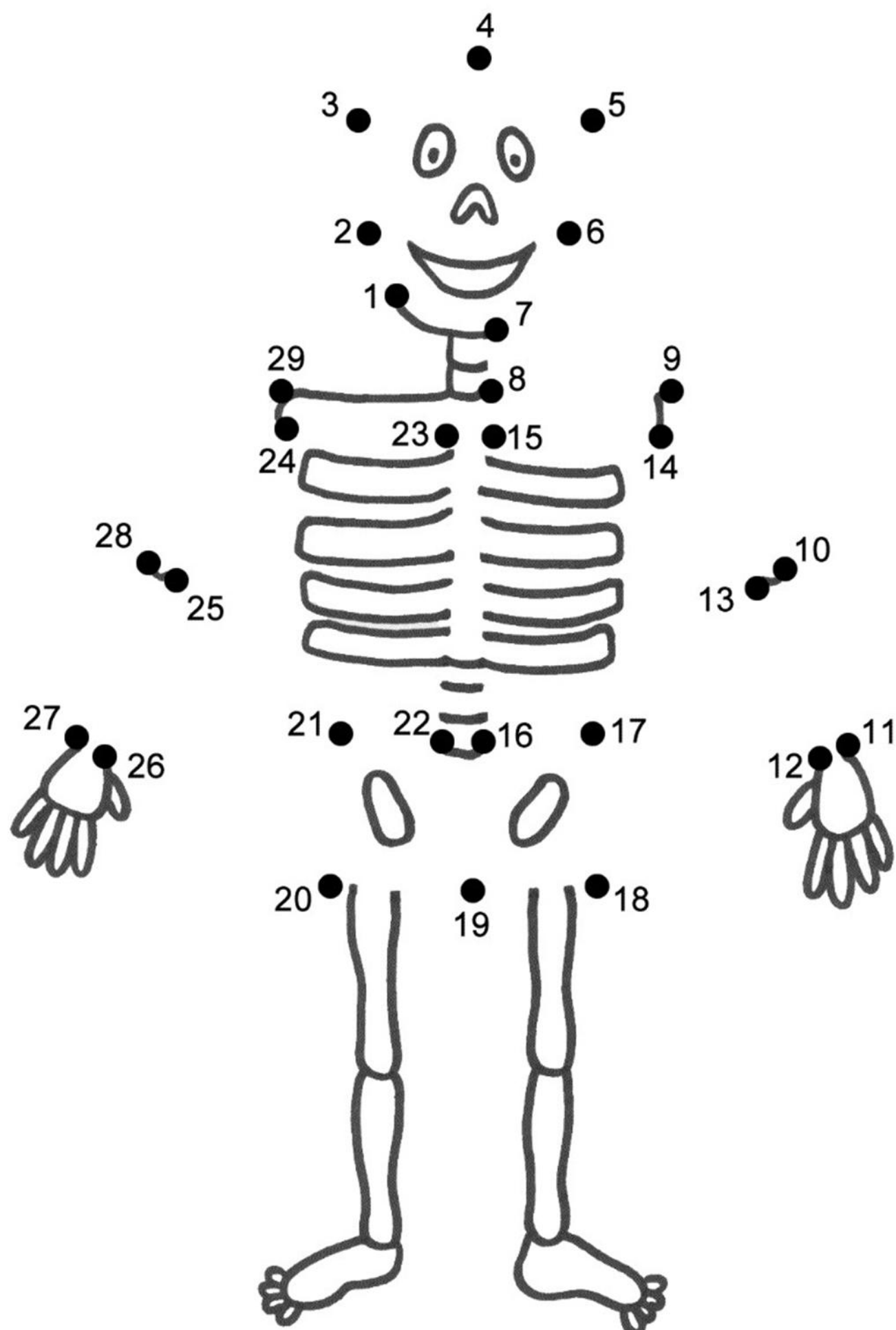
- 🪥 Brush your teeth twice a day (rise 'n' shine and before bedtime!)
- 🚫 Spit, don't rinse keep those fluoride goodies working!
- 🌀 Squeeze only a pea-sized amount of fluoride toothpaste
- 🕒 Brush for two whole minutes
- 🍬 Enjoy Halloween treats, but don't let sweets haunt your teeth!

These simple steps can help ensure a fun and tooth-friendly Halloween!



## Try making some healthy October treats









**Brush for 2 minutes  
with a pea-sized amount  
of toothpaste**



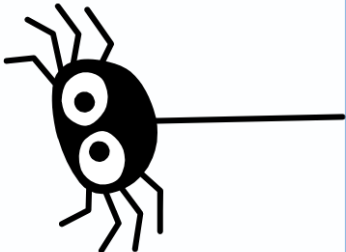


# Toothbrushing Chart

Make your teeth sparkle and shine this Halloween

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Night							

Keep your teeth  
boo-tiful



Word search find the word below in grid

N	U	R	S	E	W	A	T	E	R
A	D	C	E	S	P	I	T	G	F
H	I	B	R	U	S	H	J	K	L
T	O	O	T	H	P	A	S	T	E
F	R	U	I	T	S	M	N	O	P
Q	R	S	T	E	E	T	H	V	W
V	E	G	T	A	B	L	E	S	Z
D	E	N	T	I	S	T	A	L	A

Dentist

Toothpaste

Fruits

Teeth

Nurse

Vegetables

Brush

Spit

Water



Please scan the QR code to visit the Whittington Health Oral Health website and learn more:



Leaflet by the Whittington health oral health improvement team

#### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth  
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

Date published: 10/03/2023  
Review date: 10/13/2025  
Ref: SC/DentServ/N&RCAPOHCwZS/01

© Whittington Health  
Please recycle

