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|---|---|----|---------------------------------------|-------------------------------|----|---|---------------------------------|------------------------------|--|
| 100 | 99 | 98 | Fizzy drinks are bad for your teeth! | 96 | 95 | 94 | 93 | Forget to visit the dentist! | 91 |
| 81 | 82 | 84 | 84 | 86 | 87 | 88 | 89 | 90 | 90 |
| 80 | Milk is good for your teeth - drink lots! | 78 | 77 | 76 | 75 | Eat too many sweets - you need a filling! | Forget to brush your teeth! | 72 | Brush your teeth with fluoride toothpaste! |
| 61 | 62 | 63 | 64 | 66 | 67 | 67 | Too much sugar rots your teeth! | 69 | 69 |
| Replace your toothbrush every 2-3 months! | 58 | 57 | 56 | 55 | 54 | 53 | 53 | 52 | 51 |
| Forgot to brush! | 43 | 45 | 46 | 47 | 48 | 48 | 50 | 50 | 50 |
| 39 | 37 | 37 | Sugary sweets are bad for your teeth! | Eat plenty of fruit and veg! | 34 | Remember to brush all your teeth! | 32 | 31 | 31 |
| Avoid sugary snacks! | Sugary drinks cause decay! | 23 | 24 | 25 | 26 | 27 | 28 | 30 | 30 |
| 20 | 19 | 17 | 16 | 15 | 14 | 13 | 13 | 12 | Brush your teeth morning and night! |
| 1 | Look after your teeth! | 3 | 4 | Visit your dentist regularly! | 6 | 7 | 9 | 10 | 10 |

DENTAL SNAKES AND LADDERS

Adapted from 'Toothbrushes and Rock' - a children's waiting room game featured in the book 'Practical Dental Health Education' (2nd)

While remembering to brush your teeth or visit the dentist allows the player to climb up a toothbrush to the winning post, too many sweets and fizzy drinks could mean sliding down a candy cane to the bottom of the board!

Wilson P. *Practical Dental Health Education: a Guide to Home-Made Resources and Ideas* (2nd). Southern Derbyshire Health Authority, 1983