

“Healthy teeth – big smile”

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Klaipėda nursery school “Ruta” participating in the project “Healthy teeth – big smile”. The aim of the project is to teach kids good oral hygiene skills and to make daily teeth cleaning a habit. To achieve the aim we will have the following targets: provide knowledge about dental care, introduce a toothbrush, toothpaste and their use; encourage the willingness to clean teeth.



Healthy oral cavity not only guarantees life quality but also protects from many diseases. That is why it is very important to train appropriate oral hygiene and skills and form the habits from early days. The experience shows that 4–5-year-old kids do not have sufficient oral hygiene habits. Though kids try to clean teeth and rinse their mouth themselves, their motor skills, dental cleaning technique is not good enough to complete the task well enough.

Klaipėda nursery school “Ruta” teachers carried out the project “Healthy teeth – big smile” in February. This project helped to improve dental care skills and to gain healthy living competence. Kids became involved into the activities, were willingly engaging into performing various tasks and were especially impressed by big teeth and their special brush. Project participants were 4–5-year-old kids.

Link to website:

https://darzelisruta.lt/images/DANTUKAI_SVEIKI_-_%C5%A0YPSEN%C4%96L%C4%96_PLATL.pdf