

Teacher Manual

Message to Teachers

“**Brighter Smiles for the New Generation**” (BSNG) is an activity aimed at motivating children to establish good oral care habits, thereby fostering their self-care ability and promoting parent-child relationships.

Our Objectives:

- Children brush their teeth with children’s fluoride toothpaste in the morning and before bed at night every day
- Parents perform supplementary toothbrushing on their children every night
- Parents remind their children to avoid eating frequently and help them establish a Smart Dietary Habit in order to prevent tooth decay

According to our past evaluation, children who have participated in the “BSNG” activities, are found more likely to have brushed their teeth with toothpaste twice daily and have parental supplementary toothbrushing every night. In order to reinforce good oral care habits in children, the activity period will last for 12 weeks.

Activity Materials

Materials for Children and Teachers

1. Student Oral Care Handbook (Stickers attached)

To record children's daily teeth cleaning and smart dietary habits

Stickers: To motivate children to establish good oral care habits

2. Oral Care Animation

To learn oral care knowledge through oral care animations in class, visit the "Toothclub" website at www.toothclub.gov.hk or browse the "OHPD" YouTube channel's BSNG Playlist.

- “Rescue HeHa Planet”
- “Oral Care Tips”
- “Oral Care Classroom”
- “Brush Brush for Brighter Smiles” Theme Song (2024-25)



3. Online Picture Books

To be read with children in class

- Love your teeth Say NO to SNACKS (For the 3 year-old class)
- Our Good Friend - the Dentist (For the 4 year-old class)
- My New Tooth (For the 5 year-old class)



4. Teacher Manual

To be referenced by teachers regarding information on activities

5. Scoreboard

To display scoreboard in classrooms, teachers will put a “✓” on it according to the children’s oral care performance
(Refer to How to use the [“Scoreboard”](#))

6. Posters

To display in school for promotion

7. Oral Care Tips

Teachers should distribute the oral care tips to every child before the summer holidays

To remind parents to help their children keep up good oral care and smart dietary habit during summer holidays

8. Gifts

To award children who have completed 3 tasks

(Refer to [“Children’s Award”](#))

Before Activity

The Activity Period is from 21 October 2024 to 29 June 2025. Schools should designate a consecutive **12-week** period for this activity (Starting on Monday).

Teachers should:

1. Display the promotional posters in school
2. Distribute teaching materials to children and notify parents to introduce the activity and award criteria
3. Watch the oral care animations and Online Picture Books with children and teach them the oral care knowledge
4. Discuss the Q&A questions with children to explain oral care messages
5. Teach children how to use different stickers to establish good oral care habits

Activity timetable

星期 Week	1	2	3	4	5	6	7	8	9	10	11	12
活動項目 Activity Items												
早晚刷牙 Toothbrushing Day and Night	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
親子刷牙 Supplementary Toothbrushing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
自律飲食 Smart Diet									✓	✓	✓	✓



活動進行時段

Activity Period

During Activity

Upon completion of the following activities, parents can put a “√” and sign in the record sheets of the Student Oral Care Handbook”.

1. Children finish brushing their teeth in the morning and before bed at night with children’s fluoride toothpaste every day
2. Parents help children perform supplementary toothbrushing every night
3. Children have no more than one snack time in the morning and in the afternoon every day

Toothbrushing and Smart Diet Record Sheet

刷牙記錄表 Toothbrushing Record Sheet

星期 Week	1	2	3	4
日期 Date				
				
一 Mon	✓	✓		
二 Tue	✓	✓		
三 Wed	✓	✓		
四 Thur	✓	✓		
五 Fri	✓	✓		
六 Sat	✓	✓		
日 Sun	✓	✓		
家長簽名 Signature of parent	Cee			

刷牙及自律飲食記錄表 Toothbrushing and Smart Diet Record Sheet

星期 Week	9			10		
日期 Date						
						
一 Mon	✓	✓	✓			
二 Tue	✓	✓	✓			
三 Wed	✓	✓	✓			
四 Thur	✓	✓	✓			
五 Fri	✓	✓	✓			
六 Sat	✓	✓	✓			
日 Sun	✓	✓	✓			
家長簽名 Signature of parent	Cee					

How to use the “Scoreboard” ?

During the 12-week period, children should give the “Student Oral Care Handbook” to teacher every Monday. Teacher will put a “✓” on the “Scoreboard” for children’s performance according to the following criteria:

1. Completed “Toothbrushing Day and Night” activity every day
2. Completed “Supplementary Toothbrushing” activity every night
3. Completed “Smart Diet” activity every day from Week 9 to 12

Scoreboard

龍虎榜 Scoreboard 活動時段 Activity Period

早晚刷牙 Toothbrushing Day and Night (任務 Task 1)													親子刷牙 Supplementary Toothbrushing (任務 Task 2)													自律飲食 Smart Diet (任務 Task 3)			
星期 Week													星期 Week													星期 Week			
1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	9	10	11	12		

1. 每天孩子完成「早晚刷牙」活動
 Completed “Toothbrushing Day and Night” activity every day

2. 每晚家長幫孩子完成「親子刷牙」活動
 Completed “Supplementary Toothbrushing” activity every night

3. 在第九至十二星期內，每天孩子完成「自律飲食」活動
 Completed “Smart Diet” activity every day from Week 9 to 12

What is “Snacks Bag”?

A “Snacks Bag” is a tool to help children establish a Smart Dietary Habit, and remind them not to snack frequently. When children receive snacks, they should put them in the “Snacks Bag” and save them for snack time. **They should have no more than one snack time in the morning and in the afternoon every day.** Parents and children can make their own “Snacks Bags” using favourite boxes or containers.

How to use the stickers?

“Snacks Bag” Stickers

Ask children to paste the stickers on their favourite bags, boxes or containers and teach them how to establish a Smart Dietary Habit with the “Snacks Bag”.

“Drink Water” Stickers

Ask children to paste the stickers on their favourite cups or bottles to remind them to quench thirst with water.

“Dental Check-up” Stickers

Ask children to paste the stickers on diary or calendar as a reminder for regular dental check-up annually.

“Brushing Teeth Day and Night” Sticker

Remind children brushing teeth day and night with children’s fluoride toothpaste.

“Supplementary Toothbrushing” Sticker

Remind parents of supplementary toothbrushing for their children every night.


Teachers could help children establish a Smart Dietary Habit in order to prevent tooth decay as follows:

1. Have full meals: breakfast, lunch and dinner
2. No more than one snack time in the morning and in the afternoon every day
3. Keep snacks in their “Snacks Bag” and enjoy the food during snack time only
4. Drink water to quench thirst. If you want to drink flavored drinks, drink at meals or snack time

Stickers



After Activity

1. Please submit your results through www.toothclub.gov.hk within 2 weeks after the completion of the activity
2. Click the icon , then select “Online Service”
3. Input the Organization ID and Password, then click “Login”
4. Click “Brighter Smiles for the New Generation”, and fill in your “Programme Result”, then click “Submit”
5. After submitting the results, you will receive a collection notice through email
6. Fill in the collection date and fax the collection notice to the Oral Health Promotion Division of the Department of Health three working days before collection.
7. Arrange the collection of Oral Care Tips and gifts on the specified date. Please bring suitable tools for the carrying

Gifts will only be given out if the result is submitted on or before 11 August 2025 (Monday)

Address:

Oral Health Promotion Division, Department of Health

4/F, Argyle Street Jockey Club School Dental Clinic,

147J, Argyle Street, Kowloon

Children's Award

Gifts

Children will be awarded gifts if they complete the following **3 tasks** in 12 weeks.

Task 1

During weeks 1 to 12, children finish brushing their teeth in the morning and before bed at night with children's fluoride toothpaste every day.

Task 2

During weeks 1 to 12, parents help children perform supplementary toothbrushing every night.

Task 3

During weeks 9 to 12, children have no more than one snack time in the morning and in the afternoon every day.

Oral Care Tips

To remind parents to help their children keep up good oral care and smart dietary habit during summer holidays. Teachers should distribute the "Oral Care Tips" to every child **before the summer holidays**.

Social Media

Teachers can share our social media “QR code” with parents and children so that they can get more oral care knowledge

“Like” and “Subscribe” our Facebook page and YouTube Channel to get the latest information

“BSNG” Facebook page



OHPD YouTube Channel – “BSNG” playlist



Q&A

Teachers could discuss the following questions with children

1. Where does the dental plaque like to hide?

Ans: Along the gum margin.

2. What is a Smart Dietary Habit?

Ans: Have full meals: breakfast, lunch and dinner, no more than one snack time in the morning and in the afternoon every day.

3. What kind of food will cause tooth decay?

Ans: Any food containing sugar will cause tooth decay, so we will have a higher chance of getting tooth decay after taking in these food. Since most food and drinks contain sugar even if they are not sweet, we cannot judge whether the food will cause tooth decay only by its taste.

4. Why does frequent eating and drinking habit increase the chance of getting tooth decay?

Ans: The bacteria in the dental plaque will metabolize the sugars in food to produce acids, which will demineralize the tooth surfaces. There is a chance of getting tooth decay every time you eat or drink. Therefore, the more frequently you eat or drink, the higher the chance of getting tooth decay.

5. What should we do to ensure children's teeth are clean after they have brushed their teeth every night?

Ans: Parents should perform supplementary toothbrushing every night to ensure their children's teeth are clean. Since their fine motor co-ordination is not fully developed, they are unable to clean all tooth surfaces thoroughly.

6. How often should we have regular dental check-up?

Ans: We should have regular dental check-up every year. Dentist will provide

oral care advice and render early treatment to any problems detected during dental check-up.

7. What are the good oral care habits for children?

- Ans:
- i. To brush the teeth with children's fluoride toothpaste in the morning and before bed at night and ask parents to perform supplementary toothbrushing every night.
 - ii. To reduce eating and drinking frequency (except water), have no more than one snack time in the morning and in the afternoon every day.
 - iii. To have regular dental check-up every year.

Activity suggestion:

Browsing "OHPD" YouTube Channel and watching "[Oral Care Tips](#)", learning from the Q&A game

Let's join the “World Oral Health Day” Card Giving Activity

FDI World Dental Federation declares the 20th of March of every year as “World Oral Health Day” (WOHD), in order to raise the oral health awareness in the community.

In this connection, the Oral Health Promotion Division of the Department of Health will conduct a special card giving activity on the “WOHD”. Please work with us to support this meaningful event and details are as follows:

Activity Period

Date: 1 to 20 March 2025

Activity Details

1. Encourage children and parents to make a “WOHD” greeting cards.
Teachers may also take part in creating the card with the students
2. Take some photos as activity highlights
3. Send us a maximum of 10 photos through the “message” of the [“BSNG” Facebook page \(BSNG.KG.HK\)](#)
4. No personal information should be shown on the photo(s)
5. Submit the total no. of participant(s)
6. After verification, photos will be uploaded to the “BSNG” Facebook page.
Photos may also be distributed through other channels to promote oral health education
7. Give the greeting cards to relatives and friends through social media or in person (Please make copies as needed)