

Lordswood Dental Practice Work Experience KS2

Welcome to Lordswood Dental Practice.

We are very happy that you have chosen to spend your virtual work experience with us.

At Lordswood, our team helps people keep their teeth and mouths healthy. The people who work in a dental practice include:

- • Dentists – they check teeth, fix problems and help people stay healthy
- • Dental nurses – they support the dentist, helping patients feel calm and preparing equipment
- • Hygienists – they clean teeth and teach people how to care for them
- • Reception staff – they welcome patients and help organise things.

During your virtual work experience, you'll complete three tasks that help you think like someone who works in a dental practice.

Best wishes,
The Lordswood Dental Practice Team



Starter Task – Spot the tooth-friendly snacks.

Your goal:

Understand which foods are good for teeth.

What to do:

1. Look at the list below:

- Apples
- Fizzy drinks
- Cheese
- Sweets
- Carrots
- Crisps
- Water
- Chocolate biscuits

2. Sort them into two lists:

1. Tooth-friendly snacks
2. Not tooth-friendly snacks

3. For each snack explain why it's good or not good for your teeth.



Starter Task – Dog Facts Detective!

Helpful vocabulary

Plaque – sticky film on teeth that can cause cavities.

Tooth – the hard part in your mouth used for chewing.

Sugar – sweet foods can cause cavities if eaten too often.

Water – keeps your mouth clean and helps prevent cavities.

Sentence starters

This snack....

I chose this because...

This is tooth-friendly because...

This is not tooth-friendly because...

Example

Apples are a tooth friendly fruit because they are a crunchy fruit that helps clean teeth and stimulates gums.

Main Task – Calm the nervous patient

Your goal:

Learn how dental staff help people feel calm and safe.

What to do:

1. Read about Sam, a child coming for their first dental check-up. Sam feels nervous and a little scared because they aren't sure what will happen. They worry about the dentist's tools and wonder if it might hurt, but they are also curious to learn how the dentist will take care of their teeth.
2. Imagine you are a dental nurse.
3. Write three things you would say or do to help Sam feel better.
4. Explain why each idea helps someone feel calm.



Main Task – Calm the nervous patient

Helpful vocabulary

Reassure – help someone feel less worried

Calm – peaceful and relaxed

Trust – feeling safe with someone

Patience – the ability to wait calmly and not get frustrated.

Sentence starters

I would reassure Sam by saying...

This helps because...

I would explain that...

To help Sam feel better, I would...

Example

I would reassure Sam by saying it's okay to feel nervous, Sam – I'll be here with you, and the dentist will be very gentle.

I would hold their hand or show them the tools first so they know what to expect.

Extension Task – Design a ‘super smiles station’

Your goal:

Create a fun mini-area for children who visit the dental practice.

What to do:

1. Imagine Lordswood Dental Practice wants a special area for children called the Super Smiles Station.

2. Draw or describe what would be in it. Include:

- A poster showing how to brush properly
- A fun activity (e.g. matching teeth to foods)
- A helpful reminder about check ups

3. Write two sentences explaining why your station would help children feel confident about visiting the dentist.

Extension Task – Turn an idea into an event

Helpful vocabulary	Sentence starters
Hygiene – keeping something clean	My super smiles station includes...
Confidence – feeling brave and ready	This would help children because...
Routine – something you do regularly	My activity teaches that...
Comfort – a feeling of being safe, relaxed, and cared for.	My station would help children...

Example
My station would help children feel confident because it shows them what to expect and makes the visit less scary.