

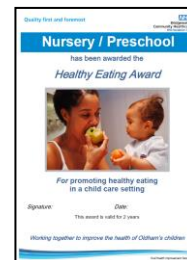
## Improving Oral Health in Oldham - Working Together to Make it Happen

Our setting is working in partnership to provide a supportive environment that promotes good oral health for all the children in our care. To allow us to do this we participate with the following initiatives:

### Healthy Eating Award

We have successfully achieved the Healthy Eating Award accredited by Bridgewater Community Healthcare NHS Foundation Trust. The award recognises the efforts we play to promote good healthy eating practices early in a child's life by fulfilling the following criteria:

- set good examples to our children
- provide healthy food and drinks
- make the birthday child feel special without using sweets or confectionery
- welcome and support breastfeeding mums
- have a food policy and share it with parents



### Supervised Toothbrushing Programme

Our children aged 2-5 years are taking part in a free Greater Manchester Supervised Toothbrushing Programme which aims to reduce levels of tooth decay in young children and support your home toothbrushing routine.



The children brush their teeth once a day with toothpaste containing 1450ppm fluoride under supervision of the nursery practitioners. The children will also receive a dental pack to take home (once a year) containing a toothbrush, fluoride toothpaste and an information leaflet.

Consent will be required for your child to benefit from this preventative programme and for more information speak to child's key worker.

### Top brushing tips for keeping your families teeth healthy

- Teeth should be brushed twice a day, once before bed and once at any other time that suits your family routine
- The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging. Toothpaste that contains 1350 to 1500ppm fluoride gives teeth the best protection
- For children under three you should use just a smear. For three to six year olds, a pea-sized amount is perfect
- Your children need help brushing their teeth until they are at least seven years old
- Spit, don't rinse - when we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away.



### Dental Playbox

Action for sick children provide an annual Dental Playbox session funded by Oldham Council. The play session include stories, activities and songs promoting how to look after teeth by supervised brushing, healthy eating and visiting the dentist. The children involved will receive a free dental pack to take home and following the session we continue to promote the oral health messages using a resource box which is left on loan.



### Additional information and useful links:

To find an NHS dentist in Oldham visit: NHS Choices Website - [www.nhs.uk](http://www.nhs.uk) - tel NHS England 03003112233

Oldham Supervised Toothbrushing programme - [www.youtube.com/watch?v=Y0hZVxWEEe4](http://www.youtube.com/watch?v=Y0hZVxWEEe4)

Brushin' Buddy Bear <https://www.youtube.com/watch?v=15bn1kFIPR0>

Brush DJ - <http://www.brushdj.com/>

Brush your teeth - <https://www.supersimple.com/song/brush-your-teeth/>

Billy Brush's Brush along Song - <https://www.youtube.com/watch?v=3vaTHrVnedw>