

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Supporting families with dental health

Statistics from Public Health England (PHE) reveal around one-in-four (23%) of five-year-olds in 2019 had dental decay.

Campaigns like National Smile Month help foster healthier communities and reduce unacceptable inequalities in oral health.

Sharing information and promoting oral health with families will help to support children's dental health.

Support families with dental health by:

- Sharing information and links which encourage parents to brush/supervise brushing until eight-years-old and to ensure children brush their teeth twice daily for about two minutes with fluoride toothpaste
- Sharing information about the importance of registering with a dentist and providing details of local dentists, where required
- Displaying posters about the importance of tooth brushing and what foods/drinks are good and bad for teeth
- Including visual examples about the sugar content in certain food and drinks e.g. nine teaspoons of sugar in an average can of fizzy pop
- Reminding parents about using sugar-free medicines
- Implementing policies to support oral health such as only offering healthy meals and snacks and no juice, reinforce the importance of this at home too
- Sharing the best books/songs that support and promote oral health and tooth brushing
- Considering sending home a puppet or teddy to support tooth brushing like 'Snappy the crocodile', who talks to the children about the importance of tooth brushing and practical demonstrations with top tips, such as 'brush your teeth for two minutes whilst singing this rhyme'
- Providing help and support about the long term use of dummies and the impact on teeth
- Taking part in a supervised tooth brushing scheme. These are usually offered by local authorities in areas where there are high risks of poor oral health.

