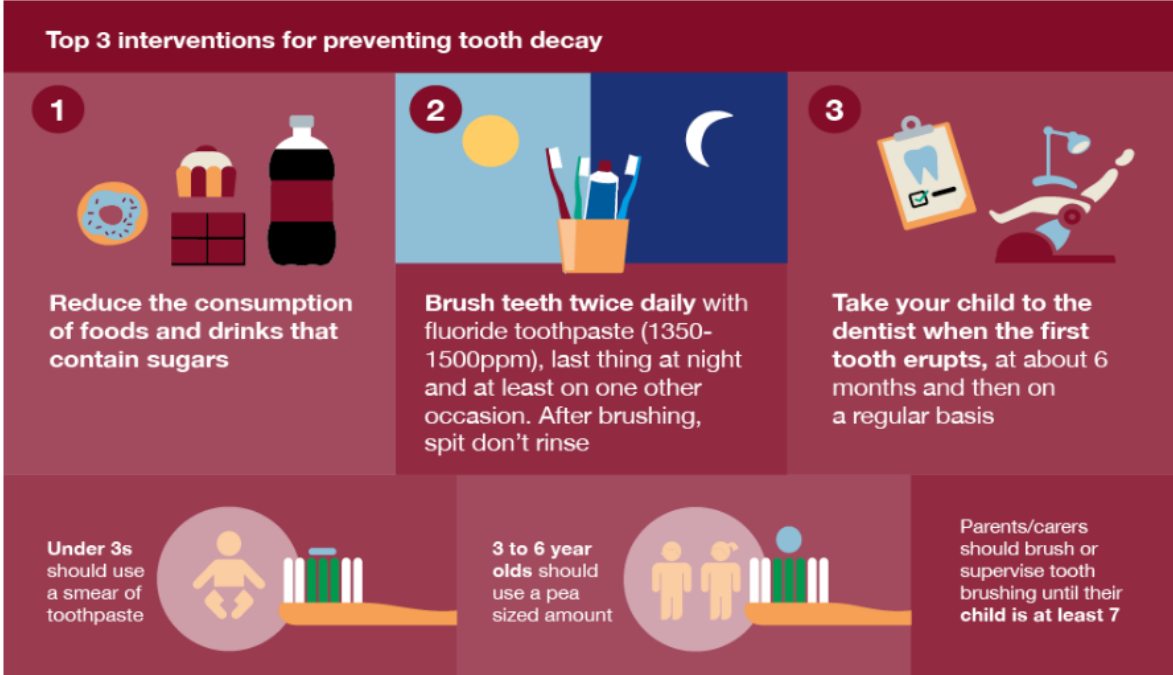





Improving Oral Health Outcomes for Young Children


The Oral Health Team deliver and support a daily supervised tooth brushing scheme within Southampton City as part of the silver (healthy mouth) section of the Healthy Early Years Award (HEYA). Early years staff receive appropriate oral health training and the setting is supported in adopting an holistic approach to improving oral health. As part of the HEYA award, each setting is encouraged to promote these key messages to parents:


- Healthy eating and drinking
- Tooth brushing with fluoride toothpaste
- Visiting the dentist



Top 3 interventions for preventing tooth decay

- 1** 
Reduce the consumption of foods and drinks that contain sugars
- 2** 
Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse
- 3** 
Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste 

3 to 6 year olds should use a pea sized amount 

Parents/carers should brush or supervise tooth brushing until their **child is at least 7**

Why carry out supervised tooth brushing?

Research studies show that the daily application of fluoride toothpaste to teeth reduces the incidence and severity of tooth decay in children. However, children in more deprived areas are less likely to brush their teeth at least twice daily. Targeted childhood settings such as nursery and school settings can provide a suitable supportive environment for children to take part in a supervised tooth brushing programme, teaching them to brush their teeth from a young age and encourage support for home brushing. The evidence tells us that to maximise tooth decay prevention, children aged 0 to six years should brush their teeth **at**

least twice a day with family fluoride toothpaste (containing 1350-1500 part per million ppmF), with under three year olds using a smear and three to six year olds a pea sized amount. They should spit not rinse after brushing and tooth brushing should be supervised by an adult.

SAVING SMILES LOCAL STANDARDS HERE to remain. Additional information to be added revised covid 19 local standards – to follow

SAVING SMILES WORKBOOK HERE.