



IF: Inspiring Foundations ✨



Did you know?... As part of our curriculum, we will be talking about ORAL HEALTH with the children within school, talking and thinking about how we can help keep our teeth strong and healthy, linking to 'national smile month'.

Did you know?... **NHS dental care for children is free.** See the following link to find an NHS Dentist near you...

<https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

Did you know?... You should **try to avoid** giving your child any snacks before **bedtime** as certain snacks can cause '**acid attacks**' to the teeth, especially snacks that are full of sugars (even natural ones too!). If your child would really struggle without a snack before bed, perhaps try giving them some vegetables as a healthier alternative and ensure that they brush their teeth before sleeping.

Did you know?... A **small headed brush** with **medium textured bristles** is the perfect toothbrush for children and is recommended by Dentists!

Did you know?... **tooth decay** is one of the main reasons that children are **hospitalised**.



If you have any questions or worries around this matter, please feel free to talk to your child's Key Worker who will be happy to try and advise where possible/direct you to some helpful guidance.

Did you know?... Dentists advise that a free flow cup is introduced from 6 months old and that from the age of 1, bottle feeding should be discouraged. Dentists also recommend that sugar should not be added to any baby foods or drinks. **Tooth decay is more common when children take a bottle to bed at night or nap with a bottle**

Did you know?... Dentists suggest that all children should have a dental check by at least the age of 1-years-old, or as soon as their first tooth is erupting.

Did you know?... Tooth decay in 'baby teeth' causes long term problems and can even impact adult teeth.

Did you know?... Dentists advise that parents should brush teeth as soon as the first tooth erupts, as well as:

- Brush twice a day for at least 2 minutes; at bedtime and on at least one other occasion
- Use a **smear** of toothpaste
- Toothpaste should contain **at least 1000ppm** fluoride
- Spit out excess toothpaste but **don't rinse**

Did you know?... You can get a toothpaste which has no flavour

Did you know?... Dentists recommend that you DO NOT brush teeth after vomiting, they suggest that you use mouthwash instead and brush them later due to the vomit causing an 'acid attack'.

Did you know?... You can request sugar free medication if your child is ever prescribed any.

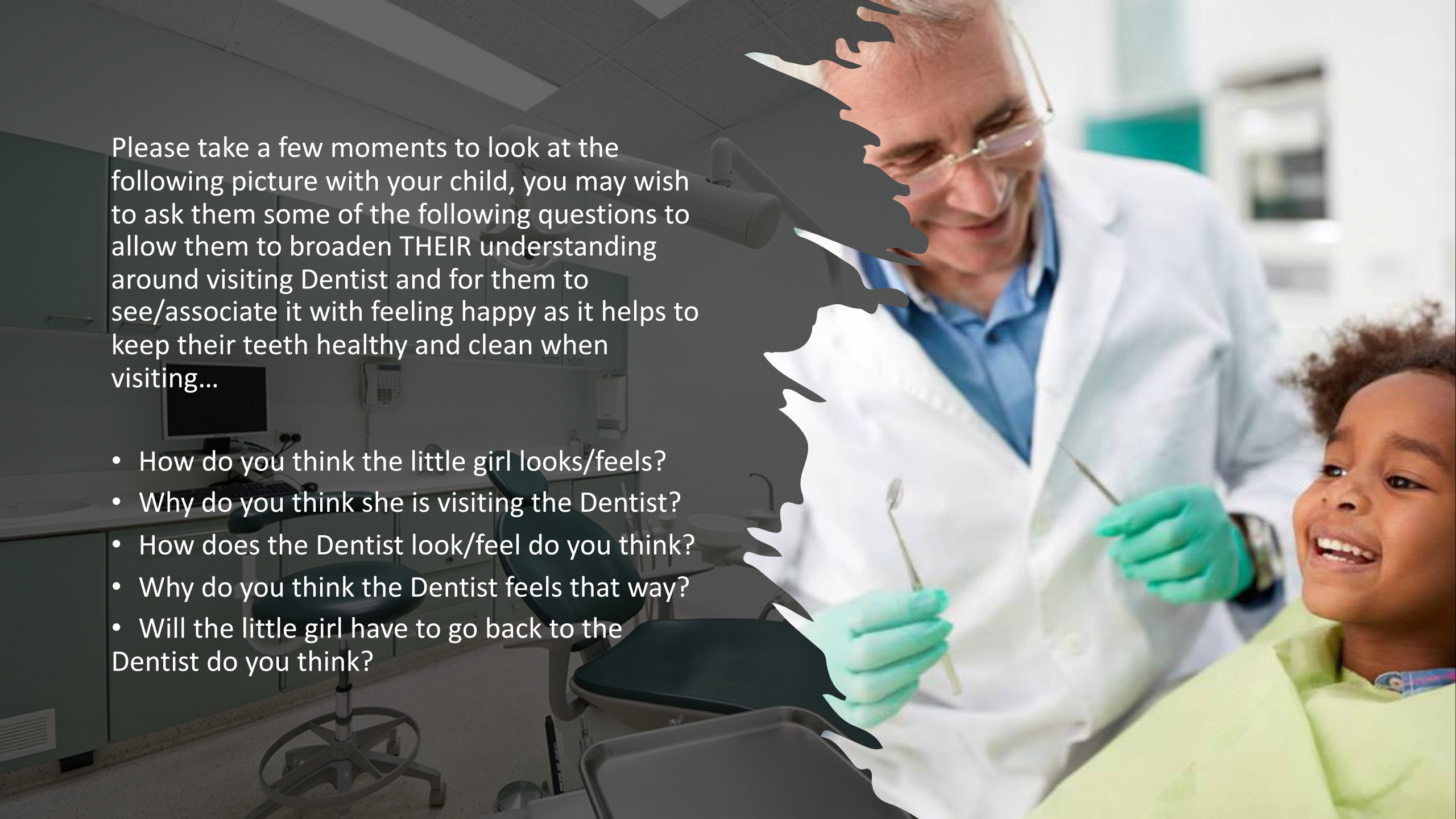


Toothbrushing technique video's to watch with your child:

<https://youtu.be/BapR9J86ZZw>

<https://youtu.be/3X4Udn7lbuY>

...There is also an interactive **Aquafresh app** that can be downloaded within the app store, which families can sign up to, allowing you to get free hints and tips. This free app also has songs on it and a 'character' that can be created by you and your child which has fun things like 'clothing' that can be unlocked as the child progresses through their toothbrushing routine.

A photograph of a male dentist with glasses and a white lab coat, wearing green gloves, examining a young girl's teeth. The girl is smiling and wearing a green dental bib. The background shows a typical dental office with a chair, a computer monitor, and various dental equipment. A large, dark, irregular shape is overlaid on the left side of the image, partially obscuring the text and the background.

Please take a few moments to look at the following picture with your child, you may wish to ask them some of the following questions to allow them to broaden THEIR understanding around visiting Dentist and for them to see/associate it with feeling happy as it helps to keep their teeth healthy and clean when visiting...

- How do you think the little girl looks/feels?
- Why do you think she is visiting the Dentist?
- How does the Dentist look/feel do you think?
- Why do you think the Dentist feels that way?
- Will the little girl have to go back to the Dentist do you think?

Please take a few moments to look at the following picture with your child, you may wish to ask some of the following questions/ to tell them some of the following information around visiting the dentist, helping to prepare them for their first ever visit or perhaps just their normal routine visit/check-up if they have already been...

Where do you think you might sit?

Where do you think the dentist might sit?

Can you spot the big light that the dentist will use to help them see into your mouth?

What do you think the dentist might look at on their computer? (they might be looking at a dental chart or perhaps an x-ray of your teeth!)

What **instruments** do dentists use? (dentists have many different instruments for many different things, but to do a regular check-up on your teeth they would usually use... a dental mirror, explorers and probes, a scaler, suction device (which helps to suck up all of the saliva in your mouth whilst the dentist is having a look around!).

An x-ray of a person's mouth...



Some of the tools dentists use...

