

# Oral Health Resources

Sarah Flynn – Children's Public Health Team



# New resources in Wakefield

**HOW TO BRUSH YOUR CHILD'S TEETH**

- Brush all the surfaces of the teeth and gum line in small circles for about 2 minutes, just before bed and another time that fits with your day.
- Children **under 3** should use a smear of toothpaste containing no less than 1000ppm\* fluoride.
- Children **aged 3 and over** should use a pea-sized amount of toothpaste containing more than 1350ppm\* fluoride.
- Most 'own brand' supermarket toothpastes are suitable and more affordable.

**USEFUL INFORMATION**

- Encourage your child to spit out the toothpaste. Do not rinse with water. Rinsing washes away fluoride so it can't do its job.
- Sit your child on your knee or stand behind them and cradle their head whilst brushing.
- Allow babies to play with a toothbrush from an early age, they will get used to the feel of it in their mouth.
- Children with SEND may need opportunities to play and explore with a toothbrush to encourage them to use it as described, allow the child to touch their face with it, use different tasting toothpaste to try and find one your children like.

**FOR MORE INFORMATION GO TO:**  
[www.wakefieldcouncil.com/oral-health-for-children](http://www.wakefieldcouncil.com/oral-health-for-children)  
or use this QR code.

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**USEFUL INFORMATION**

- Bad oral health can cause problems with your child's health such as eating, sleeping, communication and poor self-esteem. Bad oral health can be linked to a series of illnesses such as heart disease, diabetes, and respiratory diseases.
- Start creating toothbrushing habits with your child early so these habits will continue throughout their life.
- Make tooth brushing fun. Sing a song while brushing your child's teeth, count or sing the alphabet. You can also tell a story, say a nursery rhyme, or make animal sounds while brushing.

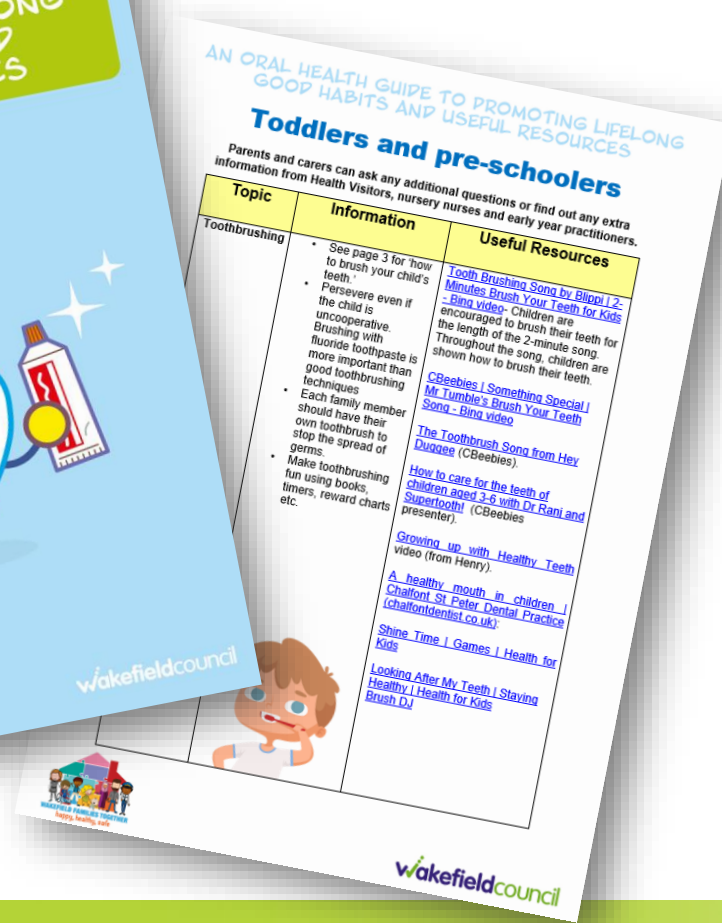
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Copies of these leaflets and posters will be posted out w/c 24/4/23 to partners across the district.

[Oral health for children - Wakefield Council](#)



# Resource pack for parents/carers



- Developed in partnership with Oral Health practitioners across the district.
- Includes links and advice from 0-19.
- Myth busting
- What to do if your child is scared of the dentist.
- Dental resources in Wakefield
- Resources for parents to use with their children e.g. songs, videos, apps and games, books, websites such as NHS

[oral-health-resource-pack-for-parents.docx \(live.com\)](https://www.live.com/oral-health-resource-pack-for-parents.docx)



# Social Media Campaign

## HOW TO LOOK AFTER YOUR CHILD'S TEETH



**You should be looking after your child's teeth from the first tooth!**

**For help and advice, visit [www.wakefieldcouncil.com/oral-health-for-children](http://www.wakefieldcouncil.com/oral-health-for-children)**



**wakefieldcouncil**

Throughout Smile Month these messages will run on the Wakefield Council social media sites such as Facebook and Twitter.

If you see them please share them across your networks



# All Our Health

Public Health England Healthmatters Preventing tooth decay

Top 3 interventions for preventing tooth decay

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**1** Reduce the consumption of foods and drinks that contain sugars
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**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 

This guide is part of 'All Our Health', a resource which helps health and care professionals prevent ill health and promote wellbeing as part of their everyday practice. The information below will help front-line health and care staff use their trusted relationships with patients, families and communities to promote the benefits of good oral health for children.

This includes links to

- Better Health
- NHS food scanner app
- Eatwell guide

All off which support oral health

[Child oral health: applying All Our Health - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



# West Yorkshire Healthier Together website

This website was developed and designed in collaboration with a host of West Yorkshire based health professionals, parents, carers and children.

Website includes pages for Young people, parents/carers and professionals

As well as oral health this site includes a wealth of information:

- Emotional health
- Managing tantrums
- Separation anxiety
- Sexual health
- Bullying
- Exercise



**Healthier Together**

Improving the health of babies, children and young people throughout West Yorkshire

## Oral Health



Dental advice for parents of children with autism



Oral Health for Children (3 years and older)



Oral Health for Babies and Infants (0 to 3 years)

[Oral Health :: West Yorkshire Healthier Together \(wyhealthiertogether.nhs.uk\)](http://wyhealthiertogether.nhs.uk)



# Lesson Plans

## Dental Buddy



Dental Buddy is a series of free educational resources aimed at nurser and school children in order to increase the amount of time oral health is taught in the classroom.

It provides resources for Early Years, Key stage one and key stage two including activity sheets and lesson plans and interactive presentations which are all free.



[Downloads and Resources | Oral Health Foundation \(dentalhealth.org\)](https://dentalhealth.org)



# Young people and oral health



The Oral Health Foundation Website has a whole host of information aimed at ks3 and 4 and teenagers such as:

- Bad breath
- Tooth decay
- Gum disease
- Erosion
- Diet
- Effect of smoking, alcohol, drugs on oral health
- Wearing braces
- Mouth piercings
- Top tips for teens



[Teens' teeth - Oral Health Foundation \(dentalhealth.org\)](https://www.dentalhealth.org/teens-teeth)

[How to find an NHS dentist - NHS \(www.nhs.uk\)](https://www.nhs.uk/how-to-find-an-nhs-dentist)

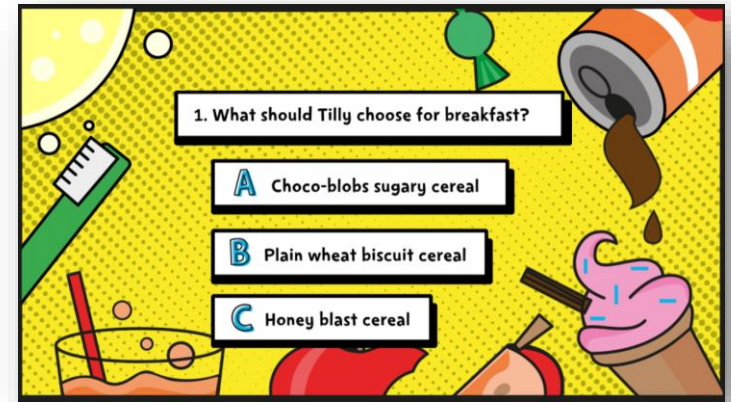




Tilly was a mighty molar, shiny and strong.



# Lesson Plans



KS1

Keeping  
our  
teeth  
healthy

change  
4 life

These science lesson plans for KS1 and KS2 were developed with teachers and dental experts.

The sessions use a simple science experiment to introduce the idea of how sugary drinks can affect teeth.

[Science lesson PowerPoint – Keeping our teeth healthy | PHE School Zone](#)



# Dental Care and SEND



**Oral Health  
Foundation**  
Better oral health for all

[Dental care for people with special needs - Oral Health Foundation \(dentalhealth.org\)](http://dentalhealth.org)



[Dental treatment for people with special needs - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The links provided here give clear advice and support to help children and young people with SEND access dentists and dental care.



# Schools Charter and Oral Health



Schools that want help and support on promoting health in schools can sign up to the free Schools Health and Well-Being Charter.

Those that sign up to the Charter can access support with promoting healthy eating in school such as sessions for parents, help with improving packed lunches, healthy eating sessions for pupils and a campaign for reducing consumption of sugary drinks for example.

If you want to find out more contact Peter Ward at [pward@wakefield.gov.uk](mailto:pward@wakefield.gov.uk)





# National Smile Month

Championing the benefits of having good oral health and promoting the value of a healthy smile.

15 May to 15 June 2023

