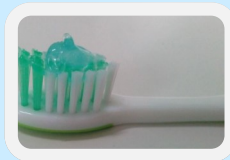


Top tips for your family

- Brush teeth at least twice a day, as soon as the very first tooth begins to appear!
- Brushing at bedtime each day is the most important time
- Ensure you use a fluoride toothpaste, with at least 1000ppm fluoride in the following quantities:



A smear for 0-3 years
(or those who cannot
spit out)



Pea sized blob for 3-6
year olds (or those who
are able to spit out)

- When finished brushing don't rinse out with water - just spit out the foam
- Keep sugary foods and drinks to mealtimes only

For further information about this service, please contact:

Oral Health Improvement team

Dental HealthCare Suffolk
Nash House
17 Portman Road
Ipswich
Suffolk
IP1 2BP

Email: ccs.oralhealth.suffolk@nhs.net



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net. For free, confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.



oral health award

Information for
parents and carers

What is My Smile?

My Smile is a quality mark awarded to early years settings which fully implement the four My Smile steps to provide a tooth friendly environment for the children they care for.

My Smile includes daily supervised toothbrushing in your child's class.

The My Smile team provide supervised tooth brushing and cross infection control training to staff which will enable them to carry out daily supervised toothbrushing safely.

How will my child's setting work towards this accreditation?

1. Strengthen teeth

The children will brush their teeth in the setting once a day.*

*Consent forms will need to be signed for children to participate. This does not replace the usual twice daily brushing at home!

2. Provide a tooth-friendly diet

Snacks and drinks will be tooth friendly and celebration foods will have a savoury or non food focus.

3. Promote dental visits

Your child's setting will actively encourage families to visit the dentist regularly.

4. Share oral health information

Oral health training will be delivered to staff by the My Smile team as part of step four, this information will be shared by the setting with parents and carers to help promote good oral health at home.

How will my child and family benefit from My Smile?



- Better toothbrushing at home
- Willing to try more fruits and vegetables
- Building good toothbrushing skills
- Lessening the impact of sugar on the teeth
- Instilling good healthy habits
- You will be reminded of how important it is to visit the dentist regularly
- Extra toothbrushing with fluoride toothpaste to strengthen teeth
- Less likely to need dental treatment