



Setting name:

Standard		Evidence to provide	
<p style="text-align: center;">1</p> <p>Support and encourage positive oral health</p>	<p>a) Request details of children’s dentist and record on your settings registration forms/online systems.</p> <p>b) Conduct a dental audit;</p> <ul style="list-style-type: none"> • Identify how many children visit a dentist • Promote telephone numbers and websites for finding a local dentist • After 6-8 weeks count up and record number of children who have made an appointment or already visit with a dentist <p>Share the CDS Healthy Start video https://youtu.be/rwf7yjypQvU</p> <p>c) Promote oral health by disseminating/displaying, for example:</p> <ul style="list-style-type: none"> • CDS health leaflets & 12 Top Tips for Teeth poster • Healthy Smiles programme information/poster • Sugar free medicine poster • Dental Check By 1 poster/information • Vitamin D information • Healthy Start scheme information www.healthystart.nhs.uk • 50 Things to do Before You’re 5 - share website where video can be watched and app downloaded; 50 Things to Do Before You're Five in Oxfordshire. Also ask for feedback via form; https://forms.office.com/e/K973nLETy9 <p>All the above is available on request from your CDS OHIMP practitioner.</p> <p>d) Engage families in oral health activities e.g. create an oral health display, borrow oral health resources/props to use, give out weekly brushing reward charts or hold an oral health themed day.*</p> <p>e) Share OH information from CDS to families by; subscribing to monthly newsletter; https://forms.office.com/r/ikBB0WLpYk</p>	<p>a) Settings registration form</p> <p>b) Audit results</p> <p>c) Photographs/ parent packs/ observation/ newsletters/ website</p> <p>d) Photographs/ write ups</p> <p>e) Screen shots of where info has been shared</p>	

	subscribing to CDS OHI YouTube channel; CDS Oral Health Improvement - YouTube		
Standard		Evidence to provide	
<p>2</p> <p>Handwashing</p>	<ul style="list-style-type: none"> a) Wash hands for at least 15 seconds using guidelines. b) Adults wash hands thoroughly before preparing food, before eating food, after going to toilet. c) Children to wash hands before eating food, after going to toilet and after outside/messy play. d) Use E-bug to deliver handwashing sessions - Early Years (phedigital.co.uk) 	<ul style="list-style-type: none"> a) Setting's own handwashing policy or NHS guidelines. b) Display poster showing handwashing technique. c) Photo of children washing hands d) Evidence of lesson taking place 	

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<p>3</p> <p>Provide tooth friendly snacks, drinks and food based activities</p>	<ul style="list-style-type: none"> a) Food and drink offered between meals to be tooth friendly, sugar-free and should comprise a variety of textures. b) Water to be freely available for children to access throughout the day (tap water is most appropriate). c) All children to be encouraged to use an open top cup. d) Food based activities, particularly those that include preparing food, should have an emphasis on savoury foods. e) If preparing foods that include sugar, it should either be consumed at a meal time in the setting or parents should be encouraged to take it home and consume as part of a meal. 	<ul style="list-style-type: none"> a) Menus b) Menus/policy c) Policy/guidelines/ observation d) Policy/planning e) Policy 	

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<p>4</p>	<ul style="list-style-type: none"> a) Celebrations held in between mealtimes need to be tooth friendly – this includes the food and drink provided, as well as any activities/games. Examples of non-food activities: using a birthday hat, toy birthday cake, birthday child chooses a story or song. 	<p>a,b,c)Policy/ guidelines</p>	

Develop, implement and adhere to 'Celebrations Guidelines'	b) Encourage parents to bring in tooth friendly items on birthdays, like fruit or non-food items such as stickers or book for class library. c) Infrequent/one-off events e.g. fairs/fetes, fundraising events etc, should have an emphasis on offering tooth friendly foods and drinks.		
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Standard		Evidence to provide	
<p data-bbox="85 161 197 268">5</p> <p data-bbox="85 320 309 501">Raise awareness of oral health to staff</p>	<ul style="list-style-type: none"> <li data-bbox="427 220 1424 284">a) In-situ whole setting approach for all staff including lunchtime cover and kitchen staff to complete healthy Smiles training. <li data-bbox="427 308 1503 371">b) Complete online training for healthy Start from Good Food Oxford. This can be run by a staff member at setting or CDS can facilitate. Healthy Start training: 30 minutes This session goes through the details of the scheme, will help you gain an understanding of the barriers many people face when it comes to accessing and using their Healthy Start card, and equip you to support them to overcome these barriers <li data-bbox="427 555 1402 619">c) A Manager/Co-ordinator/Head Teacher or School Governor to attend a Healthy Smiles training session once every three years. <li data-bbox="427 643 1469 707">d) A member of staff to attend Healthy Smiles discussion group at least once a year. 	<ul style="list-style-type: none"> <li data-bbox="1574 220 1832 284">a) Attendance and certificates <li data-bbox="1574 308 1861 371">b) Date session was completed. <li data-bbox="1574 395 1890 459">c) Attendance CDS To arrange <li data-bbox="1574 483 1879 547">d) Attendance CDS to arrange 	
Standard			
<p data-bbox="85 820 197 927">6</p> <p data-bbox="85 979 353 1011">Voice of the child</p>	<ul style="list-style-type: none"> <li data-bbox="389 820 1458 884">a) The child engages in small group activities that discuss and promote oral health experiences. <li data-bbox="389 916 1402 979">b) The child communicates positive experiences of oral health, including tooth brushing and visits to the dentist. <li data-bbox="389 1011 1335 1043">c) The child engages with tooth brushing songs and books in the setting. 	<ul style="list-style-type: none"> <li data-bbox="1529 820 1895 884">a) Session plans, policy, photos and observations <li data-bbox="1529 916 1895 979">b) Session plans, policy, photos and observations <li data-bbox="1529 1011 1895 1075">c) Session plans, policy, photos and observations 	

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References:

Delivering Better Oral Health: An evidence-based toolkit for prevention. (PHE) 2014 (updated March 2017)
Felton, A., Chapman, A. and Felton, S. (2014) Basic Guide to Oral Health Education and Promotion. Second Edition. Wiley Blackwell
NICE Guidance: Oral Health: local authorities and partners (2014)
Delivering Supervised Toothbrushing for Two, Three and Four Year Olds in Early Years Settings Dec 2016: “SMILES 4CHILDREN”
British Society of Paediatric Dentistry (2017) Dental Check By One.
Public Health Matters – Child dental health (PHE) 2017
Current evidence and guidance on breastfeeding and dental health (PHE) April 2018
Hand washing; <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

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