

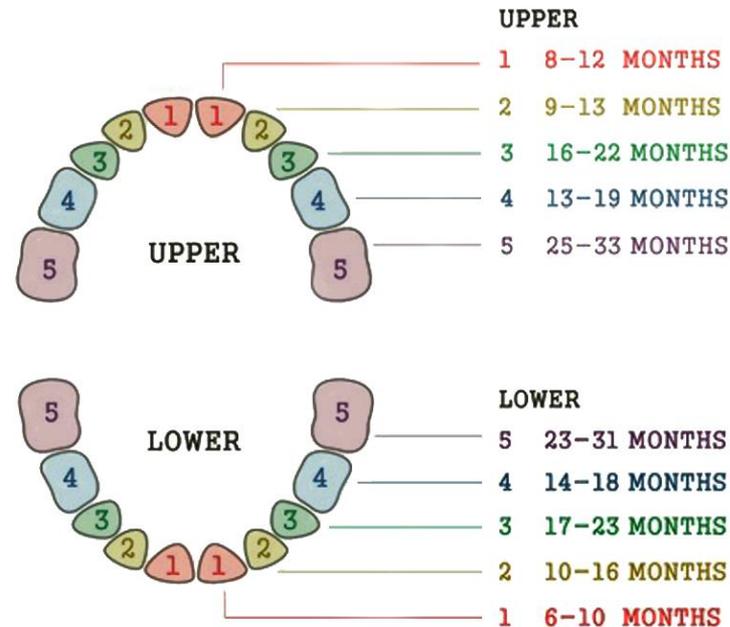


Slough Healthy Smiles

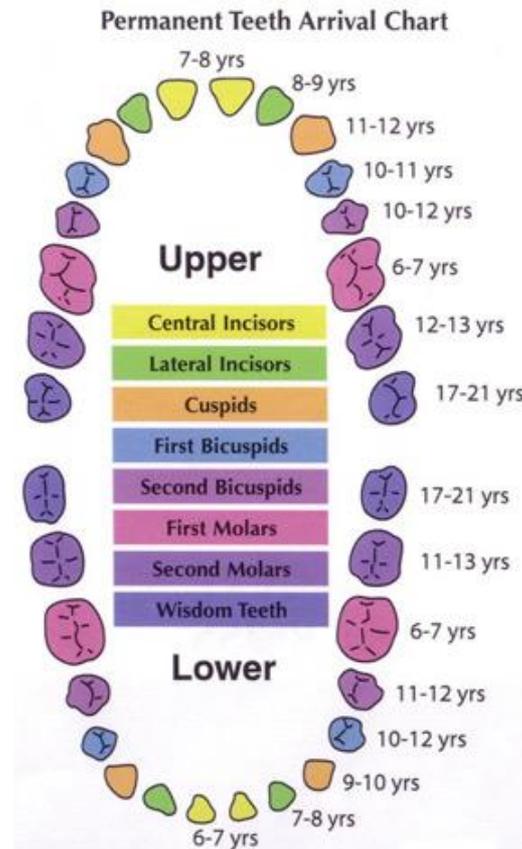


Caring, safe and excellent

Eruption Dates Primary Dentition



Eruption Dates Permanent Dentition



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

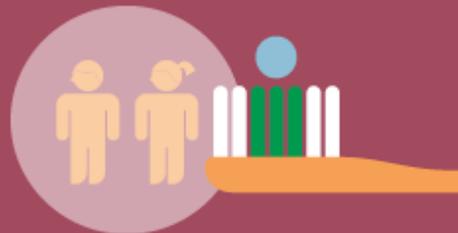


Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste

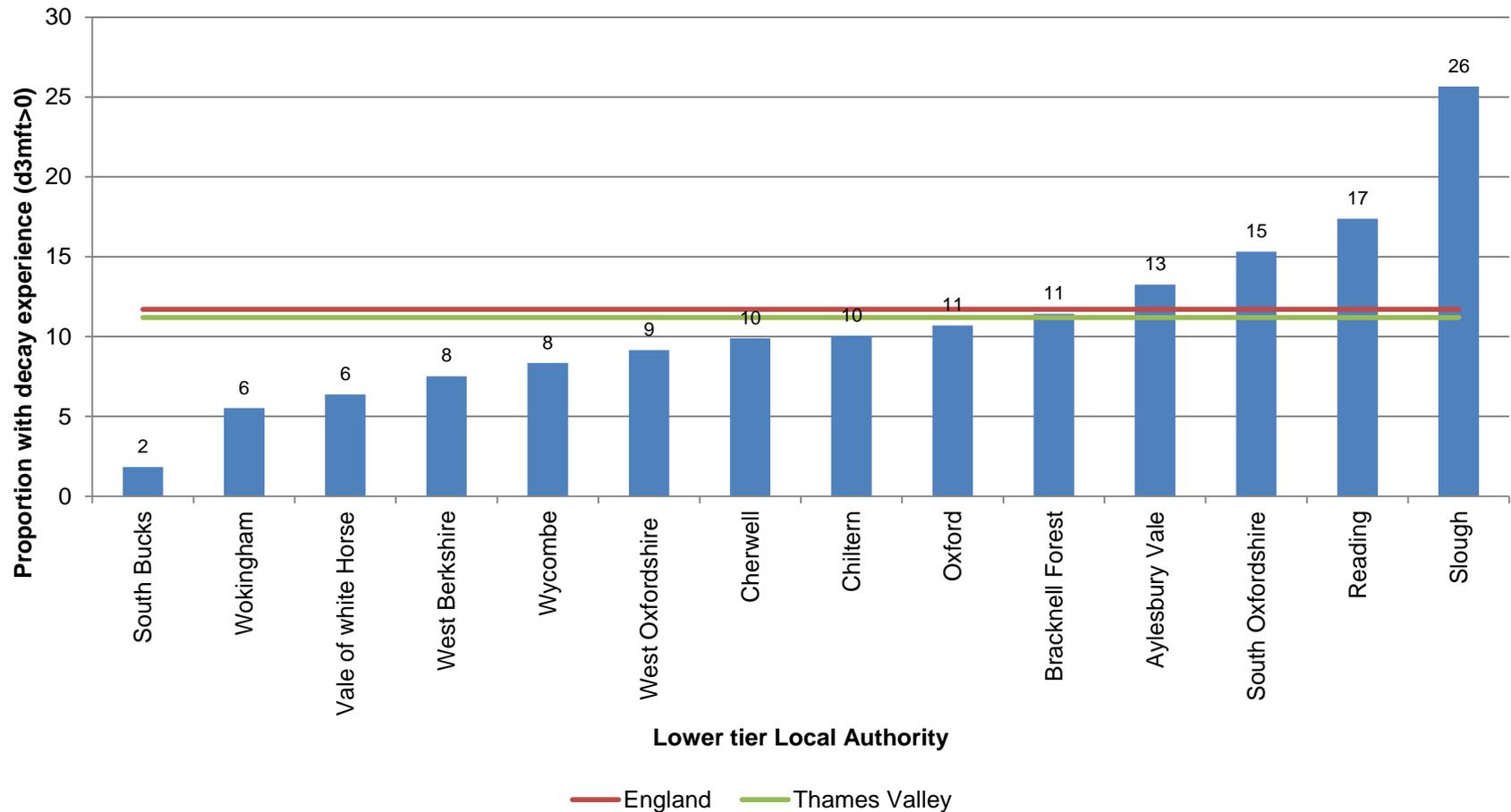


3 to 6 year olds should use a pea sized amount



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

Oral health data 3 year-olds



How can you Help?

- You are in an ideal situation to make a difference to the children you look after





Dental Check by One

Babies

- Brush teeth and clean gums as soon as teeth appear
- Use fluoride toothpaste
- Sugar-free medicines
- Visit the dentist



Feeding babies

- Babies should be fed only on breast milk until aged 6 months (World Health Organisation advice)
- Keep bottles for **water** or **milk**. Milk or juice in bottles can cause serious tooth decay = **bottle caries**
- Once babies no longer need milk in the night, offer only water
- Try a free-flowing cup from 6 months. Avoid sugary drinks in beakers with non-spill valves = teeth bathed in sugar
- Aim to have baby off the bottle by **1 year**, if possible

Oral Hygiene Routine

- Brush twice a day:
last thing at night and one other time of day
- Brush for 2 minutes
- Use a brush with a small head, medium texture
- Use fluoride toothpaste (no less than 1000ppm)
- Use a smear (0-3years) or pea size (age 3+ years when they can spit out) amount of toothpaste



Drinks

- Children will drink for the sake of it as they like the sweet taste
- This can result in them feeling full and not eating their meals
- Harmful to teeth even if sugar free
- **They will drink water when they are thirsty and it will quench their thirst but not affect their appetite**
- Bottle to cup (at age 6 months):
- Independence, co-ordination, sipping rather than sucking, drink does not pool around teeth

Save Kids from Sugar

<http://www.savekidsfromsugar.co.uk/video/watch/>

Social Media GULP

Juice and milk based drinks

These drinks are exempt from the Soft Drinks Industry Levy and incorporated into **PHE's sugar reduction programme**

**Sugar reduction programme
includes drinks like:**



**By mid-2021, the drinks industry
has been challenged to:**



Reduce sugar in juice based drinks by

5%

(excluding juice from a single fruit or vegetable, e.g. orange, apple etc)



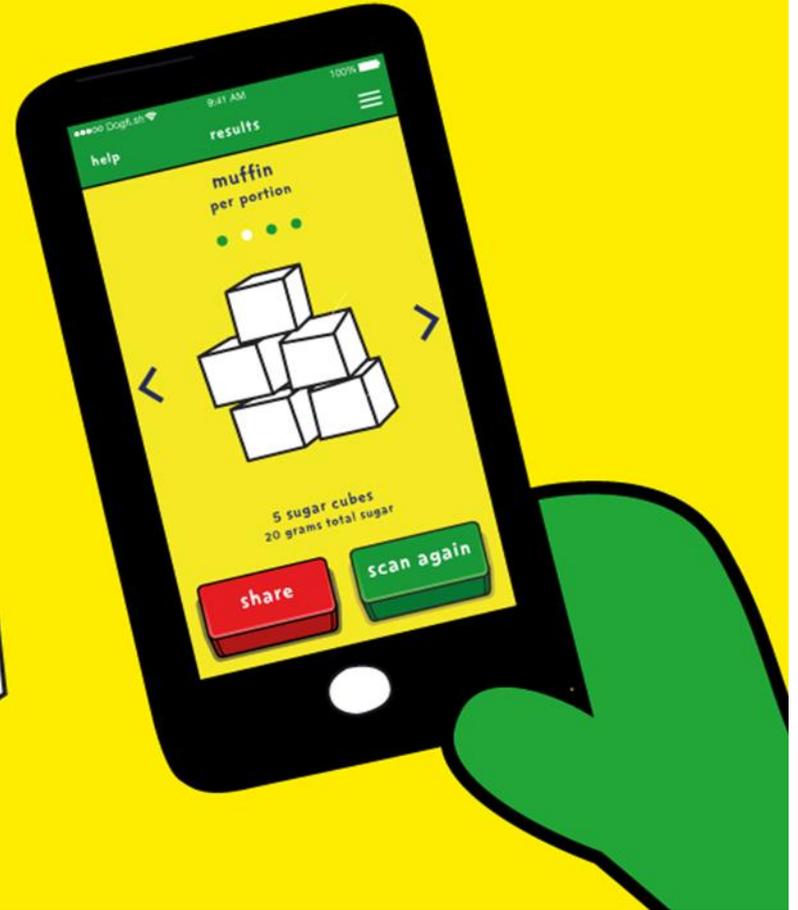
Reduce sugar in milk based drinks, including milk substitute drinks, by

20%

Find the sugar with our sugar smart app



=



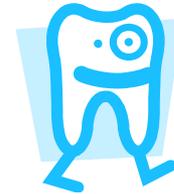
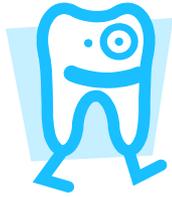
Sugar-free Medicines

- Consider that some medicines will contain sugar
- Where possible, encourage sugar-free medicines to be requested and used by service users

Safeguarding

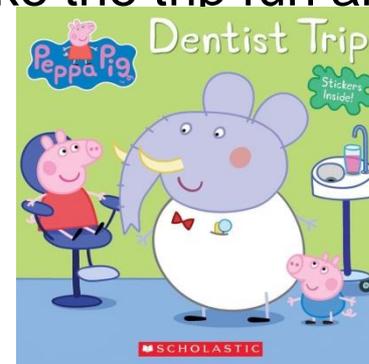
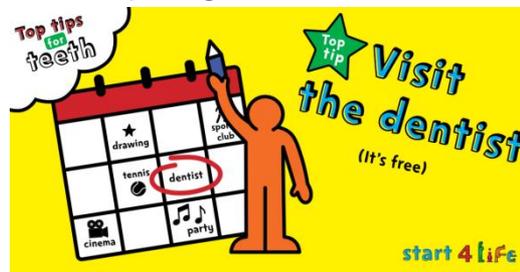
- Dental Neglect can be a marker of broader neglect
- Missed appointments
- Communication

Visit the dentist regularly



Visiting the dentist

- NHS dental care for children is **FREE**
- Advise parents to take their child to the dentist when the first milk teeth appear
 - become familiar with the environment
 - get to know the dentist
 - dentist can help prevent decay and identify any oral health problems at an early stage
 - Just opening up the child's mouth for the dentist to take a look is useful practise for when they could benefit from future care
- Be positive, encourage parents to make the trip fun and will stop the child worrying about future visits



Visiting the dentist

To find a dentist visit

www.nhs.uk

or call

0300 311 2233

Referral to Community
Dental Service

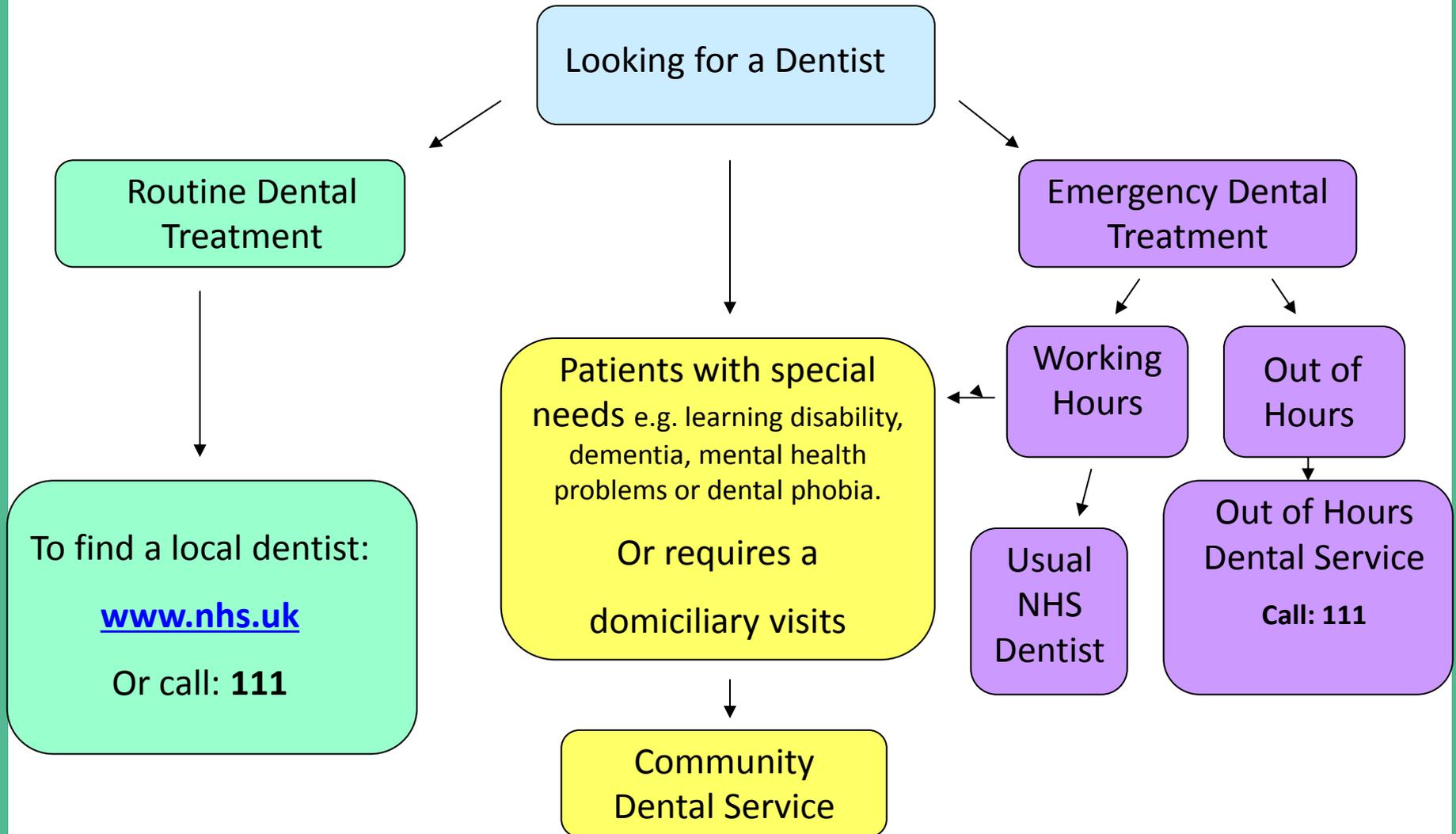
NHS

**NHS dental services
in England**



This leaflet explains how to find an NHS dentist, what treatment you can expect and how much it will cost from 1 April 2014.

Accessing NHS Dental Treatment



Slough Healthy Smiles



Accreditation Scheme

- Aims to reduce tooth decay in early years and primary school children
- Working with early years settings and primary schools, offering free training, support, and assistance with snack policy revision or implementation
- Settings achieving criteria receive a certificate

Useful resources



- Delivering Better Oral Health – an evidence-based toolkit for prevention. June 2014 (3rd edition). Department of Health.
- British Dental Health Foundation: <http://www.dentalhealth.org.uk>
- NHS Choices: <http://www.nhs.uk>
- <http://www.dentalbuddy.org/>
- Change for Life website: <https://www.nhs.uk/change4life/being-food-smart>
- GULP Give Up Loving Pop www.giveuplovingpop.org.uk

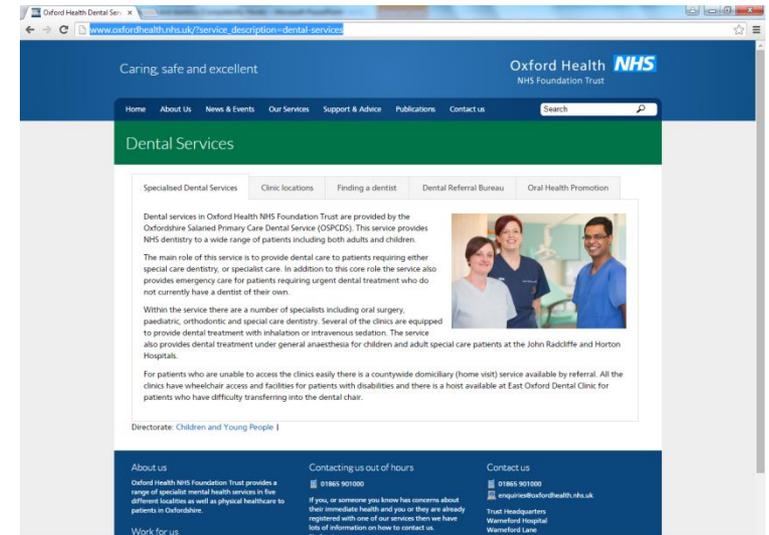


Contact details

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The screenshot shows a web browser window displaying the Oxford Health NHS Foundation Trust website. The page title is "Dental Services". The navigation menu includes Home, About Us, News & Events, Our Services, Support & Advice, Publications, and Contact us. The main content area features a sub-navigation menu with "Specialised Dental Services", "Clinic locations", "Finding a dentist", "Dental Referral Bureau", and "Oral Health Promotion". The text on the page describes the dental services provided by the Oxfordshire Salaried Primary Care Dental Service (OSPCDS), mentioning various specialists and services like emergency care, paediatric, orthodontic, and general anaesthesia. It also mentions a countywide domiciliary service and a host available at East Oxford Dental Clinic. The footer contains contact information, including the phone number 01865 901000 and the email enquiries@oxfordhealth.nhs.uk.