

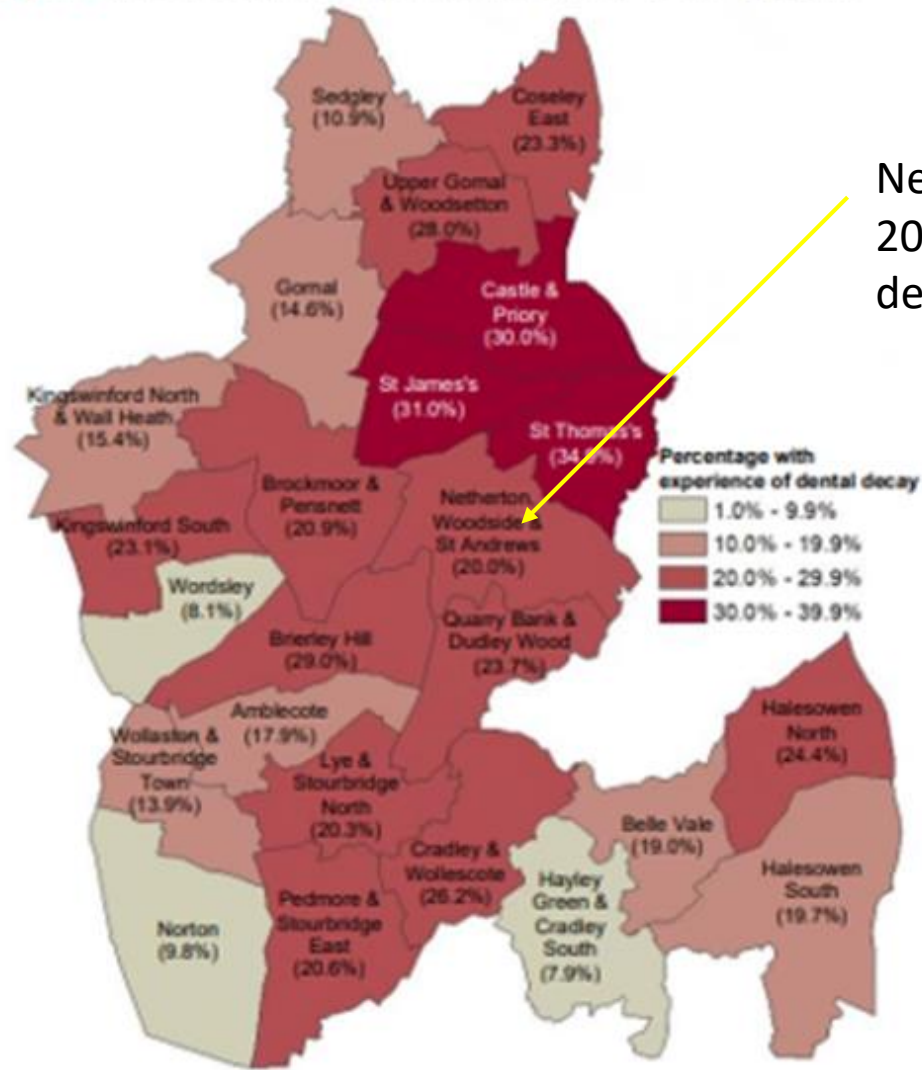
Oral Health and Hygiene



**Netherton Park
Nursery School**

Figure 6: Prevalence of experience of dental decay in 5-year-olds in Dudley, by Ward.

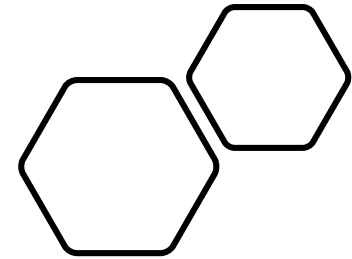
Fi
(B)



Netherton
20-30% children showing tooth
decay



Dudley's Community Toothbrush Scheme



Personal, Social and Emotional Development



3 and 4-year-olds will be learning to:

Examples of how to support this:

Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.

Make healthy choices about food, drink, activity and toothbrushing.

Talk to children about the importance of eating healthily and brushing their teeth. Consider how to support oral health. For example, some settings use a toothbrushing programme.

Talk to children about why it's important to wash their hands carefully and throughout the day, including before they eat and after they've used the toilet.

Observational checkpoint

Look out for children who appear to be overweight or to have poor dental health, where this has not been picked up and acted on at an earlier health check. Discuss this sensitively with parents and involve the child's health visitor. Adapt activities to suit their particular needs, so all children feel confident to move and take part in physical play.

Most, but not all, children are reliably dry during the day by the age of 4. Support children who are struggling with toilet training, in partnership with their parents. Seek medical advice, if necessary, from a health visitor or GP.





Children in reception will be learning to:

Manage their own needs.

- Personal hygiene

Know and talk about the different factors that support their overall health and wellbeing:

- regular physical activity
- healthy eating
- toothbrushing
- sensible amounts of 'screen time'
- having a good sleep routine
- being a safe pedestrian

Examples of how to support this:

Model practices that support good hygiene, such as insisting on washing hands before snack time.

Narrate your own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.

Help individual children to develop good personal hygiene. Acknowledge and praise their efforts. Provide regular reminders about thorough handwashing and toileting.

Work with parents and health visitors or the school nurse to help children who are not usually clean and dry through the day.

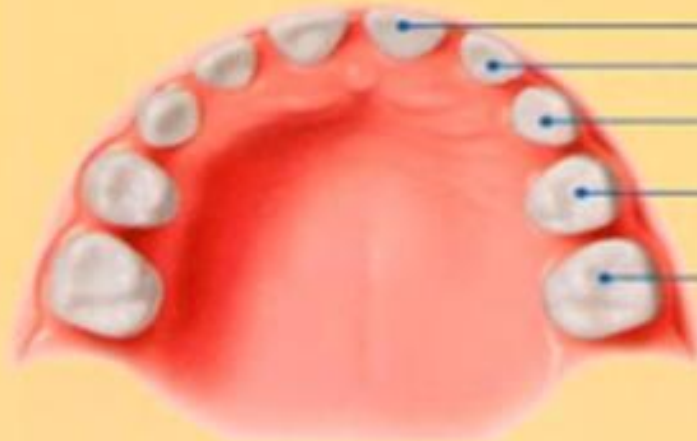
Talk with children about exercise, healthy eating and the importance of sleep.

Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.

Explain to children and model how to travel safely in their local environment, including: staying on the pavement, holding hands and crossing the road when walking, stopping quickly when scootering and cycling, and being sensitive to other pedestrians.



Primary Teeth



Upper Teeth	Erupt	Shed
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.



Lower Teeth	Erupt	Shed
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

Top tips
for
teeth

Top
tip

Start
brushing early

start 4 life



Why is it important to brush milk teeth?

- Caring for your baby's teeth is a very important job. They help with smiling, eating and speaking, but also act as placeholders, helping to align a child's permanent teeth when they are ready to come through. Looking after milk teeth, from when they first begin to come through, can prevent tooth decay.

When do first teeth begin to appear?

- Usually, a baby's teeth will begin to come through at four to eight months of age. Children are expected to have 20 milk teeth (also known as baby teeth) by the time they are two or three years old. Milk teeth need daily care to make sure they are healthy.

Toothbrushing tips

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth. A top tip is to sit your child on your knee, with their head resting against your chest. This way will make it easier to access their mouth and to stop them moving too much.
- Brush last thing at night before bed One time should be just before bed so the fluoride can continue working while your child is asleep and on 1 other occasion.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste, as this helps prevent and control tooth decay .
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Young children will be unable to spit out the toothpaste, so it is important to wipe away any excess once finishing brushing.
- Make sure children don't eat or lick toothpaste from the tube.
- It is advised to change your babies toothbrush approximately every 3 months, this is because children are likely to chew the bristles, making them less effective.



Top tips
for
teeth

Top tip

Little mouths need less toothpaste

0-3 years

smear

3-6 years

pea size

start 4 life

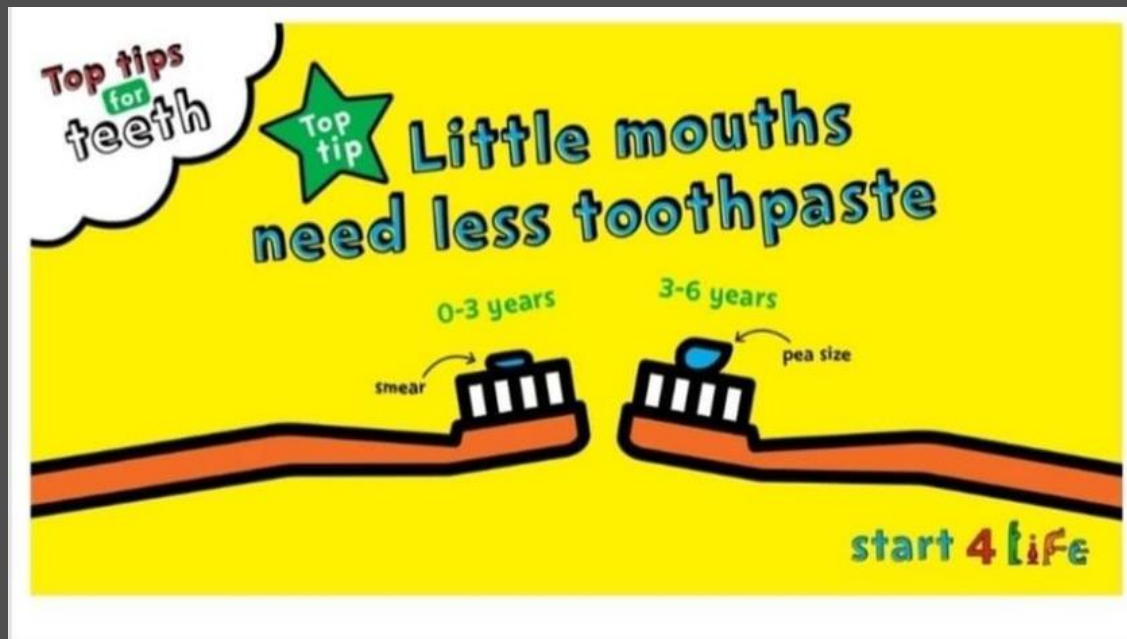
An infographic on a yellow background. At the top left, a speech bubble contains the text 'Top tips for teeth'. To its right, a green star contains the text 'Top tip'. Below the star, the main title 'Little mouths need less toothpaste' is written in a large, bold, blue font. Underneath the title, two toothbrushes are shown. The first toothbrush is labeled '0-3 years' and has a very thin layer of toothpaste on its bristles, with an arrow pointing to it and the word 'smear'. The second toothbrush is labeled '3-6 years' and has a small, pea-sized amount of toothpaste on its bristles, with an arrow pointing to it and the words 'pea size'. At the bottom right, the logo 'start 4 life' is displayed in a colorful, lowercase font.

Figure 1



Figure 2

Toothbrushing tips

Children aged 3 to 6 years

- At the age of 3, children should have A complete set of milk teeth. It is important to keep the milk teeth as healthy as possible in preparation for the permanent ones to appear. Brushing teeth removes plaque. Plaque contains bacteria which covers the gums and teeth. Brushing plaque- A white sticky film- away, helps to keep teeth and gums healthy.
- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless A dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Brush last thing at night before bed One time should be just before bed so the fluoride can continue working while your child is asleep and on 1 other occasion.
- Parents or carers should brush the teeth.
- Use only A pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Toothbrushing tips

Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Brush last thing at night before bed and at least on 1 other occasion.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes





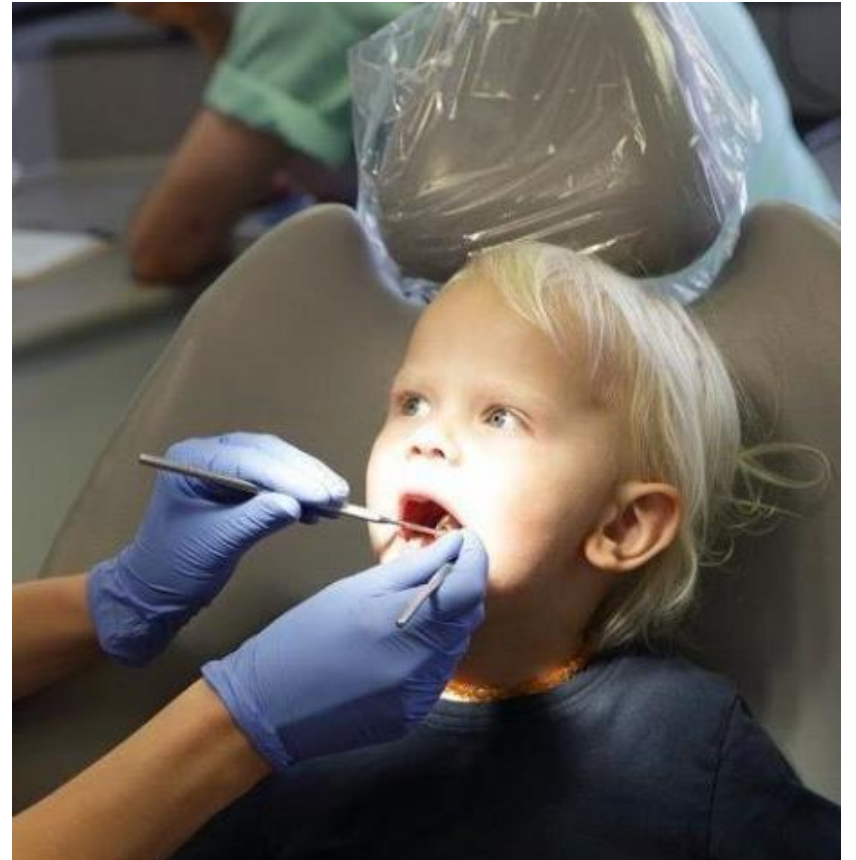


How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

Taking your child to the dentist

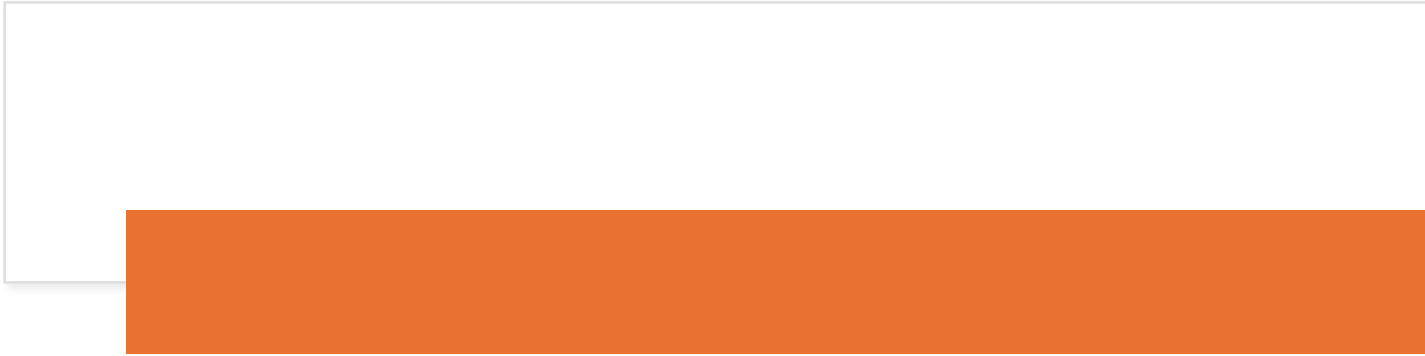
- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- In preparation for your child's first visit to the dentist, it can be helpful to talk them through what will happen there. There are lots of online videos, tv shows and books that explore this topic so going to the dentist can be seen as a positive experience. It can also be beneficial to play a game of 'going to the dentist' at home. Children can then get used to opening their mouths and having their teeth checked but in a fun setting.
- Take your child for regular dental check-ups as advised by the dentist.
- The time between check-ups can vary from 3 months to 2 years, depending on how healthy your teeth and gums are and your risk of future problems.
- If you don't have a dentist, you can use the [Find a Dentist](#) website.



Tooth decay

- Every child is at risk of tooth decay. The enamel (hard outer layer) is much thinner and softer on baby teeth, making them at greater risk of decay. If a child loses a baby tooth to decay, this can disrupt the space in the mouth and make it harder for the adult tooth to develop correctly. This risk is preventable with careful attention and dental care from parents.
- Your child's baby teeth need to be treated just as importantly as permanent teeth. They stimulate the jawbone as your child grows and are important placeholders for future permanent teeth. Baby teeth also help children to eat and speak.
- It is often the back teeth that decay due to adult teeth coming through before any baby teeth at the front have fallen out.
- 2020 – 11% of 3 year olds and 25% of 5 year olds had tooth decay in at least 4 teeth
- Extraction of decayed teeth is the most common reason for children aged 6-10 to be hospitalised. Extraction needs a general anaesthetic.



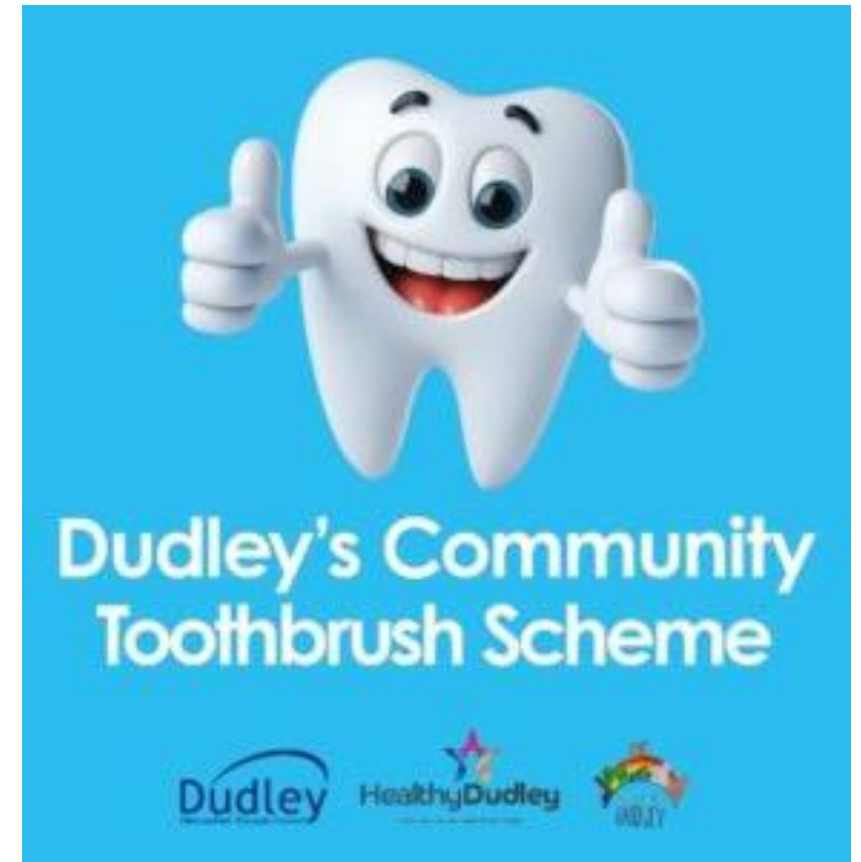






Dudley's Community Toothbrush Scheme

- After a successful pilot scheme in 2023, Dudley's Community Toothbrush Scheme has been relaunched in 2024/2025, providing free toothbrush packs to children and families in need in Dudley borough.
- In 2024/2025 the scheme has launched in Primary schools and Early Years settings in the most deprived areas of the borough, with the highest tooth decay rates
- The packs include a toothbrush, fluoride toothpaste and an information postcard about the importance of oral health, especially for children.



What tips are there for if I am struggling to brush my child's teeth?

- Try not to worry- there are lots of children who do not enjoy tooth brushing. The important thing is to try to make it part of their routine from as early as their milk teeth come through- even if they only brush for a short while at first.
- For babies, sit them on your knee with their head rested on your chest. As they get older, try standing behind them and tilting their head back.
- Show your child you brushing your own teeth. When they are a toddler, they can then copy you and have a try at brushing their teeth themselves.
- Try to make toothbrushing fun, perhaps making it into game or song. Here are some apps and online videos that can help with this:
 - [Timer song and game](#)
 - [Brush DJ app](#)
 - [CBeebies Hey Duggee brushing badge](#)

What should my child be drinking?

- **Fizzy drinks should be avoided.**
- Fruit juice and smoothies contain sugar and should be drunk very little, ideally diluted with water especially for children under 5 years.
- Along with milk, **plain tap water is the best drink choice** for children because It is really healthy with zero calories and no added sugar. It is good for the body - keeps joints, bones and teeth healthy, helps the blood circulate, and can help children maintain a healthy weight into adulthood. Being well hydrated improves mood, memory and attention in children. Flouride is added to the tap water.
- Milk and water are the only drinks that should be provided between meals and with snacks as they do not damage teeth or cause tooth decay.
- Offer a drink with meals and in between, more will be needed in hot weather or after exercise.



Drinks to avoid

- **Sugary drinks:** Try to limit them for children as much as possible. This includes sports drinks, juice cocktails, sodas, lemonade, and sweetened water. These drinks discourage a habit of drinking plain water, and can add extra “empty calories” to the diet. They can also leave children less hungry for the nutritious foods they really need. Added sugars can lead to excess weight gain, dental cavities, diabetes, and more.
- **Fruit Juice:** Even 100% [juice](#) should be strictly limited. While it can contain some vitamins, these drinks are high in sugar and calories and low in the healthy fibre found in whole fruit. Because of its sweet taste, once children are offered juice, it can be difficult to get them to drink plain water.

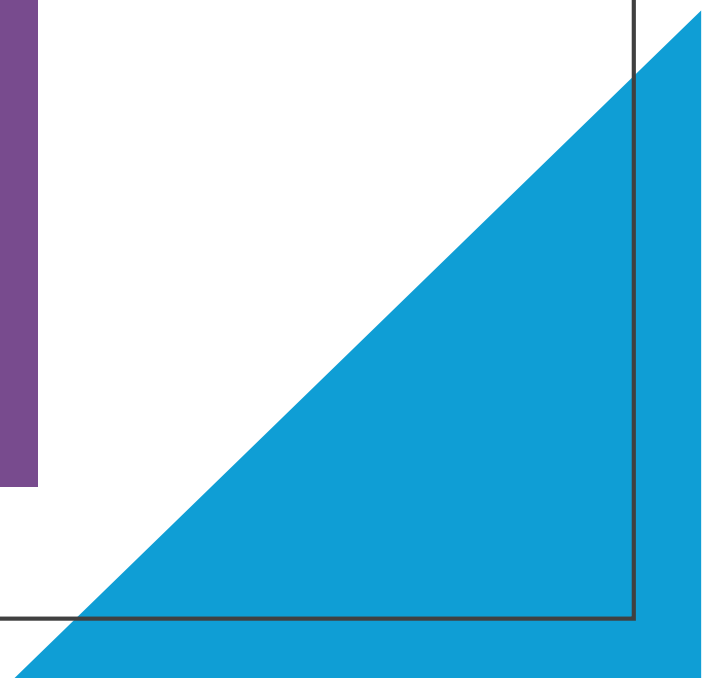
Keep these amounts in mind:

- Children 1-3 years of age should have no more than 4 oz per day. For older children, juice is only recommended if whole fruits are not available. Children ages 4–6 years, no more than 4–6 oz per day.
- If fruit juice is offered it needs to be at meal times only, and diluted - half juice and half water
- **Fruit juice drinks** – these are not the same as fruit juice. Products labelled as fruit juice drinks generally contain only a small proportion of fruit juice with water and added sugar, and provide little nutritional value. Check the ingredient list on product labels and avoid products containing added sugar.

- Avoid all soft drinks such as squash, fizzy drinks, energy drinks and flavoured water, even if they are labelled 'sugar-free', 'no-added-sugar' or 'reduced sugar'. These drinks can contribute to tooth decay and provide little nutritional value.
- **Avoid tea, coffee, cola and other drinks or foods with added caffeine** or other stimulants. These are not recommended for young children, as caffeine is a stimulant which can disturb children's sleep, behaviour and concentration. Tea and coffee also contain tannins which can interfere with a child's ability to absorb iron.
- **Flavoured milk:** Even though you get the benefits of the calcium and vitamins found in milk, flavoured milk can be much higher in sugar. These added sugars should be avoided to discourage a preference for sweet flavours, which can make it difficult to have success when offering regular milk.
- **Milk** is a good drink for 1-4 year olds but it is also a 'food' and it is important that milk consumption is gradually reduced as food intake at meals and snacks increases. Semi-skimmed milk can be introduced gradually after the age of 2 years, provided that the child is a good eater and has a varied diet. Skimmed milk is not suitable as the main drink for children under 5 years of age. Children over the age of 1 year **should not** rely on fortified, sweetened growing up milks for their nutrients. Children should be encouraged to get the nutrients they need from good food as they grow up, and not rely on milk drinks which may blunt their appetite at meal times. On average, a 1-2 year old is likely to need no more than 400ml of milk a day as a drink (about 2/3 pint) and a 3-4 year old is likely to need no more than 300ml of milk a day as a drink (about 1/2 pint). At Netherton Park Nursery School each child will be offered a carton of milk each day—this contains 1/3 pint.

HAVE THE CONFIDENCE TO

**PICK UP A
CUP**



Using a free flow or open cup

For some parents and caregivers, transitioning to using a free-flow cup can feel overwhelming and worrying.

When should my child use a free-flow cup?

- Cups can be used from 6 months old.
- If a baby has been using a bottle, these should be given up by the time your baby is 1 years old.

Why should my use a free-flow cup?

A free flow cup:

- Helps teeth and jaw development by teaching children to **sip** their drink, rather than **suck** the liquid.
- Protects children's teeth from tooth decay. Make sure to use only milk and water in the cup.
- Reduces the likelihood of developing other oral health issues like having an overbite.
- Improves speech development.
- Reduces the likelihood of developing fussy eating habits.
- Encourages children to manage their feelings in other ways, instead of relying on feeding times for comfort.



Drinking from an open cup

- Using an open cup or a free-flow cup without a valve will help your child learn to sip and is better for your child's teeth.
- It might be messy at first but be patient, your child will gradually learn how to drink from an open cup.
- **Once a baby is 1 year old, feeding from a bottle should be discouraged.**
- When using a bottle or cup, do not put anything in it other than breast milk, formula milk or water, and do not add anything else (including sugar, cereals, baby rice or chocolate powder) to the feed.
- Comfort sucking from a bottle on sweetened drinks causes tooth decay in young children. Drinks flow very slowly through a teat, which means the sugary substance will be in contact with their teeth for longer.



Healthy eating

- Encouraging your child to eat a balanced and healthy diet with lots of vegetables, fruit, protein, dairy and carbohydrates, but low in fats, sugar and salt, can help to lower your child's risk of having tooth decay.
- Some food naturally contain sugar such as fruits and milk
- Instead, food and drinks that contain 'free sugars' - sugars that have been added and are not natural- should be limited to less than 5% of our calorie intake.
- It is particularly important to avoid children having sugary food and drink before bedtime and to only give sweeter foods at mealtimes.
- Dried fruit should not be given as a snack – only eaten with a meal due to the amount of sugar.

What tooth friendly snacks are recommended?

- Fresh fruit
 - Raw vegetables
 - Pieces of cheese
 - Breadsticks
 - Pitta breads or crumpets
 - Sandwiches filled with cheese, ham, chicken, houmous or cream cheese and cucumber
-
- [Dudley Healthy Lunchbox](#)

Top tips
for
teeth



How much is too much sugar?

Here are the maximum daily amounts of sugar for your children

4-6 year olds

sugar




5 cubes

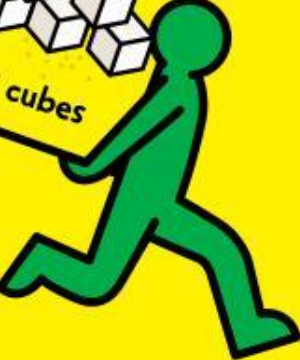


7-10 year olds

sugar




6 cubes

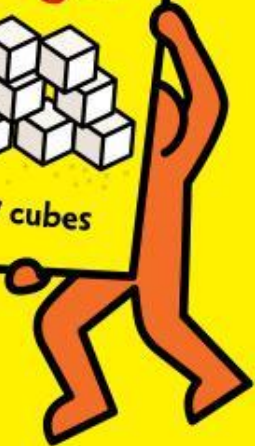


11+ year olds

sugar



7 cubes



 = 4 grams

change 4 **l**i**f**e

Hidden Sugars



6.8g of sugar

19g of sugar



**4g = 1 teaspoon
of sugar!**



26.5g of sugar



2.2g of
sugar in
5ml

Dummies

- Sucking a dummy can help relax and settle babies but many parents are concerned about the effect of a dummy on their child's teeth and mouth. For many children, sucking a dummy, thumb or finger can cause changes to the teeth and jaws. The younger the age at which a child stops sucking a dummy, the more likely their teeth and jaws will correct the growth problems naturally. If a child is still sucking a dummy when their adult teeth come through, there is a much higher risk of permanent changes to the growth of the teeth and jaws.
- **Never** put anything sweet on a dummy as this can cause severe tooth decay very quickly.
- Follow good hygiene procedures. Dummies may cause infection if they are shared with other children or picked up from the floor.

Long-term dummy use may lead to:

- incorrect positioning of teeth – upper teeth may be pushed further forward than is ideal, or the top and bottom front teeth may not touch. This can change the way the teeth meet when the child bites and can also affect speech development, especially 's' and 'z' sounds
- mouth breathing – children may tend to breathe through their mouth rather than their nose.
- speech and language problems – having a dummy in the mouth may delay children using sounds to communicate, and prevent them from exploring the full range of tongue movements required to make all the speech sounds
- tooth decay (especially the front teeth) – if the dummy is dipped in sugary substances such as honey or jam



Teeth issues caused by dummy sucking



HEY
DUGGEE





Colgate®

Doing it right takes two minutes.