

Healthy Living

Healthy Teeth



Research shows that Leicester City has a high proportion of 3 and 5-year-olds with tooth decay.

Leicester City Council Public Health offer free support and equipment for your setting, such as:

- Supervised Toothbrushing Programme
- Multi Agency Oral Health Training (this includes all early years staff)
- Free Educational Resource Packs
- Resources Catalogue
- Smile Early Years Award Accreditation Scheme

Task 1

Discuss what practice your setting employs with regard to oral health.

Who might you contact to access free resources and training?

How could you introduce or improve supervised toothbrushing at your setting?

Are you discussing the importance of toothbrushing with parents and signposting them to dental services?

Task 2

Now you have asked yourself these questions, draw up an action plan to develop your settings own healthy teeth strategy (don't forget to refer to the Local Authority strategy on side one of the card).

Have a look at your snack and food policies to see if they are Healthy Teeth Friendly.

[Free oral health resources \(leicester.gov.uk\) - https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/free-oral-health-resources/](https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/free-oral-health-resources/)

[Healthy Teeth, Happy Smiles \(leicester.gov.uk\) - https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/healthy-teeth-happy-smiles/](https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/healthy-teeth-happy-smiles/)

[HOME | BRUSH Toolkit \(supervisedtoothbrushing.com\)](http://supervisedtoothbrushing.com)

