

Promoting Oral Health

Madeley Nursery School

2022

At Madeley Nursery we promote good oral health and teach all children about healthy eating habits, and dental hygiene.

Practical ways we promote good oral hygiene

In practice, promoting good oral health includes:

- Talking to children about the effects of eating too many sweet things.
- Promoting regular toothbrushing at home – twice a day for 2 minutes using a fluoride toothpaste.
- Encouraging parents to take their children to visit the dentist regularly (twice a year is recommended).
- Encouraging parents to promote good oral health at home.
- Supervised toothbrushing.

We will use ideas from the Dental Healthcare site:

<https://www.dentalhealthcare.nhs.uk/services/oral-health-improvement/early-years/>

There are two main toothbrushing programme models that have been promoted:

- Dry brushing models, where children brush their teeth without using water or sinks but with toothpaste only and can be done with children either standing or sitting down.
- Wet brushing models where children stand at a sink and brush their teeth using water and toothpaste.

It is a requirement of the EYFS (Early Years Foundation Stage) framework that settings promote oral health. We will follow best practice and involve parents and promote good oral health at home as part of our partnership regarding the children's health and welfare generally.

You can find further information of finding and NHS dentist at

<https://www.england.nhs.uk/contact-us/how-can-we-help/how-do-i-find-an-nhs-dentist/>