



Supervised tooth brushing Information for Parents/Guardians

This information sheet informs you about the supervised tooth brushing programme that is being held in your child's school, and frequently asked questions.

By setting up a supervised tooth brushing programme in school, it allows the children to incorporate it into their daily routine and follow the good practice at home.

Invitation to take part – All children at Lampard are invited to take part in a supervised tooth brushing programme at school. Before you decide if you wish for your child to take part, it is important that you know why this is being done, and what is involved. If you still have questions after reading this information sheet, please contact us.

Why has my child been chosen to take part in this programme? Evidence shows that brushing teeth effectively using fluoride toothpaste is the best way to prevent tooth decay, and brushing at school is the best way to keep teeth healthy. All students at Lampard have been invited.

Does my child have to take part? It is up to you to decide if you would like your child to take part. If you do, then you will be asked to sign a consent form, which will need to be returned to school before they can take part. You can change your mind and withdraw consent at any time.

How will this programme benefit my child? Evidence shows that children who effectively brush their teeth at a young age are less likely to experience tooth decay and form behaviours which will last a lifetime.

Will this cost me anything? No, this programme is completely funded by NHS England & NHS Improvement South West.

What toothpaste will be used? The toothpaste used in the programme is age appropriate (1450ppm Fluoride) mild mint flavour. If children are sensitive to this toothpaste, we can also supply non-flavoured toothpaste.

Are there any risks or reasons why my child should not take part? There are very minimal risks associated with this programme. Some young children may be taking fluoride supplements or drinking fluoridated water as well as swallowing toothpaste and this can cause Fluorosis (white spots in the enamel of the teeth). This can be eliminated by encouraging the children to spit out the toothpaste and not to swallow it. Please note - there is no fluoride in the water supply in Devon so the risk of Fluorosis is low.

Will staff be trained? Yes, all staff involved in the programme will receive training from a qualified Oral Health Educator.

What safeguarding measures are in place? As well as staff being trained, there will be an audit process in place to make sure the programme is being followed to ensure compliance.

Will my child have their own toothbrush? Yes, this is a very important part of the programme. All children will have their own toothbrush which will be identified as theirs. It will correspond with

the storage unit which has been designed specifically for the storage of toothbrushes, eliminating cross contamination. Full cross infection control procedures are in place.

How will the programme work? Children will sit or stand, staff will dispense the toothpaste onto the child's toothbrush using a suitable cross contamination method. Each child will then commence tooth brushing for 2 minutes under the supervision of staff. They will be encouraged and shown the correct tooth brushing technique. Once the 2 minutes is up, each child will replace their toothbrush into the storage unit, where it will then be taken to be cleaned along with the brushes. No water is needed for tooth brushing as we do not promote rinsing after brushing as this washes the good fluoride off the teeth.

Will my child still need to brush their teeth at home? Yes, this programme is in addition to brushing at home. The most important time to brush is at bedtime and one other time. Brushing for 2 minutes using a pea size blob of fluoride toothpaste is very important. You will find that your child is more willing to brush at home, having taken part in the school programme.

Will I receive any further information? Yes, your child will bring home an oral health goody bag which will contain a toothbrush, toothpaste, 2-minute timer and information on how to look after teeth for the whole family.

Is there a risk of transmitting Covid-19 through tooth brushing? Supervised tooth brushing in school settings poses very low risk to the transmission of Covid-19. Universal cross-infection procedures are in place and all staff have received updated guidance & risk assessment.

Top Tips for brushing at home:

- Start brushing children's teeth as soon as they appear.
- Use a smear of toothpaste for children under 3 (which contains 1000ppm fluoride)
- Use a pea size amount of toothpaste for children 3 and over (which contains 1450ppm fluoride)
- Do not rinse out with water or mouthwash after brushing, this will only dilute the fluoride in the toothpaste.
- Visit a dentist regularly. Children should start seeing a dentist by the age of 1.
- Reduce the amount of sugar in the diet by keeping sugary food or drink to meal times. Snack on fruit and low sugar options instead.

If you have any further questions, please contact us:

By phone 01752 981071 Email SBinfo@plymouth.ac.uk Online www.wellconnecteduk.org

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Dear Parent/Guardian

NHS England have identified your school to take part in a supervised tooth brushing programme, staff have received training and will be holding daily tooth brushing sessions in school from January 2022.

Tooth decay is the most common oral disease, affecting children and young people in England, yet it is largely preventable.

Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children. The impact can be seen educationally with children missing school and in addition, can affect parents/carers who would need to take time off work to take children to the dentist or hospital visit.

Evidence shows that effective tooth brushing; using fluoride toothpaste at least twice a day reduces the incidence and severity of tooth decay.

Tooth brushing twice a day at home should still take place.

Toothbrushes and paste will be provided.

The attached information sheet gives further details, including commonly asked questions.

A full Covid-19 risk assessment has been carried out in each setting and guidance published by Public Health England & NHS England, please see the attached parent information sheet for further information.

Please complete and return the slip below to school/nursery ASAP

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I confirm that I have read and understand the information sheet attached Y/N

I understand that it is my choice to allow my child to take part in this programme and can withdraw my child at any time Y/N

I understand that this is in addition to brushing twice a day at home Y/N

I give I do not give permission for my son/daughter to take part in the supervised tooth brushing sessions in school/nursery

Child's Name.....

Print name.....

Signature.....

Relationship to child.....

Date.....