

# Early Years Settings Oral Health Toolkit



## ORAL HEALTH GUIDANCE FOR EARLY YEARS SETTINGS

### Tooth decay

The [Early Years Foundation Stage \(EYFS\) Framework](#) states that early years providers must promote good oral health of children who attend their setting. Children need to form good oral health habits from an early age to avoid tooth decay.

### Cutting down on sugar

Limit the amount of free sugars children eat or drink in your setting, and how often they consume them. [Free sugars](#) include all sugar added to food and drinks by the manufacturer, cook or consumer. Water and milk are the only safe drinks to give children in regard to their oral health. Food and drink containing sugar should only be consumed at mealtimes, and children should avoid food and drink containing free sugars before bed.

More information on promoting healthy eating in early years settings can be found here: [EYFS nutrition guidance](#).

### Toothbrushing - key messages

As soon as a child's teeth come through (usually at about 6 months of age), they are ready for toothbrushing to start:

- Use a small-headed toothbrush suitable for children
- Use a fluoride toothpaste that contains at least 1000 parts per million (ppm) of fluoride - you can find this information on the packaging. For the maximum prevention of tooth decay for children aged 0-6 years, use toothpastes containing 1350-1500 parts per million (ppm) fluoride.
- Use a **smear** of toothpaste for children under 3, and a **pea sized** amount for those aged 3 to 6
- Brush teeth thoroughly for around 2 minutes, making sure to clean all the surfaces of each tooth
- Brush at least twice a day with fluoride toothpaste, last thing and night and on at least one other occasion
- Brushing just before bed is important as this allows the fluoride to keep working while children sleep
- Children should spit, not rinse, after brushing - this avoids washing away the fluoride
- Adults should help children to brush their teeth until they are 7 years old to make sure they are brushing properly, to supervise the amount of toothpaste used, and to prevent eating the toothpaste

For more guidance on promoting oral health in early years settings, how to engage parents/carers, and links to helpful resources, visit:

[www.help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health](http://www.help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health)



## POSTER

### Top tips for toothbrushing

Tips for parents/carers of children in early years settings to support with toothbrushing.

Displayable in early years settings, or to distribute to families.

[Top Tips for Toothbrushing](#)



## DIGITAL RESOURCES

### Top Tips for Teeth

Leaflets/posters suitable for printing or digital use for early years professionals and those working with families and young children to encourage parents and carers to teach children good oral health.

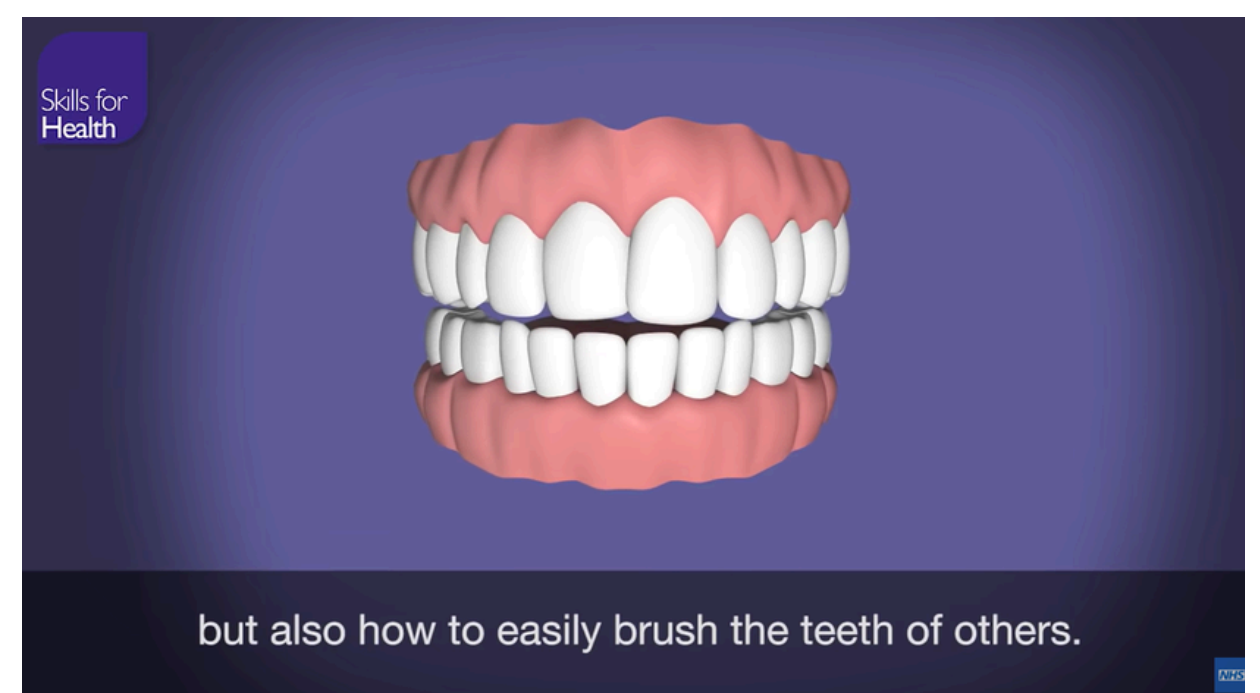
[Better Health Start for Life Top Tips for Teeth](#)

## VIDEO

### How to brush your teeth and the teeth of others

This NHS animation can be used in early years settings and shared with families for children to learn to brush their own teeth, and parents/carers to brush their child's teeth.

[How to Brush Your Teeth](#)





## GUIDANCE

### Supporting children with SEND

A variety of information guides and useful links available for parents/carers to support the oral health of children with special educational needs and disabilities.

[SEND Oral Health resources](#)

## GUIDANCE AND RESOURCES

### Available in multiple language

Infographics and information guides for children's teeth from the British Society of Paediatric Dentistry. Resources available in multiple languages, including Ukranian, Punjabi, Urdu and Polish.

[Translated oral health resources](#)



Практичний посібник з догляду за дитячими зубами

[www.bspd.co.uk](http://www.bspd.co.uk)

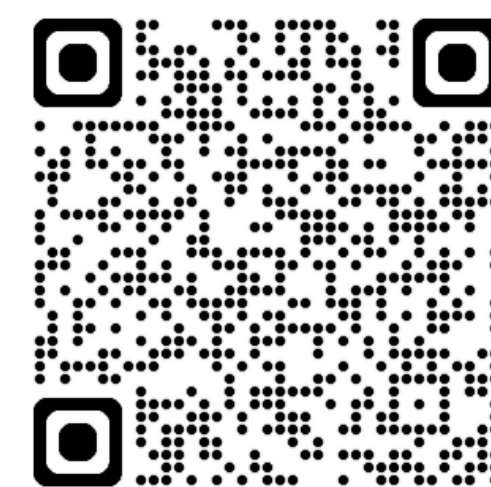


## ACTIVITY PACK

This PSHE Association activity pack for children aged 4-5 provides learning experiences that help children to look after their teeth and develop habits for good oral hygiene. The pack has a range of activities suitable for small group or whole class teaching.

[PSHE association oral health activity pack](#)

Find your nearest NHS dentist: [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)



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