

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 tooth brushing programme
- Multi Agency Oral Health Training (this includes all early years staff)
- Parenting packages
- Resources Catalogue
- Nursery Accreditation Scheme

Task

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 tooth brushing at your setting?

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

Task

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.

