

1 Strengthen teeth

By:

- a. Implementing a daily supervised tooth brushing programme for 3 to 4 year olds **on site**

OR

- b. Supporting 3 to 4 year olds to **brush@home** by distributing toothbrushes and toothpaste
- c. Requesting brushing charts to be completed for **brush@home** and then returned for a display

Evidence:

on site brushing:

Training received by all staff involved in tooth brushing

Signed paperwork to show tooth brushing guidelines understood by all

brush@home:

Distribution sheet to show number of children given toothbrushes and toothpaste

Photos of displayed brushing charts in setting

2 Provide a tooth friendly diet

By:

- a. Providing only tooth friendly drinks and snacks
- b. Ensuring drinking water is freely available
- c. Supporting all children to use open top cups
- d. Ensuring celebrations, birthdays and all food based activities are tooth friendly

Evidence:

Menus detailing snacks and drinks provided, ideally over a 3 week period

Photos/explanation of drinking vessels

Celebrations guidelines/policy, current and tooth friendly

3 Promote dental visits

By:

- a. Identifying the number of children with dentist details
- b. Actively supporting families with no dentist to register with a dental practice (*COVID situation permitting*)
- c. Promoting fluoride varnish

Evidence:

Conduct the dentist questionnaire with parents/carers

OR

Access child registration information on setting's records

Screenshots of newsletters/online info or photos of posters/displays where you have promoted dentist registration and fluoride varnish

4 Share oral health information

By:

- a. Ensuring **mysmile** oral health training is received by at least one member of the setting staff team and shared
- b. Engaging parents and carers by promoting **My Smile** via social media/displays/information packs
- c. Plan and deliver oral health related activities with the children

Evidence:

Team meeting notes/ censored minutes / agenda items

Photos/write ups/ screen shots of how oral health promoted to parents/carers

Write ups/photos of one or more children's activities