

<p style="text-align: center;">1 Strengthen teeth</p> <p>By:</p> <ul style="list-style-type: none"> a. Implementing a daily supervised tooth brushing programme for children on site <p>OR</p> <ul style="list-style-type: none"> b. Supporting children to brush@home by distributing toothbrushes and toothpaste c. Requesting brushing charts to be completed for brush@home and then returned for a display <p>Evidence:</p> <p>on site brushing:</p> <p>Training received by all staff involved in tooth brushing</p> <p>Signed paperwork to show tooth brushing guidelines understood by all</p> <p>brush@home:</p> <p>Distribution sheet to show number of children given toothbrushes and toothpaste</p> <p>Photos of displayed brushing charts in setting</p>	<p style="text-align: center;">2 Provide a tooth friendly diet</p> <p>By:</p> <ul style="list-style-type: none"> 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 <p>Evidence:</p> <p>Menus detailing snacks and drinks provided, ideally over a 3 week period</p> <p>Celebrations guidelines/policy, current and tooth friendly</p> <p>Photos/explanation of drinking vessels</p>	<p style="text-align: center;">3 Promote dental visits</p> <p>By:</p> <ul style="list-style-type: none"> a. Identifying the number of children with dentist details b. Actively supporting families with no dentist to register with a dental practice c. Promoting fluoride varnish <p>Evidence:</p> <p>Conduct the dentist questionnaire with parents/carers</p> <p>OR</p> <p>Access child registration information on setting's records</p> <p>Screenshots of newsletters/online info or photos of posters / displays where you have promoted dentist registration and fluoride varnish</p>	<p style="text-align: center;">4 Share oral health information</p> <p>By:</p> <ul style="list-style-type: none"> 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 via social media/displays/information packs c. Plan and deliver oral health related activities with the children <p>Evidence:</p> <p>Team meeting notes/ censored minutes / agenda items</p> <p>Photos/write ups/ screen shots of how oral health promoted to parents/carers</p> <p>Write ups/photos of children's activities</p>
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Once registered, you will be sent supporting information to help you to implement the steps



mysmile is a quality mark awarded to settings which fully implement the four steps to provide a tooth friendly environment for the children they care for.

Why is it needed?

14.4 % of five year olds in Cambridgeshire and **33%** in Peterborough have tooth decay

Aside from pain, distress, dental treatment, limitations in eating and lower self confidence, tooth decay leads a number of very young children each year to the operating theatre for dental extractions

** National Dental Epidemiology Programme for England: oral health survey of five-year-old children 2017. Public Health England*



How it works

Once registered onto the programme, it is advised that the training element is carried out first to give the teams a better understanding of oral health.

The setting must work through the four steps to ensure they fulfil each requirement.

Evidence must be submitted to the **mysmile** team to show that the requirements are in place by the deadline.

The **mysmile** team can provide support wherever it is needed to successfully implement the steps. This may include a virtual visit (i.e. via mobile phones) where possible.

A certificate is awarded to settings that have the steps embedded into their everyday practice. The accreditation is valid until 2021/22.

The mysmile calendar 2020-2021	September	October	November	December	January	February	March
	Registration	Online training via MS Teams			Evidence collection	Final call for evidence	Award review meetings
		Implement the steps & submit evidence				Award accreditations	