

1

Strengthen teeth

- Implement daily supervised tooth brushing for 3 to 4 year olds on site
- Distribution of brushing charts to use at home to encourage regular twice daily tooth brushing habits.

Evidence:

Training received by all staff involved in tooth brushing

Signed paperwork to show tooth brushing guidelines understood by all

Participation in audits as required

Demonstrate use of completed brushing charts from home in setting

2

Provide a tooth friendly diet

- Provide only tooth friendly drinks and snacks
- Support all children to use open top cups
- Written guidance in place that is shared with parents explaining how 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

Policy/guidance document or written communication to parents/carers

3

Promote dental visits

- Identify the number of children with dentist details
- Actively support families with no dentist to register with a dental practice
(*COVID situation permitting*)

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

4

Share oral health information

- Ensure **My Smile** oral health training is received by at least one member of the setting staff team and shared
- Engage parents and carers by promoting **My Smile** via social media/displays/information packs
- 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



My Smile is a quality mark awarded to early years settings which fully implement the four steps to being tooth friendly.

Why is it needed?

15.7% of five year olds in Suffolk 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 20219 Public Health England*



How it works

Once registered onto the programme, we advise that the training element is carried out first to give the participants 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 **My Smile** team to show that the requirements are in place by the deadline.

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

A certificate is awarded to settings that have the steps embedded into their everyday practice.

The accreditation is valid until 2022/23.



2021-2022 timetable

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