



1

Strengthen teeth

- Implement daily supervised tooth brushing for 3 to 4 year olds on site

OR

- Support 3 to 4 year olds to **brush@home** by distributing toothbrushes, toothpaste and brushing charts
- Request 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

- 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?

24.7% of five year olds in Bedford have tooth decay and in Central Bedfordshire 14.5%*

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 2020. 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
Implement the steps & submit evidence						Award accreditations	

Oral Health Improvement Team, Flitwick Health Centre, Highlands, Flitwick, Bedfordshire, MK45 1DZ email: ccs.oralhealthbeds@nhs.net

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.