

Helpful tips for the family

- Brush teeth and gums twice a day as soon the very first tooth begins to appear.
- Brushing at bedtime is the most important time.
- Ensure you use a smear of toothpaste with at least 1000 parts per million (ppm) of fluoride for 0-3 years (or for anyone who cannot spit out the foam) and a pea size amount of 1350-1500 parts per million (ppm) of fluoride for 3 years and above.
- When brushing has finished ***do not rinse with water just spit the foam out.***
- Keep sugary foods and drinks to meal times only.

If you require further information, contact us at

Oral Health Improvement Team,
Brookfields Hospital, 351 Mill Road,
Mill House, Dental Suite,
Cambridge, CB1 3DF

mailto:ccs.dentalohcambs.nhs.net or find us at www.dentalhealthcareeoe.nhs.net

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or

email: ccs-tr.pals@nhs.net. For free confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.



Cambridgeshire Community
Services NHS Trust



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Cambridgeshire Community Services NHS Trust



Supervised tooth brushing information
for parents and carers.

What is **mysmile**?



It is the quality mark awarded to early year settings which fully succeed in the **mysmile** 4 steps.

Once achieved a certificate will be awarded to the successful settings and their accreditation is valid for 2 years with regular follow up support.

The **mysmile** team are always available to offer advice and provide training to early years staff so they can successfully achieve and maintain the **mysmile** programme.

How will children and their families benefit from taking part in the **mysmile** programme?



- Encourage good healthy habits.
- Learning good tooth brushing skills.
- Reducing the impact of sugar on teeth.
- Tasting more fruit and vegetables.
- Extra tooth brushing with fluoride toothpaste to strengthen teeth.
- Supporting families with access to dental care.
- Less likely to suffer with tooth decay and toothache.



How will my child's school work towards this accreditation?

Strengthen teeth

The children will brush their teeth in the setting once a day (this should not replace the twice a day at home) or support the children to brush at home by distributing toothbrushes, toothpaste and tooth brushing charts.

*consent forms will need to be signed for children to participate.

Provide a tooth friendly diet

Snacks and drinks will be tooth friendly and celebration food will be healthy or have a non-food focus.

Promote dental visits

Your child's school setting will conduct a survey to identify how many children have a dentist and actively support families with no access to dental care.

Share oral health information

My smile training will be received by at least one member of staff and then shared with other staff. You will engage parents by sharing oral health messages and plan oral health activities with the children.