

## 1 Strengthen teeth

- a. Implement daily supervised tooth brushing for 4 to 5 year olds on site.

**OR**

- b. Support 4 to 5 year olds to **brush@home** by distributing toothbrushes, toothpaste and brushing charts.
- c. Request brushing charts to be completed for **brush@home** and then returned for a display.

### Evidence to send to us:

#### 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.

## 2 Provide a tooth friendly diet

- a. Provide only tooth friendly snacks and drinks-no juice.
- b. Written guidance in place that is shared with parents explaining how celebrations, birthdays and all food based activities are planned in a mindful tooth friendly way.

### Evidence to send to us:

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

- a. Identify the number of children with dentist details.
- b. Support families with no dentist to access advice or dental care.

### Evidence to send to us:

Conduct the dentist questionnaire with parents/carers

**OR**

Access pupils dentist details from their school records.

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

## 4 Share oral health information

- a. Oral health training has been shared and discussed in team meetings and cascaded to all staff involved with mysmile.
- b. Engage 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 to send to us:

Signed training record of pre-recorded training.

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?**

**38%** of five year olds in Peterborough and **17%** in Cambridgeshire have decayed, missing or filled teeth.

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 2 019. 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 from the 4 steps must be submitted to the **My Smile** team in order to gain an accreditation award, following the timetable.

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 completed and submitted the 4 steps evidence to our team.

The accreditation is valid until 2022/23.



**2021-2022 timetable**

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