



# Healthy Body, Happy Me 2019

## All about brushing



Supported by



Milk teeth matter and children that have good tooth brushing practices in their early years are more likely to carry these on into adulthood. It is important to establish healthy habits from an early age.

Although there have been improvements in children's dental health for the past 20 years, about a quarter of children aged five years have experience of tooth decay in England. Children from the most disadvantaged parts of society are still most likely to suffer from poor oral health. Working in partnership with parents and carers, the early years sector can do lots to help to reduce these figures even more and prevent tooth decay in this age group. All the Healthy Body, Happy Me activity guides for 2019 will suggest ways to do this.



### Tooth brushing guidance

Teeth should be brushed twice a day to help remove bacteria and apply fluoride to help prevent cavities (holes in the tooth). You can find out more about fluoride in Thursday's activity guide.

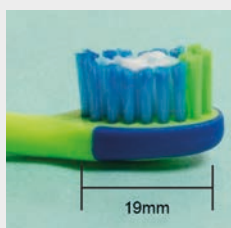
The best time to brush teeth is before bedtime and it is good practice to brush at least once more during the day. It is better not to brush straight after eating, so allow about an hour after a meal to brush.

You should aim to spend two minutes cleaning your teeth and children under seven should have their brushing supervised by an adult. Adults can help by guiding the children's hands to demonstrate the movements and the pressure needed.

### When and how to brush

#### Children aged birth to three years

- ♥ Brushing should start as soon as the first tooth erupts
- ♥ Brush teeth twice a day using a fluoride toothpaste: last thing at night before bed and at least one other time each day
- ♥ Children under three years should use a smear of no less than 1,000ppm fluoride toothpaste
- ♥ Children should be discouraged from eating or licking toothpaste from the tube
- ♥ Children need to be helped or supervised by an adult when brushing until at least seven years of age.



#### Children over three years

- ♥ They should use no more than a pea-sized amount of toothpaste with a fluoride concentration above 1,000ppm
- ♥ They should brush their teeth twice a day, including before bed
- ♥ Children need to be helped or supervised by an adult when brushing until at least seven years of age
- ♥ Encourage spitting out the toothpaste after brushing and rinsing with water after brushing should be discouraged.





## Making brushing fun

Although brushing teeth is a serious business, it helps if you can make it a fun activity. Why not watch this video - [www.brushdj.com/#nogo](http://www.brushdj.com/#nogo) - with children and share it with parents and carers?

## ACTIVITY – THE BIG TEETH BRUSH

### Working with parents

Try sharing the video link with parents via your newsletters, notice boards and social media.

Consider talking to parents about how you can work together to help care for their children's teeth. For example, could you offer a workshop or information session for parents?

Today we are encouraging all nurseries to take part in our Big Teeth Brush. As long as you have a hygienic place or way of storing the children's toothbrushes, this is a fun way to get everyone involved. Some early years settings already offer opportunities for the children to brush their teeth but this idea will not work for all settings. If you decide to offer this, consider who will provide the toothbrushes - you may need to buy additional brushes or ask parents. Is there a local pharmacy that might supply them in return for an acknowledgement?

You can find Government guidelines on improving oral health here: <https://bit.ly/2NdLh2w>

- ♥ Where and how will you keep the tooth brushes to ensure that each child knows which is their brush and to stop cross infection?
- ♥ Consider the type of fluoride toothpaste to use and how much
- ♥ It is best practice to brush about an hour after eating so consider when this can happen. It may mean different times for different children, depending on their attendance patterns and routines. For example, upon arrival on a morning if they had their breakfast at home, an hour after a meal or snack in the setting or before a meal or snack
- ♥ Will adults also brush their teeth to set a good role model?
- ♥ Make sure that you model/talk about brushing all the surfaces of all the teeth (inner edge, outer edge and the biting surface) if possible - if they can brush in front of a mirror this might help
- ♥ Age and stage appropriately you could talk to the children about why we need to brush teeth (if you made the mouth in Monday's activity guide you could refer back to this which will help children to understand and remember)
- ♥ Talk to the children about what happens they do not brush their teeth.

Two minutes can seem a long time and also hard to gauge as you brush your teeth so why not download the Brush DJ App [www.brushdj.com/#nogo](http://www.brushdj.com/#nogo) and listen to a two minute burst of your chosen song whilst you brush! Perhaps you could make up your own song with the children?

Please consider how you can pass this information to parents and carers. There are ideas in Thursday's Healthy Body, Happy Me 2019 activity guide.




## ON SOCIAL

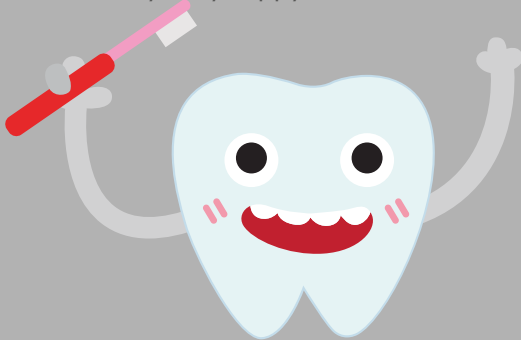
Share your photos of your big teeth brush with us, your parents and other nurseries.

 @NDNATalk

 /ndna.org.uk

 National Day Nurseries Association

#HealthyBodyHappyMe



## National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run our annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2019 campaign and help keep your children happy and healthy.



The British Dental Association is the voice of dentists in the UK. We champion prevention and campaign for real improvements to the nation's oral health. We believe all children deserve the best start in life, and are delighted to work with NDNA to bring vital messages on oral health to nurseries across the country.



Don't forget - NDNA members get up to 20% discount on orders with TTS and Consortium



### Human Dental Health and Teeth Kit - from TTS

Complete kit for teaching about dental health and hygiene. Includes a giant teeth demonstration model, a giant toothbrush, 24 plaque disclosing tablets, 10 dental mirrors and a sand timer. The two minute sand timer can be used to demonstrate to children the length of time that they should ideally be cleaning their teeth for. Can be used to prompt discussions on good oral hygiene, how teeth may be damaged and also how to look after them properly. Can also be used to explore the different types of teeth in humans and their simple functions. Suitable for 4 to 12 years. Find out more at <https://bit.ly/2trAU23>

 @NDNATalk  /ndna.org.uk  National Day Nurseries Association

#HealthyBodyHappyMe

### National Day Nurseries Association

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ  
01484 407070 [marketing@ndna.org.uk](mailto:marketing@ndna.org.uk)

[www.ndna.org.uk/healthy](http://www.ndna.org.uk/healthy)