

Supervised Toothbrushing Programme

Introduction

We are giving children aged 3 to 5 years the chance to take part in a supervised toothbrushing programme. This leaflet will tell you:

- about the programme
- why we are doing it
- what you need to do if your child would like to take part

What will the toothbrushing programme involve?

We will give them their own toothbrush. Each day, they will brush their teeth using a fluoride toothpaste when they come to school or nursery. Trained staff will keep an eye on them and oversee this. They have all received supervised toothbrush training.

All toothbrushes are kept in a clean storage rack. We will replace them each term. We will also label each child's toothbrush so they don't get mixed up.

Why are we doing it?

It is very important that children learn how to brush their teeth with fluoride toothpaste. This helps to strengthen their teeth and prevent tooth decay.

What is tooth decay and why is it bad?

Tooth decay is the most common oral disease affecting children and young people in England. But we can normally prevent it with good oral health. Tooth decay can affect a child's ability to:

- sleep
- eat
- speak
- play
- socialise with other children

In 2020 reports found that around 22.4% of 5 year olds and 10.7% of 3 year olds had tooth decay.

What do you need to do if you want your child to take part in the club?

If you do not want your child to take part in the programme, please let the school or nursery know.

If you have any feedback, questions or would like more information, please speak to the school staff.

Does this mean they don't need to brush their teeth at home?

No. Your child still needs to brush their teeth twice a day at home. Do this last thing at night and on one other occasion during the day. Encourage your child to spit out but not rinse after brushing. This is so the fluoride can strengthen the teeth.

Please remember to take your child to the dentist regularly. It is free for children. If they do not have a dentist, you can find your nearest NHS dentist at www.nhs.uk/service-search/find-a-dentist/.

South Tyneside and Sunderland NHS Foundation Trust

General Enquiries (Main switchboards)

Sunderland Royal Hospital: 0191 565 6256

South Tyneside District Hospital: 0191 404 1000

Website: www.stsft.nhs.uk



We try hard to keep our information leaflets up to date. This information was correct when we wrote it. It may not include very new changes. Staff will tell you if anything has changed and check that you understand at your appointment. You should ask if you are unsure about anything.

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