

Project Proposal for Toothbrushing in Early Years Settings in West Sussex.

Background:

Tooth decay is acknowledged to be the most common oral disease affecting children, although it is largely preventable. One of the interventions recommended by Public Health England is supervised toothbrushing in early years and school settings. This can improve a child's oral health, promote and support good toothbrushing habits in the home.

Aims:

To raise awareness of the effectiveness of good toothbrushing in reducing tooth decay.

To establish good toothbrushing habits in the children and their families.

Objectives:

To identify and assist Early Years Settings to set up toothbrushing programmes.

To carry out staff training on toothbrushing method and infection control.

To carry out support/update visits at agreed intervals.

Method

Approach settings that predominately care for children in more deprived areas, as evidence shows that they receive the most benefit from such schemes. Carry out staff training and supply information regarding suitable toothbrushes and toothpaste.

Identify a 'link' person if possible. Assist with obtaining parental permission. Supply appropriate documents, or links, so that the setting has the information required to be self-sustaining.

Demonstrate toothbrushing to the children/staff/parents.



Flat smear of toothpaste for children under 3 years, or those over 3 years who still swallow the paste. A small pea sized blob for those over 3 years able to spit out properly.

Supporting Documents

All information is based upon Delivering Better Oral Health, 3rd update November 2014 <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

Local authorities improving oral health: commissioning better oral health for children and young people. Public Health England, June 2014

<https://www.gov.uk/government/publications/improving-oral-health-an-evidence-informed-toolkit-for-local-authorities>

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/560972/Rapid_review_ROI_oral_health_5_year_old.pdf

The following two publications contain comprehensive information for settings starting a toothbrushing programme, including infection control and a sample parent permission letter.

Improving Oral Health: A toolkit to support commissioning of supervised toothbrushing programmes in early years and school settings. Public Health England, December 2016

<https://www.gov.uk/government/publications/improving-oral-health-supervised-tooth-brushing-programme-toolkit>

Brush Time, Oral Health Foundation 2016

https://www.dentalhealth.org/uploads/download/resourcefiles/download_234_1_BRUSH%20TIME.pdf



Explore this site for user friendly information and on their education site you will find downloadable resources for settings. <http://www.dentalbuddy.org/>

Pictures from Brush Time resource, Oral Health Foundation.