

Sussex 0-3 Paediatric Oral Health Access and Prevention Pathway

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Aim:

NHS Sussex Dental Team has developed a Paediatric Oral Health Access and Prevention Programme aimed at 0–3-year-olds, to ensure more children in Sussex can access primary dental care services and engage with evidence-based prevention methods early on, to prevent the need for tooth extractions and improve oral health later in life.

Referral to Paediatric Dental

The clinics listed below are part of the *Paediatric Dental Access and Prevention Pathway*.

Who can refer: Any practitioner working with families.

Referral options:

1. Provide clinic details to the family for direct contact.
2. If the family needs support, the practitioner can make the referral directly, by contacting the dental surgery on their behalf.

Dental Clinics:

Down House Dental Practice Ltd

Address: 17 Church Street, Steyning BN44 3YB

Phone: 01903 813212

Website: <https://www.downhouse-dental.co.uk/>

First Choice Dental Ltd

Address: 51-53 Queensway, Bognor Regis PO21 1QN

Phone: 01243 861770

Website: <https://www.mydentist.co.uk/dentists/practices/england/south-east-england/bognor-regis/51-53-queensway>

Richmond House Practice Ltd

Address: 47 South Street, Chichester PO19 1DS

Phone: 01243 783141

Website: <https://www.mydentist.co.uk/dentists/practices/richmond-house-chichester?pid=20668>

West Green Dental Practice

Address: Peglar Court, Peglar Way, Crawley RH11 7GU

Phone: 01293 512158

Website: <https://www.westgreendentalpractice.co.uk/>

Crabtree Dental Practice

Address: 25 Crabtree Road, Crawley RH11 7HL

Phone: 01293 526481

Website: <https://www.crabtreecare.co.uk/>

Henfield Dental Surgery Partnership

Address: Highdene, High Street, Henfield BN5 9DA

Phone: 01273 492228

Website: <http://www.henfelddental.co.uk>

Kings Dental Care

Address: 53A London Road, East Grinstead RH19 1AW

Phone: 01342 323854

Website: <https://kingsdentalcare.co.uk/>

Worthing Dental Centre (Silva B)

Address: 20 Liverpool Gardens, Worthing BN11 1RY

Phone: 01903 962878

Website: <http://www.worthingdentalcentre.co.uk/>

Oasis Dental Care Limited (White House Dental Surgery)

Address: Belmont Street, Bognor Regis, West Sussex PO21 1LG

Phone: 01243 823880

Website: <https://www.oasisdentalcare.co.uk/practices/oasis-dental-care-bognor-regis/>

Grand Avenue Dental Practice

Address: 104 Grand Avenue, Worthing BN11 5BH

Phone: 01903 503841

Website: <https://www.worthing-dental.co.uk>

Evidence base prevention advice to be given for all new children

Participating providers will be provided with resources on the prevention pathway, by NHS Sussex which they will share with children and families that they see.

All 0-3 children and their families seen under the programme should be on a universal prevention pathway and be given the following preventative advice by the GDP or DT at their first appointment:

 **Breast feeding and tooth decay: core messages for dental teams and healthcare professionals**

Breastfeeding has strong evidence of benefits to both child and mother

1



UK government policy advises exclusive breastfeeding for around the first 6 months of life. Babies should then start solid foods alongside continued breastfeeding at around 6 months.

2



Breastfeeding rates in the UK are very low. At 6 months, 34% are still breastfeeding, with 1% exclusively breastfeeding.

3



Not being breastfed is associated with an increased risk of infectious morbidity such as gastroenteritis, respiratory infections and middle ear infections.

Evidence on tooth decay and breastfeeding

Breastfeeding up to 12 months is associated with a decreased risk of tooth decay



Studies after 12 months are of low quality and contradictory and acknowledge they do not take account of other foods and drinks being consumed.

Support and advice for mothers who are breastfeeding

- breast feeding provides the best nutrition for babies
- at around 6 months of age babies should start solid foods, alongside breastfeeding
- as a mixed diet is established, give a wide range of foods, flavours and textures and avoid sugary foods and drinks
- breast or formula milk should be babies' main drink until one year old
 - introduce babies to drinking from a non-valve free-flowing cup from around 6 months of age, containing only breast or formula milk or plain water
- as soon as babies' first tooth erupts:
 - brush their teeth at least twice a day with a smear of toothpaste containing at least 1000ppm fluoride
 - go to the dentist for advice on how to prevent dental disease
- for information on how to make your practice breastfeeding friendly go to the Breastfeeding network: <https://bit.ly/2ai17Eo>

For more evidence based advice see Delivering Better Oral Health <https://bit.ly/1uXmuyI> Gateway number: 2018681



Mothers should be encouraged to:

- breastfeed exclusively for around the first 6 months of a baby's life
- Continue breastfeeding while introducing solids from around the age of 6 months
- The British Society of Paediatric Dentistry recommends that "from 12 months of age, mothers who wish to continue with breastfeeding should work closely with their health practitioners to minimise potential risk of dental decay".

For parents or carers feeding babies by bottle:

- only breastmilk, infant formula or cooled boiled water should be given in a bottle
- babies should be introduced to drinking from a free-flow cup from the age of 6 months
- feeding from a bottle should be discouraged from the age of 1 year
- Gradually introduce a wide variety of solid foods (of different textures and flavours) from around the age of 6 months. Sugar should not be added to food or drinks given to babies and toddlers

Parents or carers should brush their children's teeth:

- as soon as they erupt
- twice a day, last thing at night (or before bedtime) and on one other occasion
- with a toothpaste containing at least 1000 ppm fluoride, using only a smear of toothpaste
- when toothbrushing, ensure children spit and don't rinse after toothbrushing

Additional professional advice to be given to new families includes:

- Minimise consumption of sugar-containing foods and drinks, use sugar-free versions of medicines if possible
- Avoid sugar-containing foods