



Programmes

Let's Brush

SUPERVISED TOOTHBRUSHING WITH
2, 3 AND 4 YEAR OLDS IN EARLY YEARS



SUGAR SMART

Calderdale

Teaching presentations



Resources



Oral health of young children is a public health priority. Over a quarter of 5-year-olds in Calderdale have tooth decay, and tooth extraction is still the most common hospital procedure in 6 to 10-year-olds in England and 6th most common in children under 4 years.

Children who have toothache or who need treatment may have pain, infections and difficulties with eating, sleeping and socialising. They may have to be absent from school or nursery and parents/ carers may also have to take time off work to take their children to a dentist or to hospital.

Locala, Calderdale, Public Health Early Years Service (PHEYS), Oral Health Team work with partners to collectively make progress on maintaining and improving the oral health of Children & Young People in Calderdale.

The resources offered are free and they support the oral health requirement of the statutory framework for the Early Years Foundation Stage (DofE, 2021) Promoting oral health in the EYFS.



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Change 4 Life

[Early Years lesson PowerPoint - Sugar Smart world](#)

Sugar Smart world shows how much sugar is in some of our everyday foods, and uses maths skills to find healthier swaps



Dental Buddy

[Early Years' education \(3-5 years\)](#)

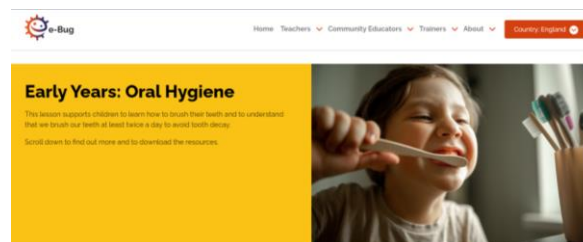
The Oral Health Foundation (OHF) have a range of specialised resources to help deliver better oral health to all



e-Bug

[Early Years: Oral Hygiene](#)

E-Bug have lessons on how to brush teeth and why we brush our teeth at least twice a day to avoid tooth decay and prevent disease



Dental role play surgery and dental health models

- Available free-to-loan to the Children & Young Peoples workforce in Calderdale
- Loan up to 2 weeks (or longer on request)
- Collect and return to Horsfall House (HX1 1SP), Monday to Friday 08:30-16:30 (excluding public holidays)
- Parking is available outside the premises where a member of staff is available for handover

To book the dental role play or request a dental models catalogue email

CalderdaleOralHealthTeam@locala.org.uk



Dental Health Models, examples



CBeebies My First trip to the Dentist video

[CBeebies – My first trip to the dentist video](#)



Videos

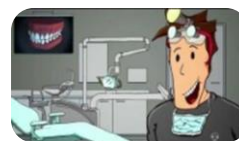
British Society of Paediatric Dentistry (BSPD)
[British Society of Paediatric Dentistry](https://www.bspd.org.uk/)



Henry [Henry: Growing up with healthy teeth](https://www.youtube.com/watch?v=...)



Brush DJ www.brushdj.com



Leaflets

Top tips for teeth, free to order [Public Health England- Top tips for teeth](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/444444/Top_tips_for_teeth.pdf)

Finding a local dentist [Finding a dentist in Calderdale Leaflet](https://www.locala.org.uk/finding-a-dentist-in-calderdale-leaflet) paper copies available from CalderdaleOralHealthTeam@locala.org.uk

A practical guide to children's teeth, available in a variety of languages
[British Society of Paediatric Dentistry - A practical guide to children's teeth](https://www.bspd.org.uk/childrens-teeth)

Toothbrushing timetable [eBug toothbrushing chart](https://www.ebug.org.uk/bug-toothbrushing-chart)

Apps, available free, other commercial apps are available

Brush DJ



NHS Food Scanner



Specialised resources that can be used alongside the other resources in this guide, depending on the needs of the individual or family.

Healthy Teeth/Healthy Smile

A guide for parents/ carers of a child or young person with a disability or additional need.

Available to download: [Healthy Teeth Healthy Smile](#)

A limited number of paper copies are available from: CalderdaleOralHealthTeam@locala.org.uk



Dental advice for parents of children with autism.

Leaflet is available to download:

[British Society of Paediatric Dentistry – Advice for parents of children with autism](#)



Locala Specialist Dental Care Service

Locala Dental Care is a specialist service covering Calderdale and Kirklees for children and adults with a disability or additional need or are vulnerable.

The full access criteria and referral form can be found at: [Locala Dental Care](#)



Dental Care

Oral care and people with learning disabilities

A guide containing information about oral care and dental treatment for people with learning disabilities.

[GOV.UK - Oral care and people with learning disabilities](#)

Calderdale Supervised Toothbrushing Programme

An evidence based programme aimed at nurseries in schools situated in areas at higher risk of tooth decay.

The programme is fully funded and includes staff training on the delivery of the programme.

To check if your setting is eligible please contact:
CalderdaleOralHealthTeam@locala.org.uk

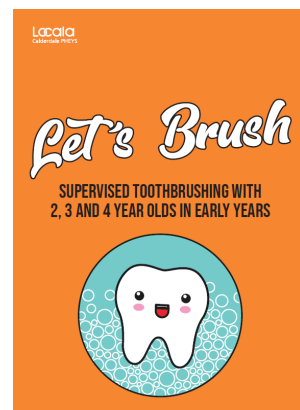


Let's Brush, New Supervised Toothbrushing Programme in Early Year's settings

An evidence based programme toothbrushing with 2, 3 and 4 year-olds in early years settings including, nurseries, private nursery schools, pre-schools/playgroups, and childminders.

The programme includes guidance and training. The setting provides the brushing resources to carry out the programme

For more information or to register, contact:
CalderdaleOralHealthTeam@locala.org.uk



SUGAR SMART is a national campaign implemented here in Calderdale. The campaign is led by the Jamie Oliver Food Foundation and Sustain. It helps local authorities, organisations, workplaces and individuals to reduce the amount of sugar we all consume.

SUGAR SMART is free to register and includes free resources for your setting and we can offer support to join the campaign!

If you are interested in hearing more about **SUGAR SMART** you can attend a virtual presentation about the campaign and the support that we can offer.

You can register your interest here [I am interested in hearing more](#) or contact CalderdaleOralHealthTeam@locala.org.uk

SUGAR SMART replaces the Cute Fruit Plus Award running in Early Years Settings in Calderdale since 2005. If you currently have the Cute Fruit Plus Award, we will contact you when your award is due to renew.

For more information on **SUGAR SMART** visit www.sugarsmartuk.org

Watch a short video on the impact of sugar here: [Jamie's Sugar Rush](#)
Watch a short video of Jamie Oliver introducing the campaign and the Sugar Smart website here: [Sugar Smart welcome video](#)

The logo for the Sugar Smart Calderdale campaign. It features the words "SUGAR SMART" in a large, bold, white, sans-serif font. Below "SMART", the word "Calderdale" is written in a smaller, black, sans-serif font. The entire logo is set against a solid orange rectangular background.

SUGAR SMART
Calderdale

Eat better, start better

Voluntary food and drink guidelines for Early Years settings in England

[Eat better, start better - A practical guide](#)

Guidance to help early years providers and practitioners to meet the Early Years Foundation Stage welfare requirement for the provision of healthy, balanced and nutritious food and drink.



Help for Early Years providers

Promoting oral health as part of the early years foundation stage (EYFS).

[GOV.UK Help for early years providers](#)

Health Matters: Child Dental Health

Resources for health professionals on preventing tooth decay in children under 5 as part of ensuring every child has the best start in life.

[Health Matters: child dental health](#)

Calderdale Oral Health Profile

Latest statistical information on the oral health of 5-year-olds living in Calderdale using data from the National Dental Epidemiology Programme 2019 Survey of 5-year-olds

[Calderdale Oral Health profile](#)

elearning for healthcare: All our health

Bite-sized eLearning on oral health, nutrition and healthy eating

[elearning for healthcare : All Our Health](#)

A virtual presentation on oral health is available from the Calderdale Oral Health Team

CalderdaleOralHealthTeam@locala.org.uk

[Children's Teeth](#)

[Find a dentist](#)

[Drinks and cups for babies and young children](#)

[Better Health](#)



[Oral Health foundation](#)



[Oral health foundation A-Z](#)

[Oral Health Foundation: Dental care for mother and baby](#)

[National Smile Month campaign](#)

[British Society Paediatric Dentistry](#)

[Good oral health - tooth care matters](#)

[Dental Check by 1](#)

Guidance produced by Locala, Calderdale, Public Health Early Years Service (PHEs)

Contact CalderdaleOralHealthTeam@locala.org.uk

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