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Dear Parents/Carers,

As you may be aware, the government launched a new campaign to help improve children's dental health. Worryingly, in some areas, one in three children has tooth decay by the age of five. For children aged five to nine, the most common reason for going to hospital is to have decayed teeth treated.

It's important for young children to develop healthy oral hygiene habits early on to prevent cavities. Tooth decay happens when sugars from food and drinks interact with bacteria in tooth plaque. This results in acid production, causing holes in teeth known as cavities.

As part of this campaign, nurseries and schools will be helping by encouraging children to brush their teeth after lunch.

[Supervised toothbrushing for children to prevent tooth decay - GOV.UK](#)

WMS are planning to roll out a toothbrushing programme in the setting. We would like to involve your child/children in toothbrushing here once a day, ideally after lunch, with a fluoride toothpaste. NHS recommend using fluoride toothpaste as this helps prevent and control tooth decay.

Please see guidance on the importance of brushing your child's teeth on the NHS website below.

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

We will ensure the children undertake brushing their teeth safely and that they are fully supervised/assisted by staff when they are brushing their teeth.

To support this initiative, we will be undertaking some learning sessions with the children over the coming months. These are the sessions we will be covering:

Autumn 1: Looking at our teeth, counting them

Autumn 2: Brushing our teeth/Use sequencing cards

Spring 1: Visiting the dentist/role of the dentist

Spring 2: Healthy/Unhealthy foods for your teeth

Summer 1: My teeth are bones, and they grow! Look at pictures of how teeth grow.

Summer 2: Animal teeth

We are planning new Montessori teeth brushing activities for each classroom, and we have purchased new books for each room about brushing your teeth and visiting the dentist. Have a look below at what books we are reading with the children:

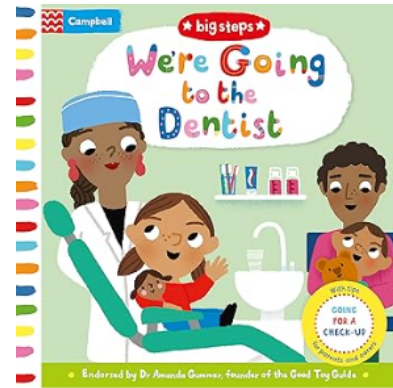
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Next steps for parents:

We would ask you to please provide your child with a small toothbrush and a child's toothbrush travel case. This will need to be placed inside your child's lunch bag, so it can be used with ease. Please clearly label both the brush and case with your child's name. We will provide a toothpaste suitable for your child's age which will be of mint flavour. You are of course welcome to provide one if you prefer. **Please note, information and guidance is sourced from GOV.UK and the NHS website.**

You can choose to purchase environmentally friendly toothbrushes on Amazon, see link below, or alternatives you are happy with.



<https://amzn.eu/d/d9CiRrR>

Toothbrush travel case:

<https://amzn.eu/d/5vDUrQm>

Registering at a dental surgery

Registering your child at a dental surgery is recommended. NHS dental care is free for children. They provide free dental check-ups and most dentists/dental hygienists apply a fluoride polish on your child's teeth after the check up which is very beneficial as it works by strengthening tooth enamel, making it more resistant to decay.

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Fluoride varnish can be applied to **baby/milk teeth**.

It involves painting a varnish that contains high levels of fluoride onto the surface of the tooth every 6 months to prevent decay. It's important to have regular check-ups to help keep your child's teeth and gums healthy and reduce risk of tooth decay and infections.

A list of dentists was provided in the newsletter. Please see a link to our newsletter as a reminder:

<https://walthamstowmontessori.com/newsletter-219/>

A step by step visual guide is often very helpful for children to follow if they are brushing unaided at home. It shows how much toothpaste to apply, what direction to brush, how long to brush for and so on. Make brushing teeth a fun activity and not a chore. You can sing along to make it more fun , here are some songs you can sing along with your child:

[Brush Your Teeth | Kids Song | Finny The Shark](#)

[Brush your teeth - BBC Teach](#)

CONSENT

You can withdraw your permission at any time from the programme, please inform us to do so.

Assisted/Supervised toothbrushing programme

Please click on one of the options below to give your consent for your child/children to take part in supervised/assisted toothbrushing. **Please also state your child/children's name when the email pops up.**

[I give permission for my child/children to take part in supervised/assisted toothbrushing.](#)

[I do not give permission for my child/children to take part in supervised/assisted toothbrushing.](#)

If you have any questions, please contact the school office.

Miss Lorna
School Principal