



## Positive Nutrition, Good Hygiene and Oral Health

May 2023

A bright smile can have a positive effect on a child's future. Tooth decay is a largely preventable disease caused when foods and drinks containing sugar are consumed too frequently. As early years practitioners your role is key in promoting positive oral health, let's keep our children smiling for life.

### Oral Health in Bury

34.6% of 5-year-old children have already experienced tooth decay [Oral health survey of 5 year old children 2022 - GOV.UK \(www.gov.uk\)](#), and tooth decay is still the most common reason for hospital admission in children aged 6 -10 years.

## Oral Health in Greater Manchester

Greater Manchester Health and Social Care Partnership

By the age of five, **one in three** Greater Manchester children have experienced tooth decay



This is 50% worse than the national average

And these children will have **four affected teeth** on average



In 2018/19, over **3,000 children** under ten were admitted to hospital for tooth extractions, leading to:

**2,300** days off school with tooth pain before operation



**6,000** days off school for operation and recovery



An estimated **£3,000,000** cost to the NHS



Sources: Public Health England: Oral health survey of five-year-old children 2019  
Goodwin et al. (2015) Issues arising from caries experience and referral for extraction under General Anaesthetic: Impact on children  
NHS digital: Hospital Episode Statistics: Extractions data, 0-19 year olds, 2011-12 to 2018-19  
NHS National Tariffs, 2018-19

The Gold standard for promoting good oral health in Bury embraces the following policies and training:

- The [Golden Apple Award Scheme](#) is designed for early years settings who wish to improve nutrition, hygiene, and oral health amongst children in their care. Accreditation for this award is renewed every 12 months following submission of supporting evidence and current policies.
- The requirement to promote good oral health is embedded within the [EYFS framework](#).



# The Golden Apple News

- The [Oral Health Training for Early Years Practitioners](#) enables you to include key oral health messages within everyday practice.
- Implementing a daily supervised toothbrushing programme such as [The Brush Bus Scheme](#) is one of the most effective ways to work towards the EYFS statutory requirement. The reasoning behind daily supervised toothbrushing is to establish those healthy habits and this additional fluoride will make a real difference to the oral health of the children in your care.  
[Supervised Toothbrushing Training for EYFS Practitioners](#) helps give confidence to those staff involved, and ensures they have the information to deliver a safe effective programme. Parents will be reassured that your staff have received training. The training package includes a video to share with parents/carers, to enable them to keep up your hard work at home.

*"The children absolutely love brushing their teeth. They look forward to this each day and can identify their brushes independently and have taken to the change to dry brushing so well. Parents have also fed back that this programme has made toothbrushing at home so much easier and in fact, one parent said that their child has corrected their toothbrushing routine as they aren't doing it for long enough!"*

If you have your own toothbrushing scheme already embedded please still complete the [Supervised Toothbrushing Training for EYFS Practitioners](#).

To take part in the above schemes contact: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net).

## National Smile Month

Celebrate National Smile Month during the **16<sup>th</sup> May - 16<sup>th</sup> June 2023**. Look out for fun resources and information at: [National Smile Month | Home | Oral Health Foundation \(dentalhealth.org\)](#)

### Key messages:

- When children brush at home they should be encouraged to spit out, but to avoid rinsing away the fluoride with water, as this allows the fluoride to stay in the mouth longer and helps strengthen teeth.
- Brush for 2 minutes, at least twice every day.
- Use fluoride toothpaste with at least 1,000 ppm fluoride (0-6 years) and 1350–1500ppm (7 years +)
- Brush last thing at night, and at one other time of the day at home.
- The very last thing on the teeth at night should be fluoride, no drinks after brushing at bedtime which allows the fluoride to work its magic.
- Children require supervision when toothbrushing until they are at least 7 years old.



# The Golden Apple News

## Oral Health Promotion Resources

Please see our newly updated digital resources page: <https://theburydirectory.co.uk/oral-health-improvement-bury>. This contains a vast number of oral health resources for early years practitioners.

## How to find an NHS Dentist

Practices providing NHS treatment are listed on [www.nhs.uk](http://www.nhs.uk). <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>. Here you will find a list of all NHS Dental Practices in your area and the service finder shows which practices are currently accepting NHS patients. It is the dental practices responsibility to maintain accurate information on the site. For any support and guidance regarding any of the above please contact: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net).

[Who is entitled to free NHS dental treatment in England? - https://www.nhs.uk/nhs-services/dentists/who-is-entitled-to-free-nhs-dental-treatment-in-england/](https://www.nhs.uk/nhs-services/dentists/who-is-entitled-to-free-nhs-dental-treatment-in-england/)

[How much will I pay for NHS dental treatment? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## How to Access Urgent Dental Care

The Urgent Dental Care Service opens every day from 8am – 10pm and is for all Greater Manchester residents, you can access this by calling **0333 332 3800**. Please be aware that this service is very busy and may be subject to queues and cannot provide access for routine checks. You can access downloadable [posters](#) for display to raise the awareness to parents/carers.

## Get Help to Buy Food and Milk (Healthy Start)

Healthy Start is one of our few nutritional safety nets, please help our families access what they are entitled to. In Bury in March just 63.95% of eligible individuals were claiming, this means that 1 in 3 are currently missing out. Please support families to check if they are eligible (based on certain benefits) at: <https://www.healthystart.nhs.uk/how-to-apply/>. Claimants can also get free vitamins once enrolled.

**Note**, when applying for Healthy Start families' details **must match** the information held by HMRC or DWP e.g., if your name is Victoria, but you put Vicky, the system may reject the application. Also, you **must notify** them when you have had your child, as the system does not update/automatically increase the value on the card. Families with No Recourse to Public Funds can apply but need to do this via emailing: [Healthystartclaim@dhsc.gov.uk](mailto:Healthystartclaim@dhsc.gov.uk).





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**Healthy Start cards are worth £442 to the average GM family per year.**

£4 .25 per week of pregnancy (from 10<sup>th</sup> week).

£8.50 per week from birth to 1 year.

£4.25 per week for children from 1-4 years.

Cards are topped up every 4 weeks. Cards can be used in most shops that sell fruit & veg, milk and infant formula that show they have **Mastercard, Chip & Pin**. Families can check the balance on their Healthy Start card at an ATM machine using their Healthy Start chip & pin, or by calling 0300 330 2090 (but note this not a free line, charges apply). The card must be **activated** with this pin number before it can be used.

For the first time Healthy Start can now be used at the award winning Bury Market at the following stalls:

- Iddons Fruit & Veg
- Pete's Fruit & Veg
- Tom's Bargain Corner

For anyone experiencing food insecurity please share the list of [Bury Foodbanks/pantries](#) on the Bury Directory.

## Essential Parent

We are encouraging and supporting early years settings to be trained on how to use 'Essential Parent'. This is an evidence based digital library which provides a vast number of high-quality resources at your fingertips. Please visit the homepage to find out more:

<https://gmca.essentialparent.com/> An example of an oral health resource can be found here:

<https://gmca.essentialparent.com/lesson/how-can-i-look-after-my-toddlers-teeth-2217/?continuity=17531>



When you are on the system you may notice a tab for e-Care, this part of the system enables you to send resources directly to parents / carers via text or email. You will not be able to access this until you are trained and have received your log-in details. Training takes about 25 - 30 minutes and can be cascaded in-house, such as at a staff meeting.

Bury Health Visiting Teams have been using the system since 2019 and speak highly of the benefits:

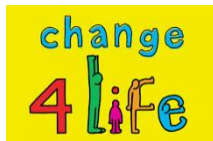
*"Easier to find the information all in one place rather than searching online."*

*"It's great to have these bundles, as it's hard to explain everything to a parent."*

*"I use it during intervention with parents."*

**If you would like to know more about Essential Parent in Bury please contact:**

**Tracey Coatman, Public Health Practitioner (Start Well) [t.coatman@bury.gov.uk](mailto:t.coatman@bury.gov.uk)**





# The Golden Apple News

## The Golden Apple Team

If you require further information on the Golden Apple scheme or would like to know when your next assessment is due, please contact:

### Golden Apple Officer

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### Oral Health Promotion Officer

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### Public Health Practitioner (Food & Health)

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### Senior Environmental Health Officer – Food Lead

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