



May 2024

## Positive Nutrition, Good Hygiene and Oral Health

Good oral health in the early years is important for our children's health & wellbeing and school readiness.

Teeth help with biting & chewing, speech & language development, confidence when smiling, as well as providing space for the adult teeth.

[The National Oral Health Survey in 2022](#) reported **34.6%** of 5-year-old children have experienced tooth decay, and tooth extraction is still the most common reason for hospital admission in children under 6 years.

Sadly, many children with tooth decay suffer with pain & infections, difficulties with eating & sleeping, and may require time off school for treatment. The last baby tooth can be lost as late as 12 years of age, so it is vital they last a long time.

Tooth decay is caused when foods and drinks containing Free Sugars are consumed too frequently.

Free Sugars are found in many processed foods such as cakes, biscuits, breakfast cereals and flavoured yoghurts. They can also be found in natural products such as honey, fruit juices, purees, smoothies, and dried fruit.

The good news is they are **not** found in:

- whole fruit and vegetables
- plain, unflavoured milk and yoghurt
- water



## Supporting Resources

Please view a digital library of oral health promotion resources: <https://theburydirectory.co.uk/oral-health-improvement-bury>.



# The Golden Apple News

## Key Messages

- Water and milk are the only tooth kind drinks.
- By limiting sweet foods and drinks to main mealtimes times only, we can reduce the risk of tooth decay.
- Children need help with brushing until they are 7 years old.
- Brush twice a day, with a family toothpaste containing fluoride at least 1450ppm.
- Visit the dentist from an early age.

## National Smile Month runs from the 13<sup>th</sup> May – 13<sup>th</sup> of June 2024

Help raise oral health awareness this Smile Month with the theme 'Love Your Smile.'  
For further information please see: <https://www.dentalhealth.org/national-smile-month>.

## Supporting Healthy Policies & Oral Health Training

- The [Golden Apple Award Scheme](#) is for early years settings who wish to improve nutrition, hygiene and oral health amongst children in their care. Accreditation is renewed yearly following the submission of evidence and policies. Please note the new Childminders Golden Apple resource pack on this page.
- The Early Years Foundation Stage Framework requires the promotion of good oral health, the following [eLearning tool](#) enables the inclusion of oral health messages within everyday practice.
- Fluoride works on the tooth surface and helps strengthen teeth, the additional fluoride whilst brushing in your setting will make a real difference. Contact Alison to start Supervised Toothbrushing: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net)  
[The Brush Bus Scheme in Bury Pre-school and Nursery and school EYFS Settings | The Bury Directory](#).

## Access & Send High-Quality Information

[Essential Parent](#) is a single source of evidence-based, digital content, which enables professionals to access and send, clinically approved information and guidance, directly to parents and carers. Essential Parent owned content is made in collaboration with experts and has two areas: a content library and e-Care. The library has literature, videos, and links which you can access. E-care enables you to email, or text information directly to parents / carers.

For further information contact Tracey Coatman, Public Health Practitioner: [t.coatman@bury.gov.uk](mailto:t.coatman@bury.gov.uk)



# The Golden Apple News



Breastfeeding: <https://gmca.essentialparent.com/course/breastfeeding/>

Introducing solids: <https://gmca.essentialparent.com/course/introducing-solids/>

Healthy Start: <https://gmca.essentialparent.com/lesson/healthy-start-scheme-get-help-to-buy-food-and-milk/>

## Get Help to Buy Food and Milk

Healthy Start cards are worth **£442** to the average 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.

See: [How to apply – Get help to buy food and milk \(Healthy Start\)](#).

Healthy Start can be used in most shops selling fruit & veg, milk, and infant formula (who have Mastercard, Chip & Pin).

Healthy Start can be used at Bury Market on the following stalls:

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

Healthy Start members can also collect **free** Healthy Start Vitamins from the Children Centres in Bury: [find out who stocks Healthy Start vitamins in your local area \(opens in a new tab\)](#).

## Healthy Start Vitamins

- If you're pregnant or breastfeeding, you may not get enough vitamin C, vitamin D or folic acid. Women's Healthy Start vitamin tablets contain folic acid, vitamin C and vitamin D.
- Young children may not get enough vitamin A and D, even if they're eating well. Children can take Healthy Start vitamin drops if they are less than 4 years old and have less than 500ml of infant formula a day (as formula already has vitamins added to it).
- Healthy Start vitamins do not contain milk, egg, gluten, soya or peanut residues, and are suitable for vegetarian and halal diets.



# The Golden Apple News

## The Golden Apple Team

If you require any information on the Golden Apple scheme, please do contact:

### Oral Health Promotion Officer

Alison Tabois,  
Bridgewater Community Healthcare NHS Foundation Trust  
Email: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net)

### Public Health Practitioner (Food & Health)

Francesca Vale,  
[f.vale@bury.gov.uk](mailto:f.vale@bury.gov.uk)

### Senior Environmental Health Officer – Food Lead

Rob Hall,  
Email: Hall, [R.A.Hall@bury.gov.uk](mailto:R.A.Hall@bury.gov.uk)

