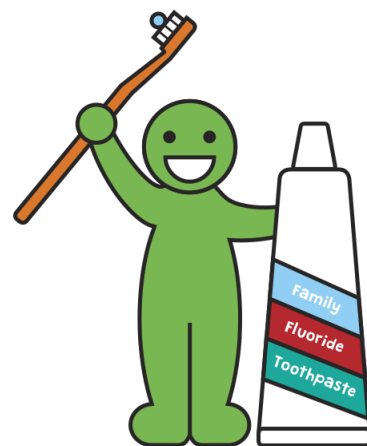


Improving Oral Health in Early Years

- Vivien Hawken – Oral Health Improvement Lead



Improving Oral Health in Early Years



Viv Hawken

Oral Health Improvement Team Lead



Statutory framework for the early years foundation

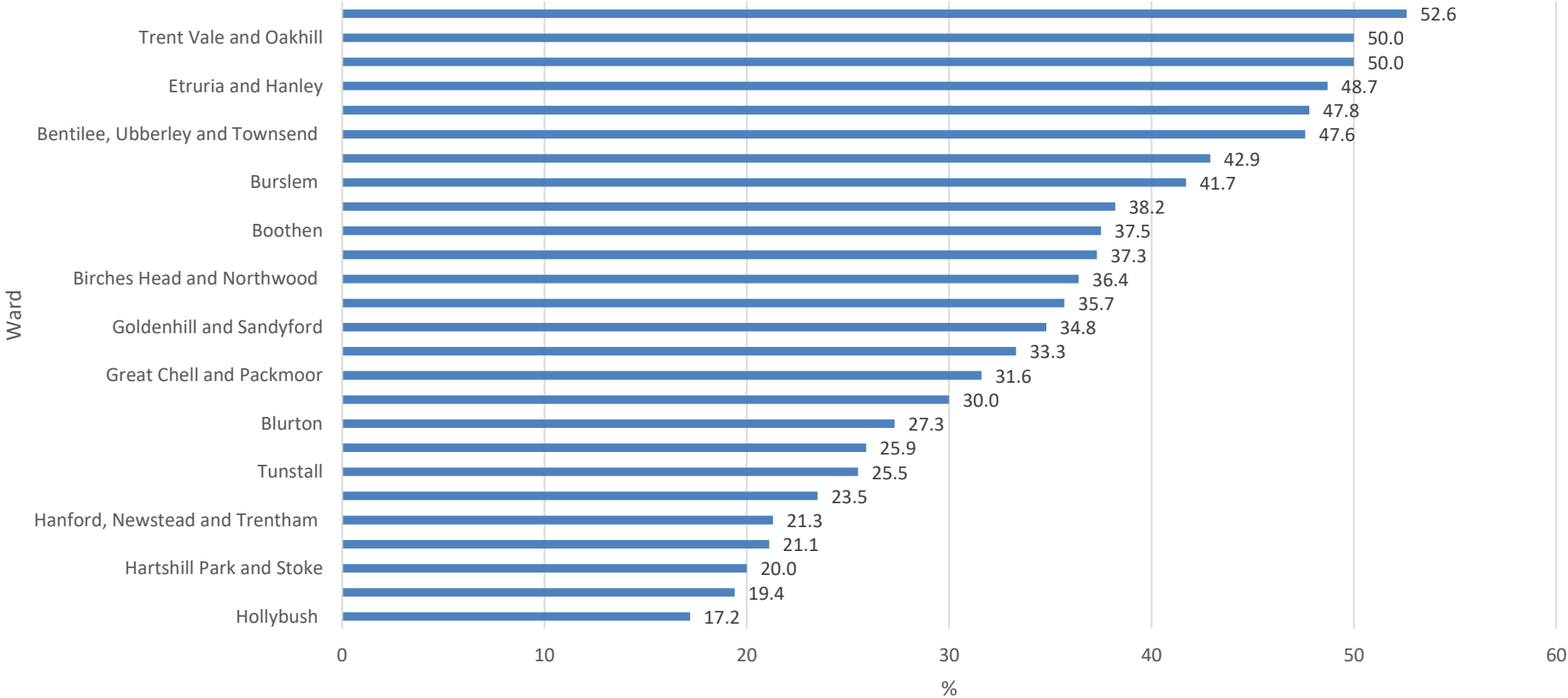
Health

3.45 The provider must promote the good health, **including the oral health**, of children attending the setting

% of 5 year olds with experience of tooth decay 2022

England	23.7%
Stoke-on-Trent	35%
Shropshire	14.6%
Newcastle under Lyme	29.1%
Telford & Wrekin	19.1%
Stafford	10.8%
South Staffs	20.4%
Staffs Moorlands	17.5%

Stoke-on-Trent: Prevalence of experience of dentinal decay in 5 year olds (2021/22)



Results of 5-year-old survey 2022

Region	Percentage with substantial amounts of plaque	Percentage with PUFA	Percentage with incisor caries	Percentage with enamel caries
Stoke-on-Trent	4.3%	2.8%	9.7%	14.4%
Staffordshire	2.7%	0.3%	2.6%	8.7%
West Midlands	3%	1.8%	6%	14.4%
England	3.2%	2.0%	6.6%	13.6%

What is the most common reason for hospital admissions in children aged 6-10 years?

- a) Asthma
- b) Tooth decay
- c) Tonsillitis
- d) Abdominal pain
- e) Viral infections



Every 10 minutes a child in England has a decayed tooth removed in hospital

Bottle Caries



Why do we need a supervised toothbrushing programme?



How do we prevent tooth decay?

Public Health England

Healthmatters Preventing tooth decay

Top 3 interventions for preventing tooth decay

1

Reduce the consumption of foods and drinks that contain sugars

2

Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse

3

Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste

3 to 6 year olds should use a pea sized amount

Parents/carers should brush or supervise tooth brushing until their child is at least 7

National Smile Month
15th May - 15th June 2023

The Big Bottle Swap

Did you know using a bottle after 1 year could be harming your child's teeth?

It can also cause:

- delays with speech
- comfort sucking
- poor feeding habits

Only put breast milk, formula or water into a baby's bottle

Introduce your baby to drinking from a free-flow or open cup from 6 months of age

Plain water and milk are the **only** safe drinks for teeth





Open cup or Free-flow cup

Bottle or Valve type cup

Make a pledge to swap from bottle to cup and claim your FREE free flow cup

For more information and advice please speak to a member of staff or go to: Drinks and cups for babies and young children - NHS (www.nhs.uk). This includes a short video about bottles and cups.

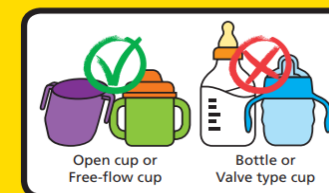



Top tips for moving from a bottle to cup

- a good time to start using a free flow cup of water is when you introduce your baby to solid food
- only use a small amount of water to start with and offer at mealtimes
- keep the bottle out of sight, especially when offering a drink from a cup
- give lots of praise and celebrate their success
- it might be messy. Drops and spills will happen but stay positive and it will get easier
- remember to sit your baby up and never leave them alone when they are drinking because of the risk of choking**

Switching to a free flow or open top cup will:

- encourage normal drinking habits (to sip not suck)
- help to prevent sugary drinks from damaging the top front teeth



Safe drinks for teeth

Only put breast milk, formula or water into a bottle.

Plain water and milk are the only safe drinks for teeth. (Whole cow's milk can be given as a drink from 12 months old)

Drinks to avoid

Squashes, flavoured milks, fruit juice and fizzy drinks are **NOT** suitable for babies. They can cause tooth decay even when diluted.

Diet or reduced sugar drinks are **NOT** recommended for babies and young children.

For more information

Speak to your health visitor or go to Drinks and cups for babies and young children - NHS (www.nhs.uk) or scan the QR code below. This includes a short video about bottles and cups.



Developed by the Healthy Smile Team,
Shropshire Community Health NHS Trust.



The type of sugars most adults and children in the UK eat too much of are "free sugars".

These are:

- Any sugars added to food or drinks. - biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks
- Sugars in honey, syrups, unsweetened fruit juices, vegetable juices and smoothies.
- **Sugar found naturally in milk, fruit and vegetables does not count as free sugars.**

We do not need to cut down on these sugars, but remember that they are included in the "total sugar" figure found on food labels.

How much sugar can we eat?

- **Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes)**
- **Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).**
- **Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).**
- There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it. Find out more about [what to feed young children](#).

Free sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks. These are the sugary foods we should cut down on.

For example, a can of cola can have as much as 9 cubes of sugar - more than the recommended daily limit for adults.

Visiting the dentist

If you need to find an NHS dentist



Scan the QR code above or click the link below to find an NHS
find a dentist in your area

[Find a dentist - NHS \(www.nhs.uk\)](https://www.nhs.uk)

(Ctrl+ click to follow link)

Visiting the dentist

If a child or adult is experiencing pain, need an urgent appointment and are unable to find an NHS dentist

Contact

Stoke-on-Trent & Staffordshire

Dental Advice Line

0300 123 0981



Shropshire Community Health

NHS Trust

<https://www.dentalhealth.org/national-smile-month>