



Useful oral health webpage links, video clips and Apps

Video links

Health Education England: Now you have teeth (5 mins)

<https://youtu.be/YSZGc9GNKhs>

This film covers the five key messages covered in the training from the perspective of a family. This is a good film to use in an information session for parents and carers or to play in waiting areas at the beginning/end of the nursery sessions.

Going to the dentist - An Educational Video (10 mins)

https://www.youtube.com/watch?v=pqU56Asc9hQ*

This film is about seeing the dentist and includes a visit by a primary school child to a dentist.

Note: the video talks of visiting the dentist every 6 months. However, as stated in the eLearning, the current guidance is that dentist should determine the interval between dental visits - i.e. "Visit the dentist when the first tooth appears and then as often as your dentist recommends."

NHS How do I brush my child's teeth? 6 months to 7 years (2 mins)

<http://www.nhs.uk/video/pages/how-do-i-brush-my-childs-teeth.aspx>

This film shows a Health Visitor explaining how to brush a child's teeth.

The Brush Bus Song – You Tube Video (2.10 mins)

<https://www.youtube.com/watch?v=5M83ZFWrRc4>

A lively animated song, which could be used with the children in your setting to introduce effective tooth brushing techniques.

Web-links and guidance - oral health

NHS Choices; 'How to Find a Dentist'

<http://www.nhs.uk/pages/home.aspx>

Helps parents to find a dentist if they haven't got one. Click through and go to 'Find local services', where you can click 'dentist' and add postcode to search for local NHS dentists accepting new patients.

Public Health England and Department of Health: Delivering better oral health: an evidence-based toolkit for prevention

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/367563/DBOHv32014OCTMainDocument_3.pdf

A reference document for professionals providing a toolkit of further information.

Public Health England - Improving oral health for children and young people

<https://publichealthmatters.blog.gov.uk/2016/09/27/getting-our-teeth-into-child-oral-health/>

A Public Health England blog regarding child oral health.

Improving oral health for children and young people: For health visitors, school nurses and practice nurses

<https://vivbenett.blog.gov.uk/wp-content/uploads/sites/90/2016/11/Improving-oral-health-for-children.pdf>

A Public Health England document regarding oral health, including statistics, data and tips.

Leicester City Council - Oral health Booklets

<http://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/free-oral-health-resources/>

Leicester City Council has produced a number of attractive leaflets and booklets for the early years and school settings that are free to download.

Dental Buddy

<http://www.dentalbuddy.org/>

The Oral Health Foundation, a national organisation based in Rugby, has produced a series of useful downloadable educational resources for Early Years Education, Key Stage One and Key Stage Two, including activity sheets, lesson plans and interactive presentations. The Oral Health Foundation is also responsible for leading National Smile Month.



working with



Web-links and guidance - healthy eating & drinking

Change4Life - Sugar Swap

www.nhs.uk/change4life/Pages/low-sugar-healthy-sna...

This website is useful to signpost parents/carers to. Why not add the link to your newsletter or Facebook page?

British Dental Association - Make a meal of it

www.bda.org/makeamealofit

This details a British Dental Association campaign to reduce the amount of sugary and acidic foods and drinks consumed outside of meal times.

Consensus Action on Salt and Health - Action on Sugar

www.actiononsugar.org

An online resource for professionals regarding sugar.

NHS Choices – The Eatwell Plate

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.a...

This website is useful to signpost parents/carers to. Why not add the link to your newsletter or Facebook page?

Tips for pregnant women and families with young children, and information about vitamin use

www.healthystart.nhs.uk

Referral forms and vitamins can be obtained from your local children's centre. Referral forms need to be signed by the family's health visitor.

Healthy eating for young children

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx>

NHS guidance on introduction to solid foods. For more information please contact your locality health visitor.

NHS Choices - Family food and diet information

<http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx>

This website is useful to signpost parents/carers to. Why not add the link to your newsletter or Facebook page?

First Nutrition Trust

<http://www.firststepsnutrition.org/>

First Steps Nutrition Trust is an independent public health nutrition charity that provides information and resources to support eating well, from pre-conception to five years of age.

Good food choices and portion sizes for 1-4 year olds

First Steps Nutrition Trust document. This is a useful document for parents/carers and early years providers.

Voluntary food and drink guidelines for early years settings in England. A practical guide.

www.childrensfoodtrust.org.uk

Start4Life

www.nhs.uk/start4life

This website is useful to signpost parent/carers to. Why not add the link to your newsletter or Facebook page?

Eating well: the first year a guide to introducing solids and eating well up to baby's first birthday

http://www.firststepsnutrition.org/newpages/Infants/first_year_of_life.html

This website is useful to signpost parent/carers to. Why not add the link to your newsletter or Facebook page?

Eating Well Recipe Book

First Steps Nutrition Trust document. This is a useful document for parents/carers and early years providers.

NHS Choices - food and drinks for babies and toddlers

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx>

This website is useful to signpost parent/carers to. Why not add the link to your newsletter or Facebook page?

Oral Health Apps

Be Food Smart!

FREE Change4Life App

- Scans bar codes on food packaging
- See the number of cubes in your food and drink



Make brushing fun!

FREE Brush DJ App

- Plays 2 minutes of music for brushing
- Sets reminders for brushing and visiting the dentist or hygienist

