



ADD YOUR LOGO HERE

Oral Health Week

[Add dates]

Dear Parent/Carer

From [add dates] we will be running an 'Oral Health Week' campaign at nursery. Your child will be learning lots of important messages about caring for their teeth and having a healthy diet.

On the reverse of this letter are five key oral health messages we will be teaching your child. We would be grateful if you would talk to your child about these five messages.

Each day, during Oral Health Week, you will be provided with useful information and guidance which will support the learning your child has received at nursery.

A tooth brushing chart will be provided at the beginning of the week for you to use with your child. Encourage them to brush their teeth twice a day, before going to bed and on one other occasion during the day. All children who complete the chart and return it to nursery will receive a certificate.

We hope Oral Health Week will be informative for you and your child, and help lead to life-long healthy teeth. We look forward to hearing your feedback. Why not email us [add nursery email address] photographs of your child carrying out some of the five key messages, so we can include them in their learning journal?

Kind regards



Warwickshire's five key oral health messages



1. Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



2. Choose milk and water to drink - they're kinder to teeth.



3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.



4. Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.



5. Spit out, don't rinse the fluoride toothpaste away!