



Oral Health Week - Day One

Introductory Flyer



Note to practitioner:

This flyer can be used as an introduction to your 'Oral health week' campaign.

It should be distributed to families with the tooth brushing chart, which is also provided in the Resource Pack.



This flyer highlights the five key oral health promotion messages that will be covered during the week. It encourages families to discuss these with their children.



To help reduce printing costs two flyers are provided on each A4 sheet and can be printed back to back and then cut in half, creating two flyers.



Warwickshire Early Years Oral Health

Warwickshire's five key oral health messages



1.

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



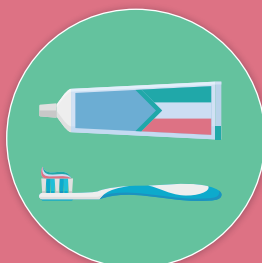
2.

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!



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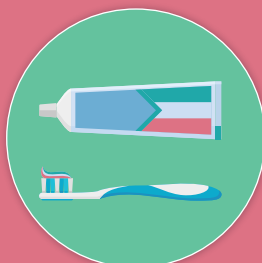
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As part of 'Oral Health Week' your child will be learning lots of important messages about caring for their teeth and having a healthy diet.

We would be grateful if you would talk to your child about the five key oral health messages (overleaf) and encourage them to brush their teeth twice a day, before going to bed and on one other occasion during the day. We have attached a 'tooth brushing' chart to help you. All children who complete the chart and return it to Nursery will receive a certificate.

Each day you will be provided with useful information and guidance that reflects what your child has been learning.

We hope 'Oral Health Week' will be informative for you and your child and help lead to life long healthy teeth.



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