



February 2025



Charity Number 1145361

Staying in touch with our schools and early years settings

Tooth decay is one of the most common chronic diseases among children, yet it is also one of the most preventable. Our mission is to educate children across the UK about the importance of good oral health. In addition to education, we also provide some settings with materials necessary for daily supervised toothbrushing. Teachers play a crucial role in this process, guiding children on how to brush teeth properly and helping them develop lifelong healthy habits.

Our recent survey found

92% of settings saying YES, the supervised toothbrushing programme was working.

NO settings saying the supervised toothbrushing programme was not working.

8% of settings felt that it was too early for them to tell.



This is what some of our schools have said

"We have seen a **vast improvement** of the visible oral health of some of the children in the setting and the children are now able to tell you how long they need to brush their teeth for." **Kirstie Cain (Pre-school Manager) Crawley Green and Wenlock Preschool.**

"They are now **excited to brush their teeth** together and encourage each other to do the same. Parents have advised it has made tooth brushing an easier job at home as well." **Kellee McGerty (Hub Teaching Assistant) Maidenhall Primary Hub (SEND)**

"They really enjoy brushing their teeth every day and parents have said that it has **improved their toothbrushing skills** at home as well as children's attitudes towards toothbrushing and willingness to brush their teeth. Furthermore, it has encouraged children's and parents' knowledge and awareness around oral hygiene." **Tahareem Farquhar (Nursery Manager) Teeny Days Nursery**

"Children are much more aware now of the importance of brushing their teeth. They enjoy brushing in class with their peers and it has become an important part of the timetable daily. We have noticed in school that children seem to have **better dental health** and we do not see as much decay in children's teeth as before we started the programme.

"It is an amazing and **valuable programme** that we are happy to take part in." **Gill Fujino (Family Worker) Waulud Primary School**



Helpful Tips and Tricks

- **Set a Routine**

Brush **twice a day for two minutes** —morning and bedtime! Make it part of children's routine.

- **Correct Amount of Toothpaste**

Use **fluoride** toothpaste.

Pea-sized amount for three to six year olds. **Rice-sized** amount for under three years old.



- **Use "Tell-Show-Do" Technique**

Tell- Explain why brushing teeth is important "Brushing teeth keeps your teeth strong and healthy."

Show- Demonstrate proper brushing technique "Watch how I brush in gentle circles on the front, the back, and even the chewing surfaces."

Do- Let the child have a go "Now you try brushing your teeth like I showed you!"

- **Make It Fun**

Play a 2-minute song or YouTube video. Make up a superhero story or turn it into a game like "brush the sugar bugs away", to make it exciting.



Set Up a Healthy Corner

In schools, a designated area such as a corner in a classroom or board can be set up to promote healthy eating and good oral hygiene.

This area can feature educational materials such as posters on balanced diets, tips on brushing, and interactive activities that encourage children to adopt healthier habits. Serving as a visual reminder, it acts as a valuable resource for both children and teachers to foster positive health choices throughout the school day.

Some ideas for the corner - healthy eating books, a big mouth and toothbrush to demonstrate brushing, a fruit and vegetable chart or children-made collage, brushing timers, a healthy snack display, a "Did You Know?" section with fun facts, and stickers or rewards for good oral hygiene practices.



Remember



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- Children should be brushing **twice** a day
- Most important to brush before **bedtime**
- Children should be brushing for **two minutes**
- Children need to brush their **tongue**



A HUGE thank you to all the teachers and toothbrushing champions in schools who put their time and effort into making a lasting impact on their pupils' oral health. You are making a difference.

We love to hear from our schools and early years settings. Please send us photos (remember parents consent will be required) of the LiveSmart Supervised Toothbrushing Programme in action, and tell us how it is working for your children.

Dental Wellness Trust is a charity, relying on the goodwill of many. If you would like to volunteer your time at one of our Outreach clinics or fundraise for us, please do get in touch. Alternatively donations can be made direct (please see QR code below).



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Please help us if you can



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