

# Essex Child and Family Wellbeing Service Newsletter



## An important Healthy Schools message from Essex Child & Family Wellbeing Service

**Subject: Oral Health**  
**Date: May 2021**  
**Issue: No. 25**

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on oral health. Between 17<sup>th</sup> May and 17<sup>th</sup> June 2021, the [Oral Health Foundation](#) is running its annual '[National Smile Month](#)'.



# Healthy Schools

## ESSEX

# Family Wellbeing

We all know how important it is to look after our teeth! Starting healthy habits early, can help children carry on these good behaviours into adulthood. You can find out some great information on looking after children's teeth [here](#). Remember NHS dental care is free for children under 18, or 19 and in full time education.

A simple way to help you keep your child's teeth healthy is to reduce the amount of sugary foods and drinks they have. The Change 4 Life website has some great [sugar swap ideas](#).

Children should be registered and have their first trip to the dentist by their 1<sup>st</sup> birthday; It's a great way of introducing your child to the dentist early, asking advice and getting your child used to a new environment. Find out more [here](#). If your family is not registered with a dentist, you can find one on the [NHS service search](#).

If your child needs urgent dental care, but is not registered with a dentist, call 111 who will be able to help you. If you are struggling to get registered with a NHS dentist call NHS England on 0300 311 2233 who will be able to help you.

If your child has additional needs and/or a disability, and you would like more information on accessing specialist dental services, you can call the Oral Health Foundation Helpline or take a look at their [website](#) for more information.

[Brush DJ](#) is an app that plays 2 minutes of music whilst your child brushes their teeth. It has a useful 'buzz' every 30 seconds to remind them to change sides. It is free to download on smartphones and devices!

Visiting the dentist may be a little more tricky than normal at the moment, but it's never too early to get ready and start thinking about your next visit. Community Dental Services have put together some fun [activity sheets](#) that may keep your little ones entertained and will help to start conversations about their teeth and the dentist.

[Essex Community Dental Services](#) have created some great, fun activities for you to do with your children, find them overleaf!

***Don't forget you can always contact your Healthy Family team for support on;***

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

## Activity ideas from Community Dental Services

Cut the bottoms off of large plastic soda bottles and turn them upside down – they look like teeth! You can secure a dozen or so together. Spray them with shaving creme and give the kids toothbrushes to brush the teeth clean.

Make a collage of “good food” for their teeth out of pictures from old magazines. You could even make one to do with good oral health including pictures of toothbrushes and toothpaste!

Watch this great [teeth cleaning activity](#) to copy at home using a ziplock bag and pom poms!

If you are struggling to get your child to brush their teeth twice a day, make a sticker chart together & give them a sticker every time they brush their teeth!

Watch some videos together to learn about teeth brushing. Your children will love these [videos](#) from Cbeebies’ Dr Ranj and Hey Duggee!

**To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)**

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virgincare.co.uk](mailto:Essex.Communications@virgincare.co.uk)