

My Dental Buddy

Transforming Oral Health Through Schools

From the MDB Dental Team

In the next 12 months, your classroom will become ground zero for changing oral health in children within our local community.

The goal of this teacher pack is to ensure you have everything you need to create a long-lasting impact through a daily habit formation with children who trust you.

What's in This Teacher Pack

This pack contains everything you need to get on your feet with supervised brushing:

- Understanding the impact you're making (and why it matters)
- A visual breakdown of what your first session looks like
- Reality check on common concerns (it's easier than you think)
- Troubleshooting guide for when things don't go to plan

Think of this as your quick-start companion - read it once, refer back when needed, and know that we're here to support you every step of the way.

The Scale of What You're Addressing

Right now, in Greater Manchester:

- **3 in 10 five-year-olds have visible tooth decay**
- **79% of dental practices can't accept new NHS children**
- **Tooth decay is the #1 reason 5-9 year olds are hospitalized**

That's not a national statistic. That's your students. The children you see every morning who smile less because their teeth hurt. The ones missing school for emergency extractions.

And here's the reality: their parents can't fix this alone. Many don't have access to NHS dentists. Some never learned proper technique themselves. Others are fighting just to get through the day.

But you? You have something more valuable than access to dental appointments. You have consistency. You have influence. You have these children 5 days a week during the most formative years of their lives.

"3 in 10 five-year-olds have visible tooth decay. In your class of 30, that's 9 children. You see them every day. You can change this."

What This Actually Creates

When you run supervised brushing for just one term:

- Children learn proper technique they'll use for life
- Parents report bedtime battles ending at home
- Kids start asking "Is it brushing time yet?"
- You see tangible changes - cleaner teeth, more confident smiles
- Your class becomes the model other teachers want to follow

This isn't theoretical. We've seen this pattern in **over a dozen schools already**. The first week feels new. By week three, it's just part of your routine. By term end, you can't imagine NOT doing it.

Why the Dashboard Changes Everything

You're not winging this. You're not adding unpaid planning time.

The dashboard walks you through every session:

- Setup timer with checklists (2 minute)
- Brushing timer with visual prompts (2-3 minutes)
- Cleanup timer with guidance (2 minutes)
- Session logged automatically (instant)

Total time: 8-10 minutes once you hit your rhythm.

The system handles the teaching. You handle the supervising. Big difference.

The Bigger Picture

As NHS dentists working in this community, we see what happens when oral health is neglected. We see 8-year-olds needing multiple extractions. Teenagers too self-conscious to smile in photos. Adults whose job prospects suffer because of dental appearance.

It starts in childhood. And childhood happens in your classroom.

We've built the tools. We've provided the training. We've removed every barrier we can think of.

Now it's over to you to make it real.

And we'll be right here supporting you - check-in emails, troubleshooting help, whatever you need. You're not doing this alone.

Your Next Step

Run your first session this week. Press start on the dashboard. Follow the prompts. See how it actually works in practice.

You'll receive a personal check-in email from us soon to answer questions and see how it's going. But don't wait for that - the sooner you start, the sooner this becomes effortless.

These children are counting on you.

The MDB Team

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