

Supervised Toothbrushing

Programme

Information for Parents and Carers

Dear Parent/Carer,

We are pleased to let you know that your child's setting is taking part in the **Supervised Toothbrushing Programme**. This is a free national initiative to help improve children's oral health.

What does this involve?

Each day, your child will brush their teeth at their setting under the supervision of trained staff. Every child has their own named toothbrush, which is stored safely and hygienically. Staff will supervise and support children to brush correctly using fluoride toothpaste, helping to protect their teeth from decay.

Why does this matter?

Tooth decay affects over 1 in 4 children by the time they start school (in Oldham, 1 in 3 5-year old children are affected, with an average of 3.5 teeth decayed). It is almost entirely preventable. Daily supervised toothbrushing has been shown to significantly reduce decay and helps children develop good habits that last a lifetime.

Supporting children's oral health is part of the Early Years Foundation Stage (EYFS) framework, so this programme helps your child's setting meet that requirement too.

This supports brushing at home, not replaces it

Please continue to help your child brush their teeth **twice a day at home**: last thing at night and one other time during the day. The programme at their setting adds extra protection, but home brushing remains essential.

Need tips or support?

Visit mydentalbuddy.com for a free app with a brushing video and timer to download on your phones and tablets, plus free resources, brushing guides, and advice to help keep your child's teeth healthy at home.

If you have any questions, please speak to a member of staff.

Thank you for supporting your child's oral health.

If you are happy for your child to take part, you do not need to do anything. Please discard this slip.

If you would prefer your child not to participate in supervised toothbrushing, please tick the box below and return this slip to your child's setting.

I do not wish my child to participate in the supervised toothbrushing programme.

Child's name: _____ Class: _____

Parent/carer signature _____ Date: _____