

# Supervised brushing



It's never too early to start brushing!



# Learning objectives

- To understand that poor oral health affects all ages, good healthy behaviours laid down in the early years will provide solid foundations for the life course.
- To understand how a supervised brushing programme within the setting can improve oral health in early years children.
- To understand the practical application of the supervised brushing, including managing infection control
- To understand the dental access pathway for children and families



# Setting the scene nationally

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. Whilst children's oral health has improved over the past 20 years, recent reports have found that almost a quarter of five-year-olds had tooth decay.

Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children. The impacts can be seen educationally with children missing school and in addition can affect parents/carers who would need to take time off work to take children to the dentist or for a hospital visit. Tooth decay was the most common reason for hospital admissions in children aged five to nine years old in 2014 to 2015 with over 26,000 admissions. In 2014/2015 hospital trusts spent over £35 million on the extraction of multiple teeth for under 18s.



# Oral Health Campaigns



**World Oral Health Day**  
20 March

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**Childsmile**

Improving the oral health of children in Scotland

**Better Health**

**healthier families**

National  
**Smile**  
Month



12th May -  
12th June 2025

**NHS**

**Lets get brushing**

It's never too early to start brushing!



Lancashire  
County Council 

SCAN FOR MORE INFORMATION



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EYFS framework and oral health

# Why oral health is in the EYFS framework

The EYFS framework states that early year's providers must promote good oral health of children who attend their setting.

Oral health is important, even with baby teeth. This is because children's baby teeth:

- Help them to bite and chew
- Support speech and language development
- Help them feel confident when they smile
- Make space for, and help to guide, adult teeth
- Good oral health also keeps children free from toothache, infection and swollen gums.



# Looking after children's oral health

There are several key steps practitioners, parents and carers can take to promote good oral health in children.

## Cutting down on free sugars.

You should limit the amount of free sugars children eat or drink in your setting, as well as how often they consume them. This can help to avoid tooth decay.



Free sugars include all sugar added to food and drinks by the manufacturer, cook or consumer. They are found in foods like:

cakes, biscuits and chocolates  
processed foods – like some jarred sauces, jams and breakfast cereals  
some flavoured yoghurts

They are also found in natural products like:

- honey and syrups
- fruit juices and purees
- smoothies



# Drinking bottles and cups

What children drink from can impact their oral health.

- You should only give babies bottles of breast milk, formula milk, or boiled water that has cooled down.
- From 6 months old, you can offer babies drinks in open-top cups. These are cups with no lids, which spill if knocked over. These cups can help children develop their sipping skills. This strengthens their facial muscles, which helps them to bite, chew and talk.

When introducing open-top cups, start with smaller cups or those with handles. These are easier for babies to grip. Offer a small amount of water at first, and gradually increase this over time.



# Brushing teeth

As soon as a child's teeth start to come through, they are ready for tooth brushing to start.



For effective tooth brushing:

- use a fluoride toothpaste that contains at least 1000 parts per million (ppm) of fluoride – you can find this information on the packaging
- use a smear of toothpaste for children under 3, and a pea sized amount for those aged 3 to 6 and brush in circles for around 2 minutes. Make sure to cover the whole of each toothbrush, brushing twice a day, including once just before bed – this allows the fluoride to keep working while children sleep
- children should spit, not rinse, after brushing – this avoids washing away the fluoride



adults should help children to brush their teeth until they are 7 years old to make sure they are brushing properly



# Barden Supervised Brushing Programme

1. Children will wash their hands
2. Each child will have their own toothbrush
3. An adult will place a pea sized piece of toothpaste onto a paper towel.
4. Children will put the toothpaste on their toothbrush.
5. Brush teeth for 2 minutes
6. Toothbrushes will be rinsed and returned to the rack.



# Taking your child to the dentist

- NHS dental treatment for children is free, but not all dentists will take on new NHS patients.
- To find a dentist, you can use the services search, ask at your local clinic, or contact NHS England on 0300 311 2233 or e mail [England.contactus@nhs.net](mailto:England.contactus@nhs.net)
- <https://www.nhs.uk/service-search/find-a-dentist>



# Lancashire Family Hub Network



## Lancashire Family Hub Networks



Lancashire County Council has allocated funding to implement a Family Hub network lead by the Programme Office and alongside families, district councils, charitable, faith, voluntary and statutory service partners across the county.

Lancashire Family Hub Networks follow the [National Family Hub Framework](#) led by the Department for Education.



### The Lancashire Family Hub Networks will:

- Bring services together to improve access, improve the connections between families, professionals, services, and providers, and put relationships at the heart of family support
- Offer support to families from conception to age 19 or up to age 25 for those with Special Educational Needs and Disabilities (SEND), with the Best Start for Life offer at their core
- Build on what is already being delivered providing an integrated, universal family support service where mothers, fathers, carers, children, young people and families can access the early help and support they need to build stronger and more resilient families

*For families to receive the best support, services need to be joined up and integrated in their approaches. Trusted relationships should sit at the heart of this so that family members know who to turn to and all partners collaborate well*



# Further Advice

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## Children's Oral Health Advice

Supporting those who need and provide children's oral health advice

This programme is in partnership with...

 <p>Royal College of Surgeons of England ADVANCING SURGICAL CARE</p>	 <p>NHS Health Education England</p>	 <p>BDA British Dental Association</p>	 <p>British Society of Paediatric Dentistry</p>	 <p>Public Health England Protecting and improving the nation's health</p>	 <p>DENTAL TRAUMA GUIDE evidence-based treatment guide</p>
 <p>DentalTraumaUK Saving injured teeth</p>		 <p>CPPE CENTRE FOR PHARMACY POSTGRADUATE EDUCATION</p>			



[Children's Oral Health - elearning for healthcare \(e-lfh.org.uk\)](http://e-lfh.org.uk)



# Any Questions



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Team contact

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