



Healthy Body, Happy Me 2019

Let's go to the dentist



Supported by



Going to the dentist

It is recommended that everyone visits a dentist regularly to have their teeth checked and receive any supporting advice about their overall oral health. The National Institute for Clinical Excellence (NICE) guidance is that children should visit the dentist at least once a year.

Information for parents

Parents are advised to take their baby to the dentist as soon as teeth come into the mouth (or by one-year-old). The dentist will look in the baby's mouth and monitor their teeth. Dental teams can provide preventive advice on how to look after a baby's first teeth and establish good habits from a young age. Parents can speak to their dental receptionist about taking their baby for the first time, possibly with the parents' next dental check-up.

Visits to the dentist can also help babies and young children get used to someone looking in their mouth and the sensory input of the sights, smells and sounds of the dental practice.

It is important to be positive about going to the dentist, as children will pick up if parents or adults are worried; try to make the visit fun and be positive about it. Positive early experiences will help prevent children worrying about future visits to the dentist.

Talk to children about dentists

A parent might tell their children that they are coming to collect them early today from nursery to go to the dentist, but what does this mean for the child? As adults we know what a dentist is and what they do, but we sometimes forget that children may not have this first-hand experience (or they might have been too young to remember what happened that last time they went)!



NHS dental treatment

You don't have to pay for NHS dental treatment if you are:

- Under the age of 18, or under the age of 19 and in full-time education
- Pregnant or have had a baby in the previous 12 months
- Being treated in an NHS hospital and your treatment is carried out by the hospital dentist (but you may have to pay for any dentures or bridges)
- Receiving low income benefits, or you're under 20 and a dependant of someone receiving low income benefits.

ACTIVITY Talking about the dentist

Early years practitioners can help children by explaining what a dentist is and what will happen on their visit to the dentist. For example, "a dentist is like a doctor that helps you to look after your teeth and mouth".

We can talk to the children to help them to understand what a dentist is and what they do, as children might worry about what will happen. Obviously, this needs to be age and stage appropriate, but you could consider using Monday's activity guide and making a model of a mouth or use books and posters to explain about "teeth", "gums", "tongue", "lips" etc.

You could introduce the term "check-up" or just talk to the children about the dentist wanting to look in your mouth to count your teeth and look at your gums. For older children you could also say that the dentist wants to make sure your teeth are growing properly.

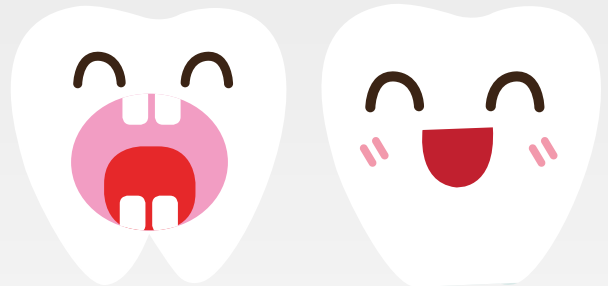


Here are some ideas to try:

- ♥ Try using a book to help explain to the children about what dentists and their teams do, and what will happen during a visit
- ♥ Perhaps talk to the children about the face mask and gloves that their dentist is likely to wear and the dentist's chair that moves, and show them photos
- ♥ Ask the children if anyone remembers going to the dentist and what happened
- ♥ Encourage the children to talk and ask questions
- ♥ You might be lucky and one of the children's parents might be a dentist! If so, could you ask them to come and talk to the children?
- ♥ Watch this video of children visiting the dentist: <https://bit.ly/2NwnY49>
- ♥ Use this video of children saying what they like about visiting the dentist: <https://bit.ly/2tEeivF>

Further information:

- ♥ Find NHS dental services here: <https://bit.ly/2Nu2PYo>
- ♥ If you need a dentist as an emergency, call your dentists – some practices offer appointments at short notice. You can also visit: <https://bit.ly/2LRmNe9> for advice and help
- ♥ If you have problems accessing an NHS dentist, go to: <https://bit.ly/2PdPofD>



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run our annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2019 campaign and help keep your children happy and healthy.



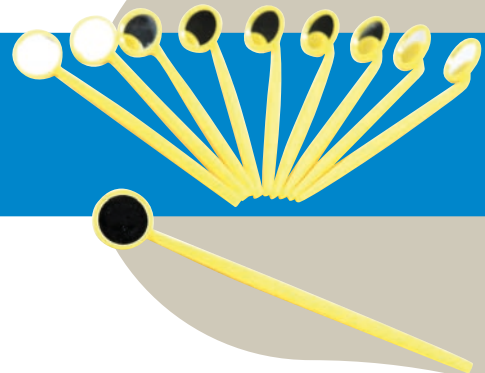
The British Dental Association is the voice of dentists in the UK. We champion prevention and campaign for real improvements to the nation's oral health. We believe all children deserve the best start in life, and are delighted to work with NDNA to bring vital messages on oral health to nurseries across the country.



Don't forget - NDNA members get up to 20% discount on orders with TTS and Consortium

Disposable Dental Mirrors - from TTS

Children can look into each other's mouths, or their own, using these disposable dental mirrors. The high quality mirror housed in a plastic handle makes an excellent tool for oral inspection. Suitable for 5 to 11 years – find out more at <https://bit.ly/2V6ylym>



 @NDNATalk  /ndna.org.uk  National Day Nurseries Association
#HealthyBodyHappyMe

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