



Healthy Body, Happy Me 2019

Let's talk about fluoride



Supported by



What is fluoride and why is it important?

Fluoride is a naturally occurring mineral found in many places, including your teeth. It is also added to dental products such as toothpaste and the water in some areas to help strengthen teeth and prevent dental cavities. The addition of fluoride to toothpaste from the 1970s led to a dramatic improvement in tooth decay rates.

As soon as the first tooth cuts through it is important to brush twice a day with a fluoridated toothpaste. The amounts of fluoride present in toothpaste differ from brand to brand.



Children under the age of three

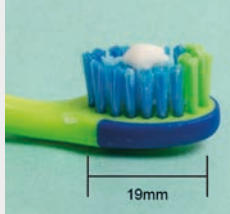
For babies and children under three years old you should aim to use toothpaste containing no less than 1,000 ppm of fluoride. It is also best practice to use only a thin smear of toothpaste at this age.



Use a smear of toothpaste

Children aged three to six years

Between the ages of three and six years old a pea-sized amount of toothpaste containing more than 1,000 ppm fluoride should be used.



Pea sized

Fluoride varnish

Fluoride varnish involves painting a varnish that contains high levels of fluoride onto the surface of the tooth. It works by strengthening tooth enamel, making it more resistant to decay.

- It is effective at preventing tooth decay in both baby (primary) teeth and adult (permanent) teeth
- Fluoride varnish is applied by a trained member of the dental team at least twice a year for children three years of age and over, or more frequently for those at high risk.

MORE INFORMATION ON FLUORIDE
For more information about recommended amounts and concentrations of toothpaste (including a list of toothpastes with appropriate fluoride concentrations) see information starting from page 21:
<https://bit.ly/2BDDO98>



ACTIVITIES



Make a parents' notice board or leaflet

It is important for everyone to have the appropriate information to support oral health. Consider how you can share some of the best practice pointers from these 2019 Health Body, Happy Me activity guides. Can you make a notice board for parents, to share information with them? If notice board space is at a premium, why not consider a fold-away notice board or a leaflet for parents? Here are some ideas to get you started:

Do you attend dental appointments with your child/ren on a regular basis?

Some facts about how many children have dental decay

Information about fluoride*

Photos of the amount of toothpaste to use for children

Brush twice a day, before bedtime and at least one other time

Information about sugar (see Tuesday's Healthy Body, Happy Me activity guide)

Link to the Brush DJ video and app www.brushdj.com/#nogo

*As a guide there is information about the amounts of fluoride present in various brands of toothpaste starting from page 22 of the Delivering better oral health document from Public Health England and the Department of Health – download at <https://bit.ly/2BDDO98>. National Day Nurseries Association, the British Dental Association and Public Health England do not endorse a specific type of toothpaste.



A quiz or circle time discussion for pre-school aged children

Children may find it hard to understand what fluoride is as you cannot see it, but you could perhaps introduce the word fluoride to their vocabulary bank and explain that it helps keep their teeth strong.

You could use a circle time or key person group time to talk about other things with the children, to explore how much they have learnt about their teeth. Here are some examples questions (we are sure that you will think of many more!):

- ♥ What are teeth for?
- ♥ Why do you need to brush your teeth?
- ♥ How long should you brush your teeth for?
- ♥ How many times a day should you brush your teeth?
- ♥ When do you brush your teeth?
- ♥ What does a dentist do?

Friday's Healthy Body, Happy Me activity guide has more information and ideas about going to the dentist!



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



Plaque Disclosing Tablets 48pp

These pleasant tasting disclosing tablets are an excellent way to demonstrate the importance of dental hygiene. Their special non-toxic blue colouring does not linger on the tongue or gums and can be easily rinsed away. Suitable for 5 to 11 years – find out more at <https://bit.ly/2trAmt1>

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

National Day Nurseries Association

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