



Starting Well Core Resource Pack for Health & Social Care and Early Years Professionals

*For the area covered by: **NHS England Midlands and East (North Midlands)***

Summary

This resource pack has been developed to support Health and Social Care and Early Years professionals and services to promote oral health messages for young children aged 0-2 years, including a Dental Check by One (a first dental check-up by a baby's first birthday). Starting good dental habits early, including regular preventive care from the dental team, contributes to a child's best start in life. This is key in addressing the large numbers of children in England undergoing general anaesthesia for the removal of decayed teeth.

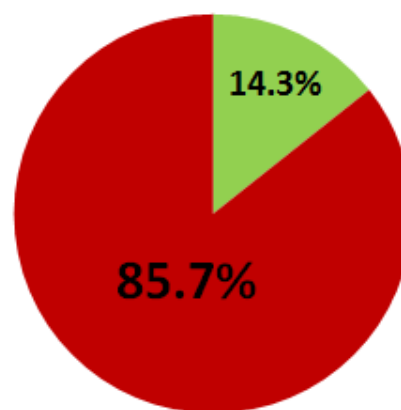
Health and Social Care and Early Years professionals and services are welcome to use these resources to strengthen their oral health promotion activity.

For further information about **key preventive oral health messages**, please visit the following links:

- [A quick guide to a healthy mouth in children](#), PHE
- [Dental Check by One](#), BSPD
- [Health matters: child dental health](#), PHE
- [Child oral health: applying All Our Health](#), PHE
- [Dental Health Promotion](#) (e-learning module), hosted by HEE e-Learning for Health

Local facts on children's oral health:
NHS England Midlands and East (North Midlands)

In 2017 only **14.3% of children aged <2 years visited a NHS dentist**,¹ despite a national campaign for a Dental Check by One.²



85.7% of <2s are not accessing NHS dental services.¹

944 children aged 0-9 years had decayed teeth extracted in hospital in 2016/17.³

22.8% of 5-year-olds have experienced tooth decay, with on average 3.2 teeth affected.⁴

¹ Source: NHS Digital quarterly dental statistics publications.

² The Dental Check by One campaign is led by the British Society of Paediatric Dentistry.

³ Source: 2017 Extractions data (FCEs with caries as primary diagnosis), PHE.

⁴ Source: Oral health survey of 5-year-old children 2017, PHE.



Resource pack contents

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Local facts on children's oral health

Resource pack contents

1. Public-facing posters

2. Leaflets for patients and the public

3. Additional resources

Acknowledgements

All available resources are listed with a brief explanation and visuals on the following pages.

To download any of the free resources listed, please visit:

https://www.dropbox.com/sh/xguzitznvfc0dde/AAAao2_A-cRQfE6sPZF1V6m0a?dl=0

Or hover over the name of the section or resource, then click to follow the hyperlink.

1. Public-facing posters

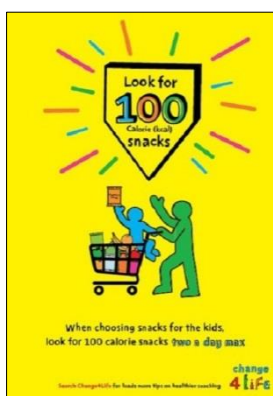
1.1 Monster teeth, OCDO – free NHS dental checks for children.



1.2 Bottle feeding, OCDO – avoid sugary drinks and only put water and unsweetened milk in bottles.



1.3 Change4Life nutrition campaigns, PHE – promoting healthier diets and reducing snacking.



2. Leaflets for patients and the public

2.1 Bedtime for baby teeth, reproduced by OCDO with kind permission from GM LDN – oral health advice for night time routine.



2.2 Five golden tips for brushing, taken from BSPD guidance - toothbrushing advice.



2.3 Change4Life and Start4Life oral health, GM LDN & GMHSC Partnership – general oral health advice.



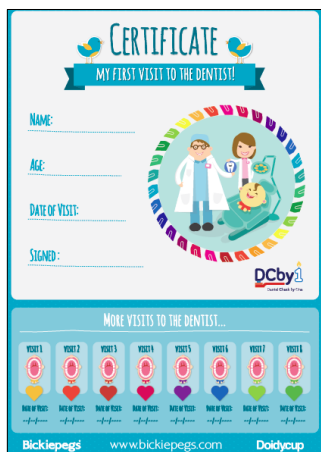
2.4 [Change4Life and Start4Life toothbrushing chart](#), GM LDN & GMHSC Partnership – toothbrushing chart and advice.



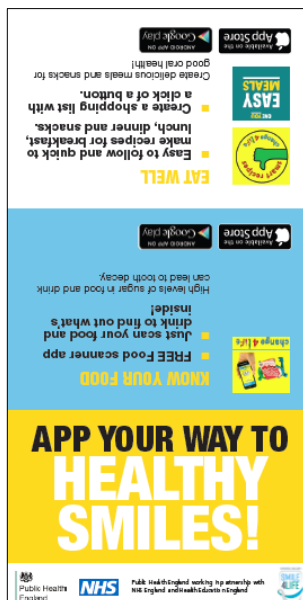
2.5 [Smiles4MyChild: my first dental visit](#), PHE, NHS E & HEE – what to expect at a first dental visit (*editable*).



2.6 My first dental visit certificate, Bickiepegs Healthcare - record of dental visits and milk tooth eruption.



2.7 App your way to healthy smiles, PHE, NHS E & HEE - freely downloadable Apps to promote oral health.



3. Additional resources

3.1 Top Tips for Teeth Toolkit, PHE – how to access and download resources, including posters and leaflets.



3.2 Links to resources for families and carers, Various sources – web links and QR codes which can be used to facilitate quick navigation to resources for families and carers.





Acknowledgements

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Public Health England

Greater Manchester Local Dental Network

British Society of Paediatric Dentistry

Greater Manchester Health and Social Care Partnership

NHS England

Health Education England

Bickiepegs Healthcare