



Setting name:



Standards May 2022

Standard		Evidence to provide	
<p style="text-align: center;"><b>1</b></p> <p><b>Support and encourage positive oral health</b></p>	<p>a) Request details of children’s dentist and record on your settings registration forms/online systems.</p> <p>b) Conduct a dental audit;</p> <ul style="list-style-type: none"> <li>• Identify how many children visit a dentist</li> <li>• Promote telephone numbers and websites for finding a local dentist</li> <li>• After 6-8 weeks count up and record number of children who have made an appointment or already visit with a dentist</li> <li>• Find out what your families know about Healthy Start Vouchers by sharing this form; <a href="https://forms.office.com/r/YYcc9WmWbp">https://forms.office.com/r/YYcc9WmWbp</a></li> </ul> <p>c) Promote oral health by disseminating/displaying:</p> <ul style="list-style-type: none"> <li>• CDS health leaflets &amp; 12 Top Tips for Teeth poster</li> <li>• Healthy Smiles programme information/poster</li> <li>• Sugar free medicine poster</li> <li>• Dental Check By 1 poster/information</li> <li>• Vitamin D information</li> <li>• Change4life</li> <li>• Healthy Start scheme information <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a></li> </ul> <p>All the above is available to download and print from <a href="#">Healthy Smiles - Community Dental Services</a></p> <p>d) Engage families in oral health activities e.g. create an oral health display, borrow oral health resources/props to use, give out weekly brushing reward charts or hold an oral health themed day.*</p>	<p>a) Settings registration form</p> <p>b) Audit results</p> <p>c) Photographs/ parent packs/ observation/ newsletters/ website</p> <p>d) Photographs/ write ups</p>	
Standard		Evidence to provide	

<p style="text-align: center;"><b>2</b></p> <p><b>Handwashing</b></p>	<p>a) Wash hands for at least 15 seconds using guidelines.  b) Adults wash hands thoroughly before preparing food, before eating food, after going to toilet.  c) Children to wash hands before eating food, after going to toilet and after outside/messy play.  Use E-bug to deliver handwashing sessions? <a href="http://Early Years Resources (e-bug.eu)"><u>Early Years Resources (e-bug.eu)</u></a></p>	<p>a) Setting's own handwashing policy or NHS guidelines.  b) Display poster showing handwashing technique.  c) Photo of children washing hands</p>	
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<b>Standard</b>		<b>Evidence to provide</b>	
<p style="text-align: center;"><b>3</b></p> <p><b>Provide tooth friendly snacks, drinks and food based activities</b></p>	<p>a) Food and drink offered between meals to be tooth friendly, sugar-free and should comprise a variety of textures.  b) Water to be freely available for children to access throughout the day (tap water is most appropriate).  c) All children to be encouraged to use an open top cup.  d) Food based activities, particularly those that include preparing food, should have an emphasis on savoury foods.  e) If preparing foods that include sugar, it should either be consumed at a meal time in the setting or parents should be encouraged to take it home and consume as part of a meal.</p>	<p>a) Menus  b) Menus/policy  c) Policy/guidelines/ observation  d) Policy/planning  e) Policy</p>	

<b>Standard</b>		<b>Evidence to provide</b>	
<p style="text-align: center;"><b>4</b></p> <p><b>Develop, implement and adhere to 'Celebrations Guidelines'</b></p>	<p>a) Celebrations held in between mealtimes need to be tooth friendly – this includes the food and drink provided, as well as any activities/games. Examples of non-food activities: using a birthday hat, toy birthday cake, birthday child chooses a story or song.  b) Encourage parents to bring in tooth friendly items on birthdays, like fruit or non-food items such as stickers or book for class library.  c) Infrequent/one-off events e.g. fairs/fetes, fundraising events etc, should have an emphasis on offering tooth friendly foods and drinks.</p>	<p>a,b,c)Policy/ guidelines</p>	

Standard		Evidence to provide	
<p><b>5</b></p> <p><b>Raise awareness of oral health to staff</b></p>	<ul style="list-style-type: none"> <li>a) In-situ whole setting approach for <b>all staff</b> including lunchtime cover and kitchen staff.</li> <li>b) A Manager/Co-ordinator/Head Teacher or School Governor to attend a Healthy Smiles training session <b>once every three years</b>.</li> <li>c) A member of staff to attend Healthy Smiles discussion group at least once a year.</li> </ul>	<ul style="list-style-type: none"> <li>a) Attendance</li> <li>b) Attendance CDS To arrange</li> <li>c) Attendance CDS to arrange</li> </ul>	
Standard			
<p><b>6</b></p> <p><b>Voice of the child</b></p>	<ul style="list-style-type: none"> <li>a) The child engages in small group activities that discuss and promote oral health experiences.</li> <li>b) The child communicates positive experiences of oral health, including tooth brushing and visits to the dentist.</li> <li>c) The child engages with tooth brushing songs and books in the setting.</li> </ul>	<ul style="list-style-type: none"> <li>a) Session plans, policy, photos and observations</li> <li>b) Session plans, policy, photos and observations</li> <li>c) Session plans, policy, photos and observations</li> </ul>	

<p><b>7</b></p> <p><b>OPTIONAL</b></p> <p><b>Healthy Smiles +</b></p> <p><b>1. Implement a STB programme - EYFS</b></p> <p><b>2. Complete a Lunch box audit</b></p>	<ul style="list-style-type: none"> <li>1. <ul style="list-style-type: none"> <li>a) Receive supervised toothbrushing programme training.</li> <li>b) Implement programme following CDS guidelines and training.</li> </ul> </li> <li>2. <ul style="list-style-type: none"> <li>a) Complete an audit of food at setting eg. Lunchboxes, snacks, breakfast club or after school club provision.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>a) Attend training</li> <li>b) Support visit and call by OHI team member</li>   <li>a) Use results from audit to make changes to allow more tooth friendly food environment/policy</li> </ul>	
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## References:

Delivering Better Oral Health: An evidence-based toolkit for prevention. (PHE) 2014 (updated March 2017)

Felton, A., Chapman, A. and Felton, S. (2014) Basic Guide to Oral Health Education and Promotion. Second Edition. Wiley Blackwell

NICE Guidance: Oral Health: local authorities and partners (2014)

Delivering Supervised Toothbrushing for Two, Three and Four Year Olds in Early Years Settings Dec 2016: “SMILES 4CHILDREN”

British Society of Paediatric Dentistry (2017) Dental Check By One.

Public Health Matters – Child dental health (PHE) 2017

Current evidence and guidance on breastfeeding and dental health (PHE) April 2018

Hand washing; <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

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## Community Dental Services CIC

Colworth Park, Colworth House, Sharnbrook MK44 1LZ (Sat Nav MK44 1ET)

Tel: 01234 331637

Email: [ohimp.oxfordshire@cds-cic.co.uk](mailto:ohimp.oxfordshire@cds-cic.co.uk)