



Boughton Monchelsea Playgroup Association

Dear Parents/Carers

As you may be aware there has been a rise in oral health issues in young children and the government is asking all early years settings to help promote the importance of introducing good oral health from a very young age.

Below are some suggestions that you can do at home to help encourage your children with the care of their teeth:

To support oral health in early years, parents can¹²:

- Have a chat with children about how and why we need to look after our teeth.
- Foster regular tooth-brushing. Give them a fluoride toothpaste to use twice per day for two minutes.
- Encourage regular dentist check-ups.
- Floss and brush together.
- Include a tooth-brushing song.
- Talk to children about the effects of eating too many sweet things.
- Promote good oral health at home.

We will also be having activities and resources in the setting to support children with their teeth cleaning and general oral health.

If you require any further information or help with anything please speak to your child's keyperson or Sara.

Regards

All the playgroup team