



10th October 2024

Oral Hygiene – Teeth cleaning in Hillfields class from 14/10/2024

Dear Parents and Carers,

From next week, the children in Hillfields class will be shown how to clean their teeth and provided with the resources to do so each day they are in school. Promoting good oral health is an essential part of the wider Early Years curriculum and we believe raising awareness of effective teeth cleaning to be very positive for young children.

As a school we have teamed up with Big Brush Club <https://bigbrushclub.co.uk/>. Big Brush Club is a supervised toothbrushing scheme funded by the NHS, being delivered to early years settings across the Southwest.

Promoting good oral hygiene alongside making healthy choices about your child’s sugar consumption (as parents), our aim should be for the children to have life-long strong teeth.

You can support your children’s awareness of oral health by:

- encouraging your child to visit the dentist with you from an early age, so they become familiar with the setting providing them with their own toothbrush and toothpaste
- joining in with their toothbrush routines
- register your child at your local dentist

Here are some songs that you can sing to your child while they clean their teeth for the recommended 2 minutes....
(We will be learning these at school!)

<p><i>Wiggle–Jiggle tooth (Tune – ‘Old Macdonald’)</i></p> <p><i>In my mouth, I have some teeth E i e i o</i></p> <p><i>And in my mouth I put my brush E i e i o</i></p> <p><i>With a wiggle-jiggle here and a wiggle-jiggle there</i></p> <p><i>Here a wiggle, there a jiggle</i></p> <p><i>Everywhere a wiggle-jiggle</i></p> <p><i>In my mouth I’ll keep my teeth E i e i o</i></p>	<p><i>Brush, brush, brush your teeth (Tune ‘Row, row, row your boat’)</i></p> <p><i>Brush, brush, brush your teeth Brush them every day</i></p> <p><i>We put toothpaste on our brush To help stop tooth decay</i></p> <p><i>Clean, clean, clean your teeth Clean them every day</i></p> <p><i>Your teeth will sparkle for years to come In the most beautiful way</i></p> <p><i>Brush, brush, brush your teeth Brush them every day</i></p> <p><i>Happy, healthy teeth you’ll have If it’s done this way</i></p>
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Why Oral Health is included in the Early Years Framework....

This has been included because good oral health habits need to be formed from the earliest age. Tooth decay is largely preventable, but it's still a serious problem among young children. Nearly a quarter of 5 year olds in England have tooth decay, with 3 or 4 teeth affected on average.

Tooth extraction is one of the most common procedures for children under 6 in hospital. Extraction is also the most common reason for hospital admission for children aged 6 to 10. Children from more deprived backgrounds are more likely to have tooth decay.

Children who have toothache, or need treatment, may have pain or infections. This can have a wider effect and lead to problems eating, sleeping, socialising and learning.

If you have any questions about any of these, please arrange a time to speak to me. Appropriate hygiene and supervision measures will be in place throughout the teeth-brushing.

Yours faithfully,

Miss Gledhill

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