



ORAL HEALTH WEEK

Dear Parent/Carer

From Tuesday 19th May we will be focussing on oral health as part of our teaching and learning in nursery. Your child will be learning lots of important messages about caring for their teeth.

Included are five key Oral Health messages we will be teaching your child. We would be grateful if you would talk to your child about these five messages. We have also provided a tooth brushing chart to use at the beginning of the week for you to use with your child. Encourage your child to brush their teeth twice a day, before going to bed and on one other occasion during the day. In addition, every child will receive a complimentary toothbrush and toothpaste from 'Brilliant Brushers'. This is part of the Government's nationally funded supervised toothbrushing scheme. Our nursery will fully launch the Brilliant Brushers scheme in the autumn term 2026.

All children will receive a certificate at the end of the week to acknowledge their participation and efforts in taking care of their teeth.

Kind Regards,
Mrs Phillips

Lead Teacher/SENDCo





2 **Warwickshire Early Years Oral Health**

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Oral Health Week

[Add dates]

Dear Parents/Carers

Every child should have the opportunity to take part in Oral Health Week campaigns at nursery. Your child will be learning some of the important messages about caring for their teeth and knowing what to do if they have a problem.

On this occasion of this letter you have been given oral health messages you will be receiving from us. These messages are important and we encourage you to discuss them with your child. Each stage during Oral Health Week you will be provided with specific oral health messages for your child. We encourage them to brush their teeth twice a day, before going to bed and once in the afternoon. We also encourage them to eat a healthy diet. We hope Oral Health Week will be an enjoyable time for you and your child. Contact us if you have any questions or need further information. We look forward to your response.

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2.1 Warwickshire Early Years Oral Health

Warwickshire's five key oral health messages

1. Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.
2. Choose milk and water to drink - they're kinder to teeth.
3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.
4. Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.
5. Spit out, don't rinse the fluoride toothpaste away!

Working with:
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