



# Oral Health

## Oral Health Pilot

Offered by the Leeds 0-19 Public Health  
Integrated Nursing Service -  
**Oral Health Team**

As part of the National Child Measurement Programme (NCMP) for children in Reception and Year 6, if we notice any visible oral health concerns while chatting to your child (this will not be a dental check), **our 0-19 team may contact you to offer extra support with oral health.**

### What we can talk about:

- Why regular dental check-ups are important.
- How often and how long to brush teeth.
- Using the right amount of fluoride toothpaste.
- Demonstrations on effective tooth brushing techniques.
- The importance of a low sugar diet to prevent tooth decay and cavities.

We will use an interpreter to ring you if needed - **sometimes the calls come from outside the UK.**

### What we can provide for your family:

- Up to 3 home visits (if needed) and follow-up phone calls.
- Toothbrush and toothpaste packs for the whole family (children and adults).
- Specialist toothbrushes and toothpaste for children with additional needs.
- Laminated brushing charts, pens and timers to help brush for 2 minutes twice a day.
- Support and signposting to register children with a dentist and guidance on accessing emergency dental care.

This is being piloted in several schools across Leeds.



Our aim is to give you the knowledge, tools, and confidence to keep your whole family's smiles healthy.

If you need an accessible version of this poster, please contact Leeds 0-19 PHINS.

