



Horncastle Primary School
Bowl Alley Lane
Horncastle
LN9 5EH

21st November 2023

Dear Parents/Carers,

Your child has been learning about the importance of looking after our teeth. This week we had a virtual chat with a dentist, we learnt how to brush our teeth and keep them healthy. They will be coming home with a toothbrushing chart to complete at home and have been encouraged to bring water in their bottles to school. Once they have completed the chart, please send it back into school so they can receive a special sticker from the dentist. We hope you will support us with continuing to improve oral hygiene. Please take some time to read the advice from the NHS below.

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Encourage healthy eating and drinking, reducing their intake of sugar.

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

Taking your child to the dentist

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

Thankyou for your continued support,
The EYFS Team

Tel: (01507) 522662
Web: www.horncastleprimary.co.uk
Email: enquiries@horncastleprimary.co.uk



Artsmark
Silver Award
Awarded by Arts
Council England