

## **Ealing Smiles**

### **Edition 1 – April 2023**

Hello and welcome to the first edition of Ealing Smiles. This newsletter will share the latest and greatest around Children's Oral Health in Ealing. Newsletters will be released every couple of months. Please share with other parents, caregivers, and school settings.

Adele Francois (Oral Health Promoter Ealing)

#### **Our mission:**

For every child in Ealing to be registered and seen by a local dentist, to grow up without teeth decay and to be able to 'smile daily.'

#### **Key Oral Health Messages**

Brush twice a day, night before bed being most important.

Use a fluoride toothpaste, under 3-year-old 100ppm and over 3-year-old 1450ppm.

Spit out the toothpaste do not get water and wash away.

Keep your sugar intake low and try to reduce the frequency.

#### **The Supervised Toothbrushing Programme:**

The Supervised Toothbrushing Programme started in the borough of Ealing in 2017. When I [Adele] joined the team back in 2016, Ealing had the highest number of children aged nought to five with tooth decay in London. Whittington NHS Trust and Ealing Local Authority recognised the need for in school supervised toothbrushing and upon research found that a similar programme was already an enormous success in Scotland. Together we have made some great improvements in tooth decay levels amongst children in the borough, and I would like to thank all those who have supported our families/children with this programme, however following the pandemic and the cost-of-living crisis our progress has received a set back and we need your help.

Over the years I have had several schools, private nurseries, and childminders join the programme. Currently there are over 2800 Children on the programme.

We supply the toothbrushes and toothpaste to all settings taking part. We make sure to keep them stocked up. On-going training and support is provided to teachers, children, parents, and schools.

As the oral health promoter, I have had the pleasure of meeting with families and children in the Ealing, with many appreciating the importance of open and informative dialogue regarding oral health and ways to support their children to brush their teeth and consume less sugar.

### **Summer holidays:**

During the summer holidays I will be running a toothbrushing programme three times a week online. All children and families are welcome. Just bring a toothbrush and toothpaste, we will then brush together with a popular song to help motivate. Please if this is something you feel would benefit the children in your school, you can express your interest by sending me an email. I will then forward you the details and the link, this can be placed on your parent portal.

### **Parent workshops:**

Parent workshops are a fantastic way to deliver oral health messages, this can be completed virtually or face to face. During these sessions, we discuss the importance of looking after teeth and the Supervised Toothbrushing Programme. It is a fantastic way of starting the conversation about oral health and looking after children's teeth as well as their own. The session also encourages parents/careers to think about the foods and drinks they are consuming and purchasing for their families and simple swaps that can be made. Workshops can be delivered face to face or virtually, and at a time that suits the setting best. Please get in touch if you are interested in attending.

### **An example of some of the work I have done includes some work with a Local Charity Shop:**

During the Christmas break I worked alongside one of the local charity shops in Acton. Supplying them with toothbrushes and toothpaste for the homeless. The charity shop is not a chain, but a small shop outreaching to the local community, not just selling clothes and electrical items. This charity shop, collects bedding, warm clothing and they give advice to those in need. The owner has expressed her thanks to Whittington dental services for the support given to the homeless.

### **Comments from local schools:**

#### **Beaconsfield Primary School**

We had an amazing workshop with Adele. She has been our Oral Health Educator for several years and has become someone we can trust and talk to about oral health. Adele talked to parents about how to brush our teeth, the right types of toothpaste and toothbrushes for different age groups and the types of treatment available for children. This is a safe space for parents to ask questions. We look forward to doing more workshops in the future.

#### **Gifford primary school**

Adele's oral hygiene parent workshop was amazing. Adele was funny, engaging, and friendly. Our parents thoroughly enjoyed it and we all learnt something new.

**Diary meadow**

The sessions for parents and children were excellent. It was particularly helpful that you advised parents which local practices are taking registrations. We appreciate the support you give the school: dental hygiene is an area we are aware of that some of our parents are not quite on top of.

**Thanks,**

**Adele Francois (Oral Health Promoter Ealing)**

[adele.francois@nhs.net](mailto:adele.francois@nhs.net)