**APPENDIX 2**

Contact details for setting

Date

Dear Parent/Carer

**Re: Supervised Toothbrushing Club**

We are giving children aged 2 and over (amend as appropriate) the opportunity to take part in a supervised toothbrushing club, as part of a wider Doncaster Metropolitan Borough Council toothbrushing programme. This letter will explain about the toothbrushing club, what we are doing it, and what you need to do if your child would like to take part.

**What will the toothbrushing club involve?**

All children taking part in the toothbrushing club will be provided with their own toothbrush, and will brush their teeth with a fluoride toothpaste once a day when they attend the Family hub/ nursery/school (delete as appropriate). They will be closely supervised by staff who have received oral health training. All toothbrushes will be kept in a covered toothbrush storage unit to keep them clean, and will be replaced every term (or sooner if needed).

**Why are we doing it?**

Almost a third of 5-year-olds in Doncaster have tooth decay. Fluoride toothpaste is proven to help strengthen teeth and prevent tooth decay. It is really important that children brush their teeth twice a day as part of a good dental health routine. The toothbrushing club will help to teach your child how to brush their teeth and look after their mouths.

**The toothbrushing club does not replace toothbrushing at home, so please continue to brush your child’s teeth twice a day at home** (last thing at night and one other occasion). For maximum prevention of tooth decay for children aged 0-6 years, use a toothpaste containing 1350-1500 parts per million (ppm) fluoride. The amount of fluoride can be found on the side of the tube or packaging. Use a smear-sized amount of toothpaste for children under 3 years and a pea-sized amount for children aged 3-6 years. Encourage children to spit out toothpaste after brushing and do not let them rinse out with water as this will wash away the fluoride so it doesn’t work as well.

**What next?**

For your child to take part in the toothbrushing club, we need your consent. If you would like you child to be involved, please fill out the consent form with this letter and return it to us. We will keep you up to date with how the toothbrushing club is going and may ask you for feedback from time to time.

You can opt out of the toothbrushing club at any time, but please let us know.

If you have any questions about the programme or would like any information, please ask the Family hub/ nursery/school staff (delete as appropriate).

**Visiting the dentist**

Please remember to take your child to the dentist regularly. NHS dental care is free for children. All children aged 3-16 can have fluoride varnish painted on their teeth at least twice a year to help strengthen their teeth and prevent decay. If you do not have a dentist, you can search for your nearest dentists at: [www.nhs.uk/Service-Search/Dentists/LocationSearch/3](file:///\\doncaster.gov.uk\DMBC\Communications\A%20to%20Z\P\Public%20Health\Steve%20Betts\Oral%20health\www.nhs.uk\Service-Search\Dentists\LocationSearch\3)

Yours faithfully,

Family hub manager/nursery manager/headteacher

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**Consent form for the Toothbrushing Club**

Please complete the following table:

|  |  |
| --- | --- |
| Name of Family hub/nursery/school |  |
| Child’s name |  |
| Please tick one of the following statements: | |
| I give permission for my child to join the toothbrushing club |  |
| I **do not** give permission for my child to join the toothbrushing club |  |

Signature of parent/legal guardian ………………………………………………….

PRINT NAME…………………………………………………………………………

Date ……………………………………………….