



**Welcome to our sixth edition of the School Health newsletter**  
**The hot topic this issue is oral health**

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The 0-19 public health nursing service consists of Health Visitors and Specialist Public Health School Nurses. The Health Visitors work with the 0-5 and the 5-19 age group are supported by the Specialist Public Health School Nurses.

**The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.**

**We can support children and young people aged 5-19 who need additional support around the following areas.**

- |  |                           |
|--|---------------------------|
| Enuresis (bed wetting),                | Sexual health             |
| Encoporesis (child pooing their pants) | Body image worries        |
| Diet and nutrition                     | Physical health concerns  |
| Behaviour                              | Eating disorders          |
| Sleep                                  | Drug and alcohol support  |
| Emotional wellbeing                    | Relationship difficulties |
| Managing minor illness                 | Bullying                  |
| Weight management                      | Stress management         |
|  | Parenting                 |

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 'school nurse' to 61825

email: [hull.cypcommunityservices@nhs.net](mailto:hull.cypcommunityservices@nhs.net)

# Hot Topic: Oral Health



## How to help children brush their teeth properly

1. Guide your child's hand so they can feel the correct movement
2. Use a mirror to help your child see exactly where the brush is cleaning their teeth.
3. Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes. You could also try the Brush DJ timer app.
4. Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.
5. If the gums bleed during tooth brushing, focus on that area more. Gently brush the bleeding area to remove the plaque. Within a day or two the bleeding should stop, if doesn't stop you should visit a dentist.

## Top Tips:

Children under the age of 7 should be supervised when brushing their teeth

It is advised that everyone brushes their teeth for **two minutes twice per day**, one of those time must be last thing at night and one other time throughout the day

Use toothpaste containing **fluoride**; Check the label on the toothpaste to make sure it is suitable for young children, as some are designed for those over the age of 12. Smokers and whitening toothpastes can also be too abrasive for daily use.

Where possible **reduce** the quantity and frequency of foods and drinks that contain **sugar**, only give sweet foods and dried fruit at mealtimes.

Squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks should be **avoided**

**Limit** the amount of fruit juice and smoothies your child drinks to a maximum of 150 ml (1 portion) in total per day. Ideally using a **straw** for these drinks and drinking them with **meals** to reduce the risk of **tooth decay**

All parents and guardians are advised to ensure that young children in their care are taken to see a dentist as soon as their **first teeth** come through, and before their **first birthday**.

Young children should be taken for **regular dental visits** and check-ups. This will encourage them to continue this habit as they become young adults.

Regular visits to the dentist will detect early dental problems.

Assessments for braces are done when the child is between **10 – 14** years of age.

Find an NHS dentist: <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-an-nhs-dentist/>

Public Health England

Healthmatters Preventing tooth decay

Top 3 interventions for preventing tooth decay

- 1** Reduce the consumption of foods and drinks that contain sugars
- 2** Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse
- 3** Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste

3 to 6 year olds should use a pea sized amount

Parents/carers should brush or supervise tooth brushing until their child is at least 7