



Safeguarding

All in this together

Keeping Healthy—Did you know that almost a third of 5-year-olds and 12 percent of 3-year-olds in England have experienced tooth decay?

Recent studies state that children in Swindon have some of the worst tooth decay in the country. This is a shocking statistic but something that can easily be avoided by

- Brushing at least twice a day with fluoride toothpaste for at least 2-3 minutes, focussing on brushing all teeth- not just the front ones
- Limiting consumption of dietary sugars- this includes drinks such as juice/squash which children sip on throughout the day, meaning that teeth are constantly under attack from sugars. This is why we advocate water only in children's drink bottles.

Other oral health issues described by Public Health England include tooth placement, jaw alignment and overbite- all as a result of thumb sucking. Professionals have also seen a huge increase in speech delay and difficulties in sound formation in children who regularly suck their thumb, use a dummy or chew on/ use baby bottles regularly beyond the milk stage. The advice of Public Health is to reduce the use of dummies at around 6-9months and to stop using a dummy completely by the time children are 1 year old as this is when they begin to develop their speech. Children who use dummies beyond this point have a greater chance of stunted tooth growth and speech delay (thumbs/ dummies can interfere with tongue and teeth placement for sound production).

Overview—what to explore with your child this term...

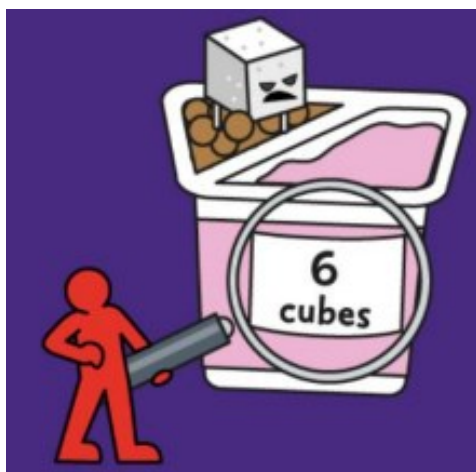
- Hand washing, stopping the spread of germs and 'Catch it, bin it, kill it'.
- Healthy diet – healthy lunchbox
- Exercise – why it is important, what the benefits are and ways to be active.
- Dental hygiene -looking after our teeth.
- Medicines – being safe around them.
- As well as the above, we will continue to talk about wellbeing and what we can do to stay mentally healthy.





Physical Health – Did you know?

- Children under 5 should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better.
- Children aged between 5 and 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
 - Children from 5 upwards should do 2 types of physical activity each week
 1. Aerobic exercise- anything that gets your muscles moving such as walking, jogging, swimming, playing football, dancing etc.
 2. Activities to strengthen muscles and bones -walking, running, jumping, climbing, yoga



Healthy Snacks

It can be really difficult knowing what to give children when they want a snack after school.

The Change4life website has some really great ideas and suggestions as well as recipes for healthy snack swaps.

There are also 9 top tips for healthier snacking including a sugar calculator which can be used to see how much sugar your child is really consuming on an average day.

The results can be quite eye opening!

Useful Websites for Parents

Change4life

<https://www.nhs.uk/change4life>

How to keep your teeth clean

<https://www.nhs.uk/live-well/healthy-body/how-to-keep-your-teeth-clean/>

Why we take medicine

<https://www.bbc.co.uk/bitesize/clips/zrfnvcw>

Young Minds

<https://youngminds.org.uk/>

Place2B

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

