

Oral Health



Teeth are needed to talk, eat, smile and communicate

Bacterial Plaque starts to form 20 minutes after brushing

When we eat & drink any product containing sugar plaque bacteria converts the sugar to an acid.

Saliva neutralises the acid & repairs the enamel by putting minerals back into the enamel (remineralisation).



Gum Disease

Can be prevented by good brushing.

Signs of gum disease are bleeding, redness, swelling and bad breath.

To prevent gum disease limit sugar to recommended amounts at mealtimes only.

Brush teeth at bedtime and one other time during the day.

Don't rinse away toothpaste with water or mouthwash. This allows for optimum protection from fluoride.

Good oral health contributes to the reduction not only in dental disease but also:

- ◆ Diabetes
- ◆ Obesity
- ◆ Heart disease

Diet

From birth avoid sugary drinks, adding sugar to food and sugary snacks.

Use the change for life sugar app. To see how much sugar your food and drinks contain.

Department for Health : children information;
Sugar should be consumed no more than 4 times in one day

- * 2yr olds 1-3 teaspoons of sugar a day (13g)
- * 3yr olds 1-4 teaspoons of sugar a day (15g)
- * 4-6 yr olds 3-5 teaspoons of sugar a day (19g)

The average 5yr old consumes their own weight of sugar each year.

Ref: 17/2/22

[The food foundation.org.uk](http://Thefoodfoundation.org.uk)

<https://www.nhs.uk/live-well/eat-well/>

<https://www.pacey.org.uk/working-in-childcare/spotlight-on/oral-health/>

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HEALTHY LIVING & ORAL HEALTH

What we eat can play a critical role in determining our health, whatever our age. The eating patterns established in the first few years of life influence our health during childhood and adulthood. Encouraging good nutrition during the early years of life is therefore an investment in the health of our population for years to come.

Nutrition Matters for the Early Years -NSC

Healthy Living in the Early Years covers all aspects of nutrition, exercise, emotional well being, oral health and staying safe.



Eating healthy and nutritious food and getting regular exercise is essential for children in their early years as this supports healthy growth and development, protect teeth from decay and sets the foundations for future health and well being.

The EYFS states that ‘Where children are provided with meals; snacks & drinks, they must be healthy balanced and nutritious’



The Eat Well Plate

One in five children start school overweight or with Obesity.

It is one of the most important issues of our generation

At Pips we promote healthy living by

- ◆ Having relaxed & comfortable mealtimes
- ◆ Sitting with the children
- ◆ Talking in positive ways about food
- ◆ Encouraging children to try new foods
- ◆ Being good role models
- ◆ Teach the children about healthy eating through discussion and cooking

We follow the chief medical officer’s advice of:

Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.