



Doncaster
Council

Oral Health Conversation guide

for Health Visitors and Nursery Nurses

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Introduction

By the age of 5, around a third of children in Doncaster have tooth decay, and Doncaster has the highest level of extractions under general anaesthetic for 0-19 year olds nationally.

Tooth decay is caused when bacteria in the mouth feed on sugars from food and drinks, making acid, which causes damaging holes in the teeth. Tooth decay may be prevented by;

- Reducing the amount and frequency of eating/drinking sugary foods
- Brushing teeth with a fluoride toothpaste
- Having fluoride varnish applied by the dentist

Fluoride toothpaste and fluoride varnish help to strengthen teeth and prevent tooth decay.

This oral health conversation guide is a behaviour change tool designed to help practitioners promote and support good oral health practice in families. It will help them to focus on prevention and give them improved access to relevant resources for supporting positive oral health behaviour.

Goal: To promote positive behaviour change among parents/carers of young children for achieving better oral health

The goal will be achieved through 3 objectives;

1. To encourage parent's open discussion about their children's oral health
2. To identify barriers to good oral health behaviour for each family/parent/carer
3. To improve access to relevant resources for use by early years workers in supporting parents/carers to achieve positive oral health behaviour.

ASK, ASSIST, ACT

This guide follows the Ask, Assist, Act model

Step1: Ask

- Find out what motivates the parent/carer to be mindful of their child's oral health.
- What is the status of their child's oral health?
- What is their current knowledge of good oral health behaviour?
- What is their current practice regarding their child's oral health i.e. are they brushing the child's teeth?
- Ask them if they are having any problems brushing their child's teeth, or if they have any concerns about their teeth.

Top Tip

- Listen Actively, without passing judgement
- Be empathetic and personalise the conversation
- Use positive body language

Step 2: Assist

This is an opportunity for further discussion of the findings from step 1. Here you can offer practical help, using various available resources, to empower the parent/carer to make positive changes. It is important to emphasise the role of parents/carers and their responsibility in caring for their child's oral health.

Top Tip

- Give neutral, evidence –based information which is in line with the parent's need
- Encourage the parent to assess the pros and cons of oral health habits, facilitate reflection on their habits and use open ended questions to expand the discussion

Step 3: Act

Offer support to the parent/carer based on the outcomes of the conversation and signpost them to relevant resources. Attempt to increase their readiness for change by helping them with goal setting and selection of positive actions to improve or maintain their child's oral health.

Top Tip

By discussing the behaviour change process with them, the parents/carers can think more about alternatives to current negative practices and reflect on their commitment to change

Oral Health Conversation Flow Chart

This flow chart is an example of how you could structure a conversation around oral health and toothbrushing, and can be personalised to suit the situation. Ask questions in a clear, unassuming manner allowing parents to direct the conversation in a way they understand.

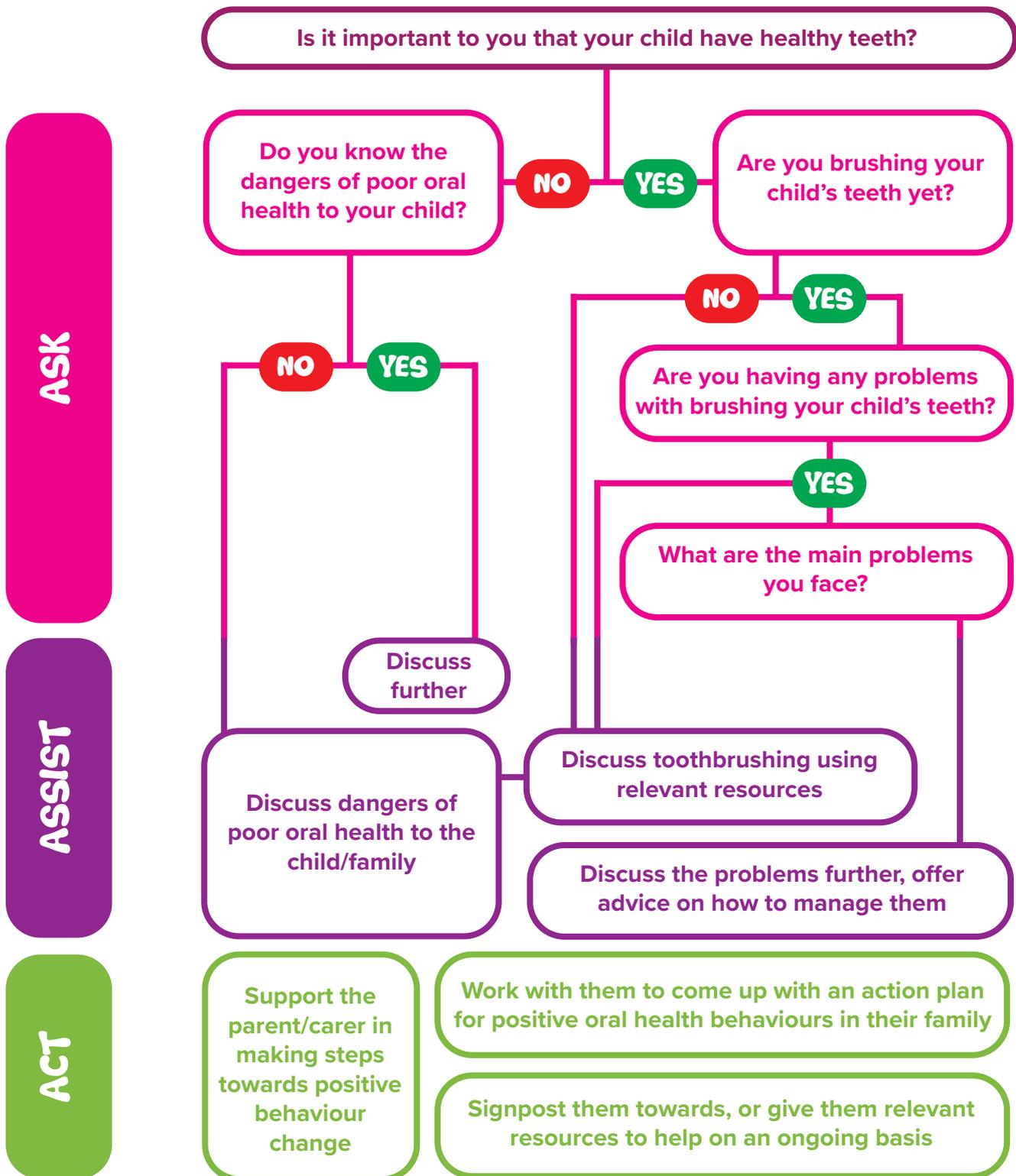


Figure 1

Table 1: Key oral health messages to bring into conversation at each mandated Health Visitor review

Mandated Health Visit: Antenatal and new baby

ASK (opener for discussion)	ASSIST (key oral health messages)	ACT (useful resources to use or signpost to)
Do you have a regular dentist?	<ul style="list-style-type: none"> Explain that NHS dental care is free for all pregnant mothers and up to 12 months after birth and for children. Adults should have a check-up at least once every 2 years, and children at least once a year 	<p>To find a dentist: https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3</p>
Do you know that good oral health is important for good general health?	<ul style="list-style-type: none"> Discuss the benefits of having a healthy mouth 	<p>Guide to a healthy mouth in adults: 3-page factsheet providing a summary of the simple steps that adults can take every day to protect and improve their oral health. https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>
Do you have a 'red book' yet?	<ul style="list-style-type: none"> Show them the dental pages 	<p>Page: 48 of the 'Personal Child Health Record' (Red Book)</p>
How are you feeding your new baby?	<ul style="list-style-type: none"> Inform them that breastfeeding is the best nutrition for babies. Breastfeeding up to 12 months is associated with a decreased risk of tooth decay 	<p>Breastfeeding and tooth decay: core messages for dental teams and healthcare professionals https://www.gov.uk/government/publications/breastfeeding-and-dental-health/breastfeeding-and-dental-health</p> <p>For local breastfeeding support, See Table 5 for a list of useful resources</p>

Mandated Health Visit: 6-8 weeks

ASK (opener for discussion)	ASSIST (key oral health messages)	ACT (useful resources to use or signpost to)
<p>Do you have a regular dentist for your family?</p> <p>Do you or other family members have problems with your teeth?</p>	<ul style="list-style-type: none"> Reminder that that NHS dental care is free for all pregnant mothers and for 12 months after birth and for children. Assess risk for future dental decay in family; <i>high sugar diet, siblings had GA extractions, family not receiving regular dental care</i> Adults should have a check-up at least once every 2 years, and children at least once a year. Children should start going to the dentist as soon as the first tooth erupts, and definitely before age 1. 	<p>To find a dentist: https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3</p> <p>Dental Check by 1: https://dentalcheckbyone.co.uk/patients/</p>

<p>How are you feeding your baby now? Are you breastfeeding?</p>	<ul style="list-style-type: none"> • Reminder that breastfeeding is the best nutrition for babies. It is the only food/drink babies need for around the first 6 months. • Breastfeeding up to 12 months is associated with a decreased risk of tooth decay. • If using a bottle, reminder that formula milk is the only suitable alternative to breast milk. Start introducing a free flow cup at 6 months and move completely from a bottle to a free-flow cup by 12 months. • Only breast/formula milk or cooled, boiled water should be given in bottles. 	<p>Breastfeeding and tooth decay: core messages for dental teams and healthcare professionals https://www.gov.uk/government/publications/breastfeeding-and-dental-health/breastfeeding-and-dental-health</p> <p>Quick guide to a healthy mouth in children: Page2 https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>
<p>Do you know about weaning (moving on to solids) around 6 months?</p>	<ul style="list-style-type: none"> • Advise that only milk or water should be drunk between meals, and avoid adding sugar to baby’s food/drinks. • Only give sweet foods, including dried fruits at mealtimes. • Avoid squashes sweetened with sugar, fizzy drinks, soft drinks and juice. Limit fruit/smoothies to one portion per day with a meal. 	<p>Quick guide to a healthy mouth in children: A 3-page factsheet summarising simple steps for parents, carers and children to protect and improve their oral health (page3) https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>
<p>What do you understand about teething?</p>	<ul style="list-style-type: none"> • Primary (baby) teeth start to come through around 6 months. • Discuss signs of teething and management • It is important to look after primary (baby) teeth to avoid tooth decay. If baby teeth are lost to tooth decay early, it can affect the positioning of the adult teeth. 	<p>British Society of Paediatric Dentistry 2019. A practical guide to children’s teeth: Page3-4 https://www.bspd.co.uk/Resources Baby teething symptoms and tips on how to help (NHS) http://www.nhs.uk/conditions/pregnancy-and-baby/teething-and-toothcare/</p>
<p>Do you know when you should start brushing your child’s teeth?</p>	<ul style="list-style-type: none"> • Brush teeth as soon as they erupt twice a day with fluoride toothpaste (last thing at night and on one other occasion). Brushing at bedtime is the most important time. Encourage them to build toothbrushing into their daily routine. Supervise well and don’t let them eat the toothpaste. • Reminder to brush twice a day (last thing at night and on one other occasion) with a fluoride toothpaste. A 1350-1500ppm fluoride gives maximum prevention (Many own brand toothpastes contain this level – check the packaging). Children under 3 years old should use a smear of toothpaste and children aged 3 years and over should use a pea-size amount of toothpaste. Spit do not rinse! • Each family member should have their own toothbrush to stop spread of germs. 	<p>Quick guide to a healthy mouth in children: A 3-page factsheet summarising simple steps for parents, carers and children to protect and improve their oral health (Page1) https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p> <p>British Society of Paediatric Dentistry 2019. A practical guide to children’s teeth: (Page4) https://www.bspd.co.uk/Resources Toothbrushing tips for babies (NHS) https://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/</p> <p>How do I brush my child’s teeth video (NHS) https://www.nhs.uk/video/pages/how-do-i-brush-my-childs-teeth.aspx</p>

Did you know that sugar-free versions of many medicines are available?	<ul style="list-style-type: none"> • Give examples of commonly used one e.g. paracetamol, ibuprofen. • Parents should speak to the prescribing GP to request sugar free versions of liquid medicines, or speak to the pharmacist if buying over the counter. 	Delivering Better Oral Health: An evidence-based toolkit for prevention. 3rd Edition: [Section 5(p42-43)] https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/605266/Delivering_better_oral_health.pdf
Does your child use a dummy/ comforter?	<ul style="list-style-type: none"> • Never dip dummies into sugary liquid, including honey, as this will cause tooth decay. • They should not be used as a replacement for comfort, attention or feeding. • Long-term use can cause speech problems and affect positioning of teeth. 	British Society of Paediatric Dentistry 2019. A practical guide to children's teeth: (Page5 and Page7) https://www.bspd.co.uk/Resources

Mandated Health Visit: 9-12 months

ASK (opener for discussion)	ASSIST (key oral health messages)	ACT (useful resources to use or signpost to)
Has your child been for their first trip to the dentist now?	<ul style="list-style-type: none"> • Reminder that that NHS dental care is free for all pregnant mothers and for up to 12 months after birth and for children. • Adults should have a check-up at least once every 2 years, and children at least once a year. Children should start going to the dentist as soon as the first tooth erupts, and definitely before age 1. 	To find a dentist: https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3 Dental Check by 1: https://dentalcheckbyone.co.uk/patients/
Has your child started drinking from a free-flow cup?	<ul style="list-style-type: none"> • Milk and water are the safest drinks for teeth. • Warn parents about the dangers of severe tooth decay if fruit juice or sweetened drinks are put into feeding bottles/beakers for the child to sip regularly or use as a comforter, especially at bedtime. Bottles/valved beakers cause more damage than free-flow cups as they concentrate the sugar around the teeth. 	British Society of Paediatric Dentistry 2019. A practical guide to children's teeth: (Page 6) https://www.bspd.co.uk/Resources
How are you finding moving on to solids?	<ul style="list-style-type: none"> • Reminder to reduce amount and frequency of sugary foods/drinks, and keep them to mealtimes only 	HENRY oral health video for families with young children (2018). Healthy eating right from the start: Part 1 (10.22min) https://www.henry.org.uk/videos

<p>How are you finding brushing your child's teeth?</p> <p>Have you had your brush, book and bedtime pack already? (If not – provide pack)</p>	<ul style="list-style-type: none"> • Reminder to brush teeth as soon as they erupt twice a day with fluoride toothpaste (last thing at night and on one other occasion). • Brushing at bedtime is most important time. • Reminder to brush twice a day (last thing at night and on one other occasion) with a fluoride toothpaste. A 1350-1500ppm fluoride gives maximum prevention (Many own brand toothpastes contain this level – check the packaging). Children under 3 years old should use a smear of toothpaste and children aged 3 years and over should use a pea-size amount of toothpaste. Spit do not rinse! • Reminder to brush all the surfaces of the teeth. If parent is having problems, advise them to sit child on their lap or stand behind them and cradle the child's head while brushing. Encourage them to persevere even if the child is uncooperative. Brushing with a fluoride toothpaste is more important than good toothbrushing technique! • Each family member should have their own toothbrush to stop spread of germs 	<p>HENRY oral health video for families with young children (2018). Growing up with Health teeth: Part 2 (9.09min) https://www.henry.org.uk/videos</p> <p>British Society of Paediatric Dentistry 2019. A practical guide to children's teeth: (Page5) https://www.bspd.co.uk/Resources</p> <p>Quick guide to a healthy mouth in children: A 3-page factsheet summarising simple steps for parents, carers and children to protect and improve their oral health. (Page 3). https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p> <p>Hey Duggee toothbrushing song (CBeebies) https://www.bbc.co.uk/cbeebies/watch/tooth-brushing-badge-song</p> <p>Also available on YouTube. Just search for 'Hey Duggee toothbrushing song'.</p>
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Mandated Health Visit: 2-2.5 years

ASK (opener for discussion)	ASSIST (key oral health messages)	ACT (useful resources to use or signpost to)
<p>Has your child had any problems with their teeth?</p> <p>When did you last take them to the dentist?</p>	<ul style="list-style-type: none"> • Check they have a regular dentist. • The dentist can paint fluoride varnish on children's teeth to protect them. • Advise parents/carers to ask the dentist about fluoride varnish. 	<p>To find an NHS dentist: https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3</p> <p>NHS dental treatment is free for all children and also for some adults https://www.nhs.uk/common-health-questions/dental-health/who-is-entitled-to-free-nhs-dental-treatment-in-england/</p> <p>Quick guide to a healthy mouth in children https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>

<p>What does your child like to drink and what do they drink from?</p>	<ul style="list-style-type: none"> • Reminder that from 12 months, children should not use a bottle. • Milk and water are the safest drinks for teeth. 	<p>Quick guide to a healthy mouth in children https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention British Society of Paediatric Dentistry 2019. A practical guide to children's teeth: (Page6) https://www.bspd.co.uk/Resources Sweets, fizzy drinks and bottles (NHS) https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-faqs/</p>
<p>How often do you brush your child's teeth? What toothpaste are you using?</p>	<ul style="list-style-type: none"> • Reminder to brush twice a day (last thing at night and on one other occasion) with a fluoride toothpaste. A 1350-1500ppm fluoride gives maximum prevention (Many own brand toothpastes contain this level – check the packaging). Children under 3 years old should use a smear of toothpaste and children aged 3 years and over should use a pea-size amount of toothpaste. Spit do not rinse! • Parents need to supervise toothbrushing until age 8 years. • Each family member should have their own toothbrush to stop spread of germs 	<p>Quick guide to a healthy mouth in children https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention British Society of Paediatric Dentistry 2019. A practical guide to children's teeth (Page5 and Page7) https://www.bspd.co.uk/Resources</p>
<p>Does your child eat a variety of foods including fruit and vegetables?</p>	<ul style="list-style-type: none"> • Check about their diet. Advise on reducing dietary sugars • Diet diary is a useful tool 	<p>Change4life food scanner: https://www.nhs.uk/change4life/food-facts/food-labels Delivering Better Oral Health: An evidence-based toolkit for prevention. 3rd Edition. Section 4, Page 38 https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>
<p>Has your child 'ditched the dummy'?</p>	<ul style="list-style-type: none"> • Reminder of the harm to teeth from continued use 	<p>British Society of Paediatric Dentistry 2019. A practical guide to children's teeth: (Page5 and Page7) https://www.bspd.co.uk/Resources</p>

Table 2: Common barriers to good oral health behaviour and suggested advice

Barrier	Advice
<p>Beliefs about first set of teeth: the belief that the first set of teeth are just ‘milk teeth’ that will fall out anyway results in parents/carers not starting good oral practices for their children early enough.</p>	<ul style="list-style-type: none"> • Explain to them that the child’s first teeth are just as important as the ‘grown up’ teeth and that poor oral health behaviour will affect both teeth and gums. • Tooth decay can cause pain, infection, sleepless nights, time off nursery/school and time off work for parents/carers • Small children often need a general anaesthetic to have decayed teeth removed, which can be an unpleasant experience and is not without risk • Baby teeth are important to guide the adult teeth into the right position. If they are lost early, the spaces for the adult teeth can be lost, and they may come through crooked. • Encourage them to care for the baby’s milk teeth just as they would permanent teeth, and help them to find a dentist and schedule a visit for a check-up if they have not done so already.
<p>Dental health seeking behaviour: The practice of only visiting a dentist when there is a problem, especially if this is common family practice means that the child’s first visit to a dentist may be delayed</p>	<ul style="list-style-type: none"> • Discuss the benefits of good oral health behaviour even in the absence of a visible problem. Prevention is better than cure! • Discuss the importance of the child’s first dentist’s visit and then encourage them to take the child to the dentist even if the child’s teeth seem fine. • Inform them that NHS dental care is free for all children under 18, pregnant women and for 12 months after birth, and for some other adults. Help them to find a dentist where they can attend regularly with their family. Children should be seen at least once a year, and adults at least every 2 years.
<p>When the children are in the care of another family member or regular carer: it has been found that some parents find a challenge when they leave their child with a person who applies different norms/rules to diet and brushing habits, that may not be in line with good oral health practice</p>	<ul style="list-style-type: none"> • Gently set some ground rules. Use rewards (which are not sweet treats) for good behaviour. You could use rewards such as; stickers, trip to the park and TV time. • Ensure milk and water are the regular drinks and that sugary drinks are kept as an occasional treat. Leave or send the child off with healthy packed lunches/snacks. • Ensure that the children have their toothbrush and fluoride toothpaste if staying away, and are supervised to use them twice a day.
<p>Dietary challenges: sometimes, parents/carers promote poor oral health by providing very sugary foods and drinks</p>	<ul style="list-style-type: none"> • Advise on dietary habits that promote good oral health. • Advise that milk and water are the safest drinks for teeth, and should be the only drinks put in bottles if using • Emphasize the importance of toothbrushing last thing before bed
<p>Non-compliant behaviour</p>	<ul style="list-style-type: none"> • As soon as your child’s teeth start to come through, introduce them to the idea of toothbrushing. Use a small medium textured, age appropriate toothbrush to clean the teeth. Don’t worry if the child does more chewing than brushing to start with, getting fluoride toothpaste on the teeth is more important than toothbrushing technique! • Persevere even if your child resists. • Let your child accompany you to your dentist appointment and show them that it is not a ‘bad experience’ to visit the dentist. They can sit on your knee while they are examined • Try to make toothbrushing fun using the toothbrushing songs or favourite rhymes/cartoon characters • Try to brush your teeth (with your own toothbrush) at the same time to show the child that it is normal practice

Table 3: Oral health resources to support conversations

Resource	Summary information	
<p>1 Public Health England 2017. Delivering Better Oral Health: An evidence-based toolkit for prevention. 3rd Edition https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>	<ul style="list-style-type: none"> • Summary of advice and recommended professional interventions for 0-6year olds • Principles of tooth brushing for oral health • Focus on amount of fluoride in toothpaste • Tooth brushing guidelines/advice • Amount of toothpaste – age appropriate • More focus on fluoride; Types of over the counter toothpastes by fluoride concentration level • Fluoride varnish • Dietary advice • Eat well guide (page 35) • Sample diet diary (page 38) • Sugar free medicines 	<p>Page 6-7</p> <p>Section 2 (page 17-18)</p> <p>Section 3 (page 22-29)</p> <p>Section 4 (page 32-41)</p> <p>Section 5 (page 43)</p>
<p>2 Public Health England, 2017. A quick guide to healthy a mouth in children. https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>	<p><i>A 3-page factsheet summarising simple steps for parents, cares and children to protect and improve their oral health.</i></p> <ul style="list-style-type: none"> • Brushing Children’s teeth – Page 1 • Healthy eating advice – Page 2 • Visiting the dentist – Page 3 	
<p>3 Guide to a healthy mouth in adults: https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention</p>	<p><i>3-page factsheet providing a summary of the simple steps that adults can take every day to protect and improve their oral health.</i></p> <ul style="list-style-type: none"> • Looking after your mouth – Page 1 • Looking after your gums – Page 2 • Reducing the risk of mouth cancer – Page 2 • Looking after dental implants – Page 2 • Visiting the dentist – Page 3 	
<p>4 British Society of Paediatric Dentistry 2019. A practical guide to children’s teeth. https://www.bspd.co.uk/Resources</p>	<ul style="list-style-type: none"> • Information on milk teeth • Advice on when to visit the dentist for the first time • Advice on dummies and thumb sucking • Information on why fluoride is recommended • Dietary advice: Early food and drink • Dietary advice: food and drink for little toddlers • What not to do • 5 Golden tips for brushing • 6+ children’s teeth • Permanent teeth • Food and drink advice • Adult teeth • Key points 	<p>Page 3</p> <p>Page 4</p> <p>Page 5</p> <p>Page 6</p> <p>Page 7</p> <p>Page 8</p> <p>Page 9</p> <p>Page 10</p>

Resource	Summary information	
<p>5 HENRY oral health video for families with young children (2018). https://www.henry.org.uk/videos</p> <p>2-part, 19.31-minute video. Part 1: Health eating right from the start Part 2: Growing up with healthy teeth</p>	<ul style="list-style-type: none"> • Eat and drink: covers why it is important to develop good oral health routines from the start with young children and how diet particularly sugar consumption can affect children's oral health. • Gives helpful tips on how to reduce sugar • Gives information about breast and bottle feeding • Children's teeth: focuses on tooth brushing and the importance of visiting a dentist regularly 	<p>Part 1 (10.22min)</p> <p>Part 2 (9.09min)</p>
<p>6 The HENRY 'Healthy Start' best practice handbook for health and early years practitioners working with parents. https://www.henry.org.uk/product/healthy-start-best-practice-handbook-health-and-early-years-practitioners-0</p>	<ul style="list-style-type: none"> • Chapter on Growing up with healthy teeth 	<p>Purchase online £20</p>
<p>7 'Hey Duggee' tooth brushing badge video. https://www.bbc.co.uk/cbeebies/watch/tooth-brushing-badge-song Can also search for 'Hey Duggee' tooth brushing song on YouTube.</p>	<ul style="list-style-type: none"> • Helps with timing tooth brushing • Gives information on consequences of not brushing your teeth – teeth will not be strong; will be yellow and furry... • As well, as rewards for brushing your teeth – sparkle when you smile... 	<p>2.32 minutes</p>
<p>8 Institute of Health Visiting, 2015. Looking after your children's teeth. https://www.pacey.org.uk/Pacey/media/2015-images/Blog%20content%20images/Childrens-Teeth-support-iHV.pdf</p>	<p><i>3-page guide with;</i></p> <ul style="list-style-type: none"> • Top tips for teeth brushing • Detailed information on healthy eating • Information on visiting the dentist 	
<p>9 Public Health England, 2016. Improving oral health for children and young people: for health visitors, school nurses and practice nurses. https://vivbenett.blog.gov.uk/wp-content/uploads/sites/90/2016/11/Improving-oral-health-for-children.pdf</p>	<ul style="list-style-type: none"> • Presents statistics about the country's current oral health status • Outlines the impact of poor oral health on general health and wellbeing • 10 tips for promoting good oral health • Key oral health messages across the life-course 	
<p>10 Children's Oral Health e-learning programme. https://www.e-lfh.org.uk/programmes/childrens-oral-health/</p> <p>An e-learning resource, the update of oral health promotion module of the RCPCH Healthy Child Programme (HCP) on Health Education England's e-learning for Healthcare was published on the e-LfH https://www.e-lfh.org.uk/programmes/healthy-school-child/</p> <p>Oral Health Session on the Healthy Child Programme Open Access webpage; https://www.e-lfh.org.uk/programmes/healthy-child-programme/sample-sessions/</p>	<ul style="list-style-type: none"> • Aimed at parents, expectant mothers, early years healthcare workers, teachers, nurses, GPs and the public • Updated with new content and video. • Aimed at the early years workforce including health visitors, nurses and the child health team. • For public health staff groups outside the NHS. • It is the third session in the list. (Scroll down to the bottom of the page and click on dental health promotion – one of the sample sessions). 	

Resource	Summary information	
<p>11 Oral Care and people with learning disabilities https://www.gov.uk/government/publications/oral-care-and-people-with-learning-disabilities</p>		
<p>12 Making Every Contact Count (MECC) https://www.mecclink.co.uk Select Yorkshire and Humber to get to the oral health section</p>	<ul style="list-style-type: none"> • This is an online tool which supports very brief intervention and signposting to any one that is delivering MECC in Y&tH. • The MECC link covers several topics including smoking, alcohol, and healthy weight. • It suggests questions using Ask, Assist and Act model and provides links to both national and local resources including support groups. • An oral health section has been developed which is of use to non-dental professionals 	
<p>13 Change4Life campaign https://campaignresources.phe.gov.uk/resources/campaigns/69-top-tips-for-teeth/resources https://www.youtube.com/watch?v=gswZ9wIFRCs https://www.nhs.uk/change4life/food-facts</p>	<ul style="list-style-type: none"> • Free resources • Highlights the amount of sugar present in breakfast cereal • Food scanner app 	
<p>14 NHS website https://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/ https://www.nhs.uk/video/pages/how-do-i-brush-my-childs-teeth.aspx https://www.nhs.uk/conditions/pregnancy-and-baby/teething-and-tooth-care/ https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/ https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-faqs/</p>	<p>Provides a range of resources supporting children’s good oral health practices.</p>	

Table 4: Dental services in Doncaster

Service	Contact Details
<p>1 Finding an NHS dentist</p>	<p>Visit: https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3</p>
<p>2 Urgent Dental Care: Refers to people who require dental attention within 24 hour for;</p> <ul style="list-style-type: none"> • Severe dental and facial pain not controlled by over the counter preparations • Dental and soft tissue acute infection/swelling (which is not rapidly swelling around the throat or eye) 	<ul style="list-style-type: none"> • The person should contact their regular dental practice in the first instance to arrange to be seen there • If the practice is closed or if the person has no dentist, they should ring NHS 111 for advice.
<p>3 Emergency Dental Care: Refers to people who require immediate attention in a Hospital Accident and Emergency Department.. They are most likely to present with;</p> <ul style="list-style-type: none"> • Uncontrollable dental haemorrhage (bleeding) following extractions • Rapidly increasing swelling around the throat or eye • Trauma confined to the arches 	<ul style="list-style-type: none"> • These cases will present at an A&E department, in order to minimise the risk of serious medical complications or prevent long-term dental complications.
<p>4 Community Dental Services: Provides dental care for children and adults with special needs, who cannot be treated in general dental practice.</p>	<ul style="list-style-type: none"> • Based at the Flying Scotsman Centre, 2nd Floor, Sepulchre Gate West, Doncaster, DN1 3AP Tel: 01302 563163

Table 5: Other useful support resources

Resource	Summary	Telephone helpline	Website
Doncaster 24 hour Breastfeeding helpline		01302 647071	
Doncaster Single Point of Contact	Open 9am-5pm. Can speak with a Health Visitor for advice and support around feeding your baby	01202 566776	
National Breastfeeding helpline	In collaboration with the Breastfeeding Network (BfN) and the Association of Breastfeeding Mothers (ABM) Lines open from 9:30am-9:30pm, 7days a week	0300 1000212	
BfN supporter line	Run by BfN registered breastfeeding supporters	0300 1000210	www.breastfeedingnetwork.org.uk
BfN supporter line in Bengali/Sylheti	Messaging service available as well Lines open from 9:30am-9:30pm 7days a week	0300 4562421	
BfN supporter line in Tamil, Telugu and Hindi	Messaging service available as well Lines open from 9:30am-9:30pm 7days a week	0300 3305469	
Facebook and Twitter	'Doncaster Health Visitors' Facebook page Local family hub Facebook pages with information on groups such as 'Breast start' breastfeeding support groups		
Doncaster smoking cessation service	NHS – Yorkshire smoke free service. Self-referral	Free landline: 0800 612 0011 Free mobile: 0330 660 1166	https://doncaster.yorkshiresmokefree.nhs.uk/



Doncaster Council

Oral Health Conversation guide for Health Visitors and Nursery Nurses

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