

## What is the aim of Healthy Smiles?

To support and enable services working with children to adopt tooth-friendly practices.

### Who can take part in Healthy Smiles?

The local authority commissions our oral health promotion team to deliver the programme to early years settings in targeted areas.

- Nurseries
- Preschools
- Children's Centres
- Special schools
- Primary schools

*"We have created healthier environments by changing our celebrations and snacks"*

*Celebrations – "cake is either had at lunchtime or goes home at the end of the day"*

*"Staff have changed their snacking habits"*

### What does the accreditation involve?

There are 5 standards around oral health, including:

- Promoting local dentist information and registration
- Providing tooth friendly snacks
- How the setting celebrates birthdays and other celebrations encouraging families to bring in tooth friendly items instead of sweets and cake
- Staff receive annual Healthy Smiles training
- Supervised toothbrushing - optional

*"The training was useful and very interesting – some good activity ideas for the setting"*

*"More families are taking their children to the dentist"*

*Would you recommend this programme to other settings?  
"Yes – definitely"*







### Supervised toothbrushing

Contact the team if you wish to start up tooth brushing in your setting and we can support you with our guidelines.



## Improving Oral Health in Ever More Communities

### Our Values...

-  **D**elivering - Excellence
-  **E**ngaging - Everyone
-  **N**urturing - Each other
-  **T**rusted - To do the right thing
-  **A**ccountable - Always
-  **L**eading - and Learning

### Contact us

If you would like to speak to someone about any aspect of our dental service please contact:

Corporate Services Manager  
Community Dental Services CIC  
Bedford Heights, Manton Lane  
Bedford MK41 7PH

Telephone: 01234 310223 / Email: info@cds-cic.nhs.uk  
www.communitydentalservices.co.uk

### Find out more...

If you are interested in taking part in the Healthy Smiles programme then contact the team.

**Oral Health Promotion Team**  
01234 310355  
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***A public health programme creating tooth friendly environments in early years settings in Bedfordshire***



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