



# Westfield Nursery School

Westfield Road, Dunstable, Beds. LU6 1DL. Tel: 01582 608650  
email: [office@westfieldnurseryschool.org](mailto:office@westfieldnurseryschool.org)  
website: [www.westfieldnurseryschool.org](http://www.westfieldnurseryschool.org)  
Head teacher: Mrs Liz Collins BA(QTS) NPQH



20<sup>th</sup> March 2026

## World Oral Health Day

Dear Parents/ Carers,

Today is World Oral Health Day and we have been asked to share the attached resources.

It is so important children get into good brushing habits from an early age.

### Brushing

1. Brush in the morning and before bed time
2. Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
3. Just a smear on the brush for under 3s
4. Pea sized amount for over 3s
5. Spit – don't rinse when finished
6. Children should be taken to the dentist for regular visits every six months

Finding an NHS dentist via [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)

### Dunstable Dentists

<b>Dunstable Dental Practice (NHS)</b> 85 High Street North, LU6 1JJ Telephone 664315 <a href="http://www.dunstable-dental.com">http://www.dunstable-dental.com</a>	<b>Great Northern Road Dental Clinic (NHS)</b> 84 Great Northern Road, LU5 4BT Telephone 663444 <a href="http://dunstabledentists.co.uk">http://dunstabledentists.co.uk</a>
<b>Darrell House Dental Practice (NHS)</b> 85 West St, LU6 1SE Telephone 601351 <a href="http://darrellhousedental.co.uk">http://darrellhousedental.co.uk</a>	<b>Friars Walk Dental Surgery (NHS)</b> 1A Friars Walk, LU6 3JA Telephone 663838 <a href="http://friarswalkdentalsurgery.co.uk">http://friarswalkdentalsurgery.co.uk</a>
<b>Houghton Regis Dental Centre (NHS)</b> 105-111 High St, Houghton Regis, LU5 5BJ Telephone 865001 <a href="http://www.houghtonregisdental.co.uk">www.houghtonregisdental.co.uk</a>	<b>Queensbury Dental Practice</b> 66 Langdale Rd, LU6 3BS Telephone 605184 <a href="http://www.queensburydentalpractice.com">http://www.queensburydentalpractice.com</a> (Not currently accepting NHS patients)

If you need help finding a dentist please telephone: **NHS Helpline: 111** or visit their website: **www.nhs.uk**



## Between meal snacks

7. Avoid sugary and acidic food / drinks between meals and an hour before bedtime
8. Milk is a tooth friendly drink during the day, water is tooth friendly drink at any time
9. Honey, smoothies, fruit juice and dried fruit are **not** tooth-friendly snacks
10. Tooth friendly snacks include fresh fruit, bread sticks, cubes of cheese
11. From 6 months onwards encourage the use of open top cups - discourage bottle use after the age of one year
12. Remember to ask for sugar-free medicines whenever possible

If you need advice either talk to the dentist or contact the health hub.

The health hub can be contacted by telephoning 0300 555 0606

Or emailing [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

Remember prevention is better than cure!

Yours sincerely,

Mrs Collins

Head teacher