



LONDON BOROUGH OF
HARROW

NHS

Whittington Health
NHS Trust

Harrow Happy



Smiles

Supervised Toothbrushing Programme

What is the Harrow Happy Smiles Programme?

The Harrow Happy Smiles programme is a supervised toothbrushing programme where children learn to brush their teeth every day at school or setting together with their friends and teaching staff. This ensures that children brush their teeth and develop good oral health behaviours from an early age. Parents are advised to continue supporting children to brush their teeth, twice a day, at home.

How the programme works

- Parents are required to sign a consent form to allow their child to take part in the programme.
- All staff will receive formal training from Whittington Health's Oral Health Promotion Team.
- Children are supported to brush their own teeth using fluoride toothpaste.
- Children are given their own toothbrushes that are kept at school or setting and replaced each term.
- Children are encouraged to spit not rinse.

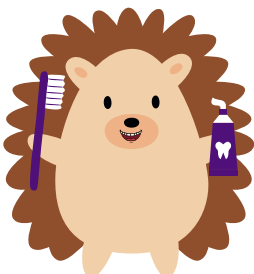


Infection control:

- The fluoride toothpaste is not applied directly to the brush.
- Toothpaste is applied to a paper towel.
- Children scoop toothpaste onto their brush.
- After brushing, toothbrushes are rinsed under cold running water.
- Toothbrushes are stored upright in numbered storage racks.
- Storage racks are covered.

Why Dental Health is important?

Brushing teeth for two minutes twice daily with fluoride toothpaste prevents tooth decay in children. Tooth decay can affect children and young people's ability to sleep, eat, speak, play, and socialise with other children. It can also lead to hospital admissions for teeth extraction. Teeth problems can also lead to school or setting absence and missing out on education. Good oral health habits can prevent tooth decay and the programme helps to give children happy healthy smiles!



Don't forget...

Brush teeth twice a day for two minutes, once before bed and one other time.

Be sugar smart: reduce sugary food and drinks. Milk and water are best for teeth

Dental treatment is free for children under 18 at an NHS dentist. Go to 'NHS find a dentist' to find a dentist that is convenient for you.



For more information

For more information scan the QR codes below to visit our oral health website and to watch a video of how the programme works.



**Whittington Health
Oral Health Website**



**Supervised
Toothbrushing Video**