



Dear Parents/ Carers,

Young children need help with their tooth brushing on a daily basis therefore Plat Douet have decided to participate in the Super Smiles daily tooth brushing programme. This programme is in place in other primary schools and nurseries throughout the Island. We want to encourage children to brush their teeth once a day at nursery/school to reinforce good oral hygiene and give them a skill for life, 'brushing for life.' Evidence shows that regular use of a toothpaste containing Fluoride helps to reduce the risk of dental decay.

All staff will be given thorough training by dental health professionals to ensure that the programme is organised in a safe and effective way. All staff will always make sure that,

- The children are always supervised when brushing.
- Children have their own labeled toothbrush (provided by Super Smiles)
- Toothbrushes are replaced at least twice a term.
- Children have the paste placed onto a dry brush via our cross-infection control method and brush for 2 minutes.
- No rinsing takes place. **SPIT DON'T RINSE** is the message.
- The toothbrushes are collected, thoroughly rinsed and stored in a special rack to prevent any cross contamination.
- A small smear of toothpaste containing 1450ppm parts per million Fluoride will be used ( we use Aqua fresh milk teeth toothpaste )

If you have any questions the Super Smiles team can be contacted by;

Email: [hello@supersmiles.je](mailto:hello@supersmiles.je)

Mobile: 07797866670 ( Bernadette Hilditch- Dental Educator )

Website: [supersmiles.je](http://supersmiles.je)

The Super Smiles team would like to remind parents/carers that it is still important to brush and supervise their child's tooth brushing twice a day at home and limit sugary food and drinks to mealtimes only.

If you are happy for your child to take part in this tooth brushing programme, please complete the questionnaire and consent form attached. Please return this form to your child's key worker/ teacher as soon as possible. All questionnaires will be kept securely at nursery/school and help Super Smiles deliver the most effective tooth brushing programme for your child.

I understand that I may withdraw my consent at any time by informing my child's teacher or a representative of Super Smiles. All information collected is kept strictly confidential and in accordance with Super Smiles' Data Protection and Privacy Policy ( [www.supersmiles.je](http://www.supersmiles.je) )

We look forward to working with Plat Douet

Kind Regards

The Super Smiles team ☺



**Please can you complete the following questionnaire  
and consent below and return to your teacher**

- 1** Do you help your child brush their teeth? Yes No
- 2** How many times a day does your child brush their teeth? 0 1 2
- 3** Does your child use Fluoride toothpaste? Yes No
- 4** Has your child had a dental check up Yes No
- 5** Has your child had decay or fillings? Yes No
- 6** Has your child ever been shown how to brush their teeth by a dental health professional? Yes No
- 7** Is your child happy to brush their teeth? Yes No
- 8** Do you think this approach to delivering dental health education will be beneficial to your child? Yes No
- 9** What does your child do when they finish brushing?  
Spit out Rinse with water Swallow Other
- 10** We would be grateful for any further comments...

I consent to my child.....being included on the supervised daily tooth brushing programme. I understand they will be using a Fluoride toothpaste (1450ppm). I am happy for them to be included in any photographs/film which may be used to promote the Super Smiles charity.

Signed:

Date: