

stop the rot

Dear Parent,

We have become a tooth-friendly nursery! Our nursery has signed up to the stop the rot campaign. Stop the rot aims to prevent as much tooth decay in your child as possible.

This leaflet tells you a little about the campaign, its importance and explains what we will be doing to look after your child's teeth whilst at nursery.

The stop the rot campaign is supported by:

- Professor Robert Winston, Imperial College London and well known presenter of TV series 'Child of our Time'
- Dame Nancy Rothwell, Vice President of Research, University of Manchester
- National Day Nurseries Association

Why stop the rot?

Almost half of children under five suffer from the pain of tooth decay. Through a few simple changes to our daily routines we can help prevent this. We have made three 'Smile' promises to improve the dental health of children in our nursery:



- ✓ **Sack the sugar**
- ✓ **Beat the sweets**
- ✓ **Eat, drink, brush**

What will we be doing?

We will be making a few small adjustments to fulfil our pledge. These include:

- Minimising the amount of sugar in our food
- Swapping sweets and biscuits for healthier choices
- Cleaning teeth after meals

We will not be banning any foods but making smarter choices about the food we offer children.

Our mealtime routines will be adapted to accommodate tooth brushing.

Good habits last a lifetime. Making this pledge means we can help ensure your child avoids the pain of tooth decay in the future.



What about toothbrushes?

Our nursery staff will contact you about a toothbrush and toothpaste for your child. Please do contact us if you have any queries.

How can you become involved?

We hope that you will support us in this important campaign. There are a number of ways you can help prevent tooth decay and teach your child great habits that last a lifetime at home. These include:

- Swapping the birthday cakes and sweets you bring to nursery for fruit or inexpensive stickers
- Checking labels for 'hidden' sugars and trading treats and fizzy pop for healthier options
- Encouraging your child to copy you brushing your own teeth
- Drinking a glass of milk or eating a piece of cheese after a sugary pudding to neutralise the acid

Any questions?

If you have any questions about the campaign please speak to our nursery manager who will be happy to help. You can also visit the stop the rot website for further information on the campaign:

www.stop-the-rot.co.uk