

First Smiles / FAQ

Improving oral health for children everywhere

What is First Smiles?

First Smiles is an initiative created by the [British Society of Dental Hygiene & Therapy](#) in order to teach young school children in the UK some of the basic oral health and hygiene messages.

How does First Smiles work?

First Smiles asks you to identify nurseries or schools nearby that you and your practice can visit. By making contact with them and asking whether they would be open to you giving a talk or interactive lesson in the classroom.

When is First Smiles?

First Smiles takes place on 17 June 2016. This is when we want you, our supporters, to go into nurseries and schools to deliver oral health education.

Why is it important?

Nearly one in three children in the UK are starting school with visible signs of tooth decay. In primary schools around eight or nine children in every class will have already developed tooth decay – that’s approaching a quarter of a million children in each primary school year and around 3.3 million young people aged 0-14 years.

What do I do to take part?

Firstly, speak with your team. Discuss whether you can commit yourself to working out of the Practice on that day. Identify a nearby school and get in contact with them. Confirm a date and time, along with some of the things you will be teaching the children. Use free resources like the ones on Dental Buddy to help you deliver the lessons. Further educational material is available on Educating Smiles.

What if my nursery or school is unavailable on 17 June?

Don't worry. Arrange the visit for whenever is good for the school. Remember that it's [National Smile Month](#) between 16 May and 16 June so this would also be a perfect time to organise your visit!

What can I do in my lesson?

Anything that is informative but also enjoyable and fun for the children. Toothbrushing demonstrations and guidance and tuition about brushing are always received positively. Other topics such as what our mouths and teeth are for, along with diet and sugar in foods and drinks also go down well. Be sure to make the messages basic and easy-to-understand. Do them as games, quizzes and competitions for maximum engagement.

Where can I find resources?

The British Dental Health Foundation stock a variety of educational resources on their [Educating Smiles](#) web shop www.educatingsmiles.org. Alternatively, their [Dental Buddy](#) (www.dentalbuddy.org) website provides a range of freely downloadable resources for a variety of ages.

You can also try dental companies for free samples of toothbrushes and toothpaste – the team at Oral-B for example.

What if I cannot find a nursery or school to visit?

Contact us. We'll try our best to match you with a nursery or school in your local area.

Contact Details:

Mail: Smile House

2 East Union Street

Rugby

CV22 6JA



Telephone: 01788 575050

Email: enquiries@bsdht.org.uk