

# Tooth Brushing Club Newsletter



**Sheffield tooth brushing clubs are amazing!** March 2020

Thanks to your support in setting up a tooth brushing club within your setting we now have **103** clubs and over **6100** children brushing daily which is a great achievement.

The Oral Health Promotion Team will soon be carrying out this year's quality assurance checklist and bringing you a supply of brushes and paste for the next 12 months.

## **SHEFFIELD'S SWEET ENOUGH**

Sheffield City Council has launched a public health initiative aimed at reducing tooth decay and obesity.

A focussed website [Sheffield is Sweet Enough](http://www.sheffieldissweetenough.org) outlines the recommended daily limits and what this means for children of different ages and their families.

The website contains a range of information including lesson plans for schools and education resources for nurseries and community groups, as well as highlighting the worst sugar 'culprits' and providing ideas for sugar swaps.

We want to help you get the facts about sugar to keep you, your family and everyone in Sheffield healthy.

Sheffield is sweet enough.

[www.sheffieldissweetenough.org](http://www.sheffieldissweetenough.org)

## **Healthy Snack Information**

### **Dried Fruit:**

The naturally occurring sugar in dried fruit, such as raisins can contribute to tooth decay.

Dried fruit is sticky and can sit on the teeth for a long time, sometimes until teeth are brushed again.

The safest snacks for teeth are:

- Fresh whole fruit
- Raw vegetables
- Breadsticks
- Cheese

Only give sweet foods including dried fruit at mealtimes.

Milk or water are the healthiest drinks



***“Spit out the toothpaste but DO NOT rinse after brushing”***

**Thank you for your support in running a tooth brushing club and helping to improve the oral health of children in Sheffield**