North Yorkshire & York Oral Health Improvement Team

Autumn Edition Newsletter



Welcome to the Autumn edition of the North Yorkshire & York Oral Health Improvement Newsletter. As professionals working with children and families, you play an important role in promoting positive oral health behaviours. Whether through everyday conversations, creating tooth-friendly environments, supporting supervised toothbrushing, or signposting families to dental services, your influence can help children develop healthy habits for life.

This newsletter contains seasonal oral health messages, practical activities, resources and training opportunities to support your work during the autumn term.



Autumn oral health tips

October brings plenty of Trick-or-Treat sweets, making it easy for little ones to snack more often throughout the day.

Try to save sugary foods and drinks for mealtimes. This helps protect teeth from frequent acid attacks and keeps smiles bright!

Pop leftover sweets out of sight, and offer just one or two pieces as a dessert treat.

Encourage children to swap extra sweets for a fun small toy, a new book, or a special family activity together.



Alternative Treats to Hand Out

Fun non-food treats: Try spider rings, bouncy balls, temporary tattoos, bubbles, or glow sticks instead of sweets.

Mini savoury snacks: Tooth-friendly alternatives include cheese portions, breadsticks, or rice cakes.



Half-term dental check-up reminder

We understand it can be tricky to fit dental check-ups into busy school timetables. Regular visits help catch any problems early, prevent bigger issues down the line, and support children's healthy habits, confident smiles, and overall well-being. Encourage families to book appointments well ahead of the Half Term holidays for peace of mind!

Toothbrushing tips



Brush twice daily with fluoride toothpaste, including once before bed and on one other occasion.
Encourage children to brush for a full two minutes.
Remind children to spit out excess toothpaste after brushing and avoid rinsing with water.
Children under 7 years old should be supervised while brushing their teeth.



Click to find a dentist here!

AUTUMN ACTIVITIES

Community Dental Services

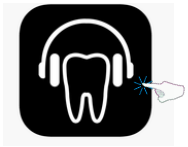
Share a Toothbrushing Chart and Leaflets

Create a colourful brushing chart for the Autumn holidays. Children can add a sticker each time they brush, aiming for a full chart by the end of each week. Offer small tooth-friendly rewards for consistency.



Recommend Brush Along Apps

Brush DJ or a guided brushing video on YouTube are great fun.
Click the images below and try it yourself.





Storybook recommendations

Read children's books about visiting the dentist or taking care of teeth.

Click the picture to see some popular options





Try an Autumnal Oral Health Scavenger Hunt!

A scavenger hunt is a game where a player or teams try to find specific items, take certain photos, or complete the task on the list.

Pumpkin Smile Craft

Encourage children to create smiling pumpkin faces using craft supplies. Use this to talk about what makes a healthy smile and the importance of brushing.



We trust that you have found this newsletter both useful and informative.
Please consider sharing it with other professionals who work with children, and feel free to utilise the tips and tricks to assist the families you support.

Thank you for reading!



Meet the team



Rosey is part of the Oral Health Improvement Team. We are commissioned by North Yorkshire Council and City of York Council to deliver, promote, and support oral health improvement programmes across our communities.

To contact the team, please email

OHP.NYY@cds-cic.co.uk

Community Dental Services