

# Oral Health Improvement in Early Years and Childhood

## Key objectives

To increase the availability of consistent accessible (e.g., formats, culturally appropriate) evidence informed messages around good oral health, in alignment with general health.

To support the training of the wider health, education, social care and community and voluntary sector workforce in oral health.

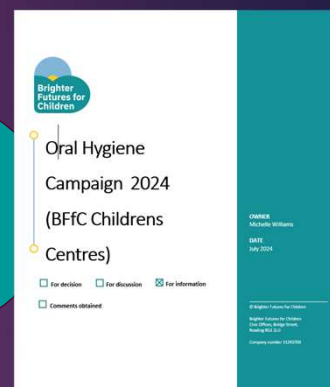
To support the identification and development of peer leaders to champion oral health.

To deliver brief interventions that create supportive environments through the dissemination of positive oral health messages, including community engagement events

**Making Every Contact Count training - helping communities learn how to use behavioural change to frame lifestyle conversations**



**We have built Capacity by producing a Children's Centre Oral Health Campaign report**



**We provided Opportunity for children and families to access resources, toothbrushes, toothpaste at no costs, through the Household Support Fund**

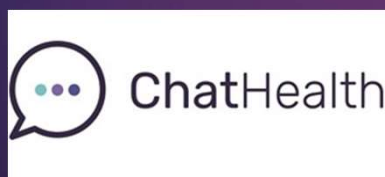


**Health visiting ad-hocs sessions provide Opportunities for families wishing to access support within their community for toothbrushing training**



School nurses deliver health promotion to schools including dental health (facilitating Reflective Motivation)

Our Health visiting service provides information (building Capacity) to families on healthy eating, breastfeeding, how to brush teeth (Capability and Opportunity)



ChatHealth is our text messaging service where families can access a health visiting professionals and be signposted as appropriate (Opportunity)

## REFLECTIONS



- Action Learning Sets (ALS) helped unpick grey areas and give clear guidance on how to embed learning into interventions
- Using the project to bring together partners to work collaboratively (Children's Centres, Healthwatch Reading research work, The Weller Centre)
- Public Health were able to support Children's Centres in Reading to deliver oral health messages to their reach of over 2000 children
- The Household Support Fund supported children and families from low-income households to access toothbrushes and oral health toolkits
- Parents were empowered to embed positive behaviour change to help their children adopt better oral health habits