



Smile4Life Early Years Foundation Stage Programme:

An award scheme to reduce tooth decay and lay solid foundations for good oral health throughout life



Good oral health is important to help children eat, talk, smile and feel confident and the most effective way to improve oral health for everyone is to adopt the following four evidence-based practices:

- Healthy Eating and Drinking
- Regular Toothbrushing
- Adopting a Healthier Lifestyle
- Visiting a Dentist Regularly

Your role as a child carer is therefore very important, as many children spend significant amounts of time in the early years setting. For that reason, the **Smile4Life Early Years Foundation Stage Programme** has been developed, in partnership with nursery staff and in consultation with children and young people, to enable all practitioners in Early Years Foundation Stage settings to demonstrate and be recognised for the interventions they undertake that improve oral health.

Why take part in the Smile4Life Programme?

Many Early Years Foundation Stage settings already have a lot of ‘unwritten rules’ and undertake activities that improve oral health. However, the advantage of taking part in the Programme is:

- It provides tangible evidence for OFSTED in helping you meet the requirements of the EYFS
- It enables easy continuation of good work/future plans in the event of someone leaving the setting
- Everyone has a chance to agree on best practice for their individual setting
- It helps everyone make the ‘healthier choices, easier choices’

If your setting would be interested in implementing the **Smile4Life** Programme or you would like further information about the Programme, please complete and email the reply slip below to:

Annie.brooks@ncic.nhs.uk or send to:
Annie Brooks (Oral Health Improvement Lead)
Wigton Hospital
Cross Lane
Wigton
CA7 9DD
Tel 01228 603956



Smile4Life Early Years Foundation Stage Programme – reply slip Healthy Families Cumbria Pledge

Setting Name:.....

Address and Postcode:

Contact Tel. Number: Email Address:

Signed: Name:..... Manager/Other:.....