

Improving mouth care for children and young people in special education settings

A guide for parents and guardians



What is the Mini Mouth Care Matters programme?

Mini Mouth Care Matters is a programme developed to ensure children and young people have a healthy mouth, including all children and young people in special residential schools and autistic children, and children with a learning disability.

What do we want to happen?

1. To train all members of staff to deliver mouth care and 'lift the lip'.
2. To make sure your child is receiving mouth care once a day, at school, from a trained member of staff.
3. To keep you informed of any changes which are noted in your child's mouth so you can arrange a dental visit if it is necessary.

Why is having a healthy mouth important?

Having a healthy mouth helps us to eat, speak, socialise and smile. It can also affect our confidence. If not looked after, dental problems can occur, for example toothache and gum disease.

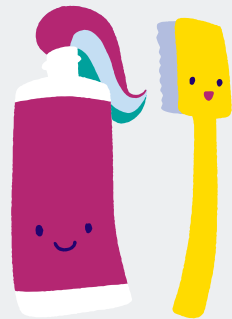


Did you know?

Dental problems are almost entirely preventable if we can ensure effective daily mouth care is provided, along with a healthy, balanced diet. A child or young person with learning disabilities, autism or both may not be able to communicate when suffering from toothache. The pain may cause changes to eating, sleeping, behaviour and in some cases self-harm, such as biting.

Here are some mouth care tips:

1. It is recommended to carry out toothbrushing last thing at night and one other time of the day.
2. Use a toothpaste containing fluoride to help strengthen your child's teeth.
3. Encourage your child to spit out after brushing and not rinse.
4. Maintain a healthy diet and reduce the frequency of sugary snacks and drinks. Keep sweet treats to mealtimes.
5. Visit a dentist or oral health team regularly for check ups and more advice on toothbrushing.



What happens next?

Your child may be supported with a mouth care pack at school or be offered a remote oral health check from a member of the oral health care team. We would appreciate your assistance with this by completing the form attached.

“Every child and young person
deserves a smile for life”



If you have any questions, please contact:

I am happy for my child to receive a mouth care pack
Yes **No**

My child is seen for regular dental check ups
Yes **No**

I am happy for my child to be included in a remote
oral health check in
Yes **No**

Please return this form to the school by:

Child's name:

Date of birth:

Gender:

Signed:

Print name:

Relationship to child:

If your child is already seeing a dentist or oral health team regularly, please provide their details here including name and address of dental practice: