

# #HappyTeeth

## Introducing our new 'Brush with Freddy' interactive sessions for you and your minded children

The Scottish Childminding Association (SCMA) 'Happy Teeth' project is a three-year project funded by the Scottish Government's Oral Health Community Challenge Fund.

We work alongside the NHS Child Smile Programme to provide support and opportunities for childminders across Scotland to encourage and implement supervised tooth-brushing within their childcare settings and to promote this within the child's own home.

This project also enables SCMA to continue our important work in the community - especially crucial in areas of need - and highlight the invaluable role that childminders play in supporting children and families.

### How can childminders help support 'Happy Teeth'?

Childminders are ideally placed in a home-from-home environment to encourage children of all ages to take a keen interest in their oral health.

Providing a relaxed, fun and friendly environment to help boost children's understanding of the importance of good oral health, childminders can help children and families forge a routine and a keen interest in looking after teeth.

### 'Brush with Freddy'...

As part of our three-year Happy Teeth project, we are introducing a new pilot series of virtual interactive daytime sessions for childminders and their minded children called 'Brush with Freddy' to find the fun in looking after their teeth.

Freddy the Flossisaurus is a fun dinosaur character, who is keen to "see your smile" and promote teeth-brushing and raise awareness of oral health for children and their families at home.

We are currently inviting a small number of childminders and their minded children based in Aberdeen City to take part in our pilot sessions, which will be held virtually and will help shape our plans for the nationwide expansion of Brush with Freddy.



### What will Brush with Freddy involve?

At our Brush with Freddy sessions, you will meet Freddy himself, and your minded children will be able to hear top tips about how and why it's important to brush your teeth regularly - we know he's really looking forward to seeing your smiles.

The sessions will also feature a range of age-specific activities for your minded children, encouraging them to think about their teeth, how they brush their teeth, what foods keep your mouth healthy, and much more!



- What colour is your toothbrush?
- How many teeth do you have?
- Can you draw a picture of your mouth?
- What do Freddy's teeth look like - are they healthy?

Following the session, childminders who attended the session will receive a Brush with Freddy Activity Box from SCMA, which includes toddler and children brushing packs, stickers, a toothbrush rack and other resources to support oral health in your setting. We will also have a competition to win a Freddy the Flossisaurus for your childminding setting following the session.

## What is the aim of 'Happy Teeth'?



- Contribute towards improving the oral health of Scotlands children
- Encourage childminders to work with parents to support them to develop a healthy oral regime at home with their children from an early age.
- Invite childminders to a series of informal, virtual interactive and learning sessions.
- Support over 1,500 children and families with oral health over the next three years.
- Reach more than 1,000 childminders across various areas in Scotland.

## What happens after the 'Brush with Freddy' session?

It is our aim that you take part in our 'Happy Teeth' project. This will involve ensuring that the children in your care follow good oral health regimes by brushing regularly and eating healthy. We will support you with this and run follow up sessions to give you more information about children's oral health and how you can implement this in your service by looking at:



- Getting it Right for Every Child
- Realising the Ambition: Being Me
- Health and Social Care Standards: My support, my life
- The National Standard for Early Learning and Childcare Providers
- Setting the Table
- Early Level Curriculum Areas

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