

About Childsmile

Childsmile is a national programme designed to improve the oral health of children in Scotland and reduce inequalities both in dental health and access to dental services.



It is funded by the Scottish Government and has four main elements:

Childsmile Core

- **The Childsmile Core Programme is available throughout Scotland. Every child is provided with a Dental Pack containing a toothbrush, tube of 1000ppm fluoride toothpaste and an information leaflet on at least six occasions by the age of five.**
- Children also receive a free-flow feeder cup by one year of age.
- These are distributed in different ways in each Health Board area.
- In addition, every three- and four-year-old child attending nursery (whether it is a local authority, voluntary or private nursery) is offered free, daily, **supervised toothbrushing**.
- Supervised toothbrushing closely follows national [toothbrushing standards](#) and the products are provided by a national contract to ensure consistency across Scotland.
- Since the publication of the Dental Action Plan ([‘An Action Plan for Improving Oral Health and Modernising NHS Dental Services, Scottish Executive 2005’](#)) (external link), the toothbrushing component of the programme has been made available to at least 20% of P1 and P2 classes of schools situated in areas with the highest level of need of NHS Boards across the country.

- The Childsmile Core Programme promotes a holistic approach to healthy living, teaching children an important life skill. It benefits nurseries and schools by contributing towards the [Schools, \(Health promotion and nutrition\) Scotland Act 2007](#) (external link) which places health promotion at the heart of school activities, and linked to [Health and Wellbeing, Experiences and outcomes](#) (external link), within Curriculum for Excellence.
- Children in nurseries and schools should be offered healthy snacks and drinks, as part of national initiatives for schools to improve child dental health and help prevent obesity. ([Schools, \(Health Promotion and Nutrition\) Scotland Act 2008 – Nutritional requirement for schools](#)) (external link).

About Childsmile Practice

- **The Childsmile Practice programme is designed to improve the oral health of children in Scotland from birth by working closely with dental practices. It is being developed to provide a universally accessible child-centred NHS dental service.**
- It is carried out through a network of primary care dental service providers involving both independent contractors and salaried services.
- Childsmile is introduced to the family by the public health nurse or health visitor who will refer them straight to a dental practice or to a Dental Health Support Worker (DHSW).
- The DHSW will:
 - Contact children from the age of three months.
 - Make a first appointment for the child with a local Childsmile dental service.
 - Provide the central link between dental services, the family and the public health nurse or health visitor.
 - Give additional oral health support to children and families most in need.
 - Link children who have been identified as not currently attending a dentist, with local Childsmile dental services.
 - Additional support will be given to the children and families most in need through home visiting, community initiatives and primary care dental services.

Extra help

- For the most vulnerable families, a longer period of home support may be required prior to engaging with dental services.
- The length of each appointment will vary depending of the needs of the individual and family.

Continuous care

- From six months old, appointments will be made for the child to attend dental services on a regular basis.
- A programme of Childsmile care, tailored to meet the needs of the individual child, will be provided by the dental team.
- This includes:
 - Oral health advice (e.g. on healthy weaning, diet, teething and toothbrushing instruction).
 - Annual dental check-ups and treatment, if required.
 - Twice-yearly fluoride varnish applications from two years old.
- Extended Duty Dental Nurses (EDDNs) from Childsmile practices are trained in oral health promotion and fluoride varnish application to support the dental team to provide Childsmile care.
- It is envisaged that children attending a practice will continue with the same dental practice for their dental care needs throughout childhood and into adulthood.

About Childsmile Nursery and Childsmile School

- **The Childsmile Nursery and Childsmile School programmes deliver fluoride varnishing for children aged three and upwards who are identified as living in the most deprived areas.**



- **Who gets Childsmile Nursery and School?**
- Childsmile Nursery and Childsmile School work with 20 per cent of children from each Health Board. Educational establishments are targeted in order of those with the highest proportion of children living in the most deprived local quintile as defined by the Scottish Index of Multiple Deprivation (SIMD).

- Within this target group additional preventive care is provided in the form of twice-yearly fluoride varnish applications by Childsmile dental teams in nurseries and schools.
- **What does Childsmile deliver in nurseries and schools?**
- The teams are composed of Extended Duty Dental Nurses (EDDNs) trained in the application of fluoride varnish and Dental Health Support Workers (DHSWs).
- They will provide twice yearly fluoride varnish applications for children in nurseries and schools.
- They promote good oral health behaviour and provide health education. DHSWs are attached to particular nurseries and schools and provide the main dental contact point for teachers, parents and school nurses.
- The dental team actively promotes Childsmile to ensure that as many children as possible who would benefit from being in the programme are given the opportunity to join.
- Children should join in the Childsmile Nursery component of the programme when they start nursery and remain in the programme, receiving six-monthly fluoride varnish applications for the duration of their time at nursery and school until at least P4.
- Making the link with dental services
- A great deal of emphasis is placed on children registering to attend primary care dental services. Children identified through Childsmile Nursery and Childsmile School as not having a dentist will be encouraged and assisted to find one.
- As children progress through primary school there are opportunities for them to receive fissure sealant applications, through their dental practice.
- At all stages in the programme, children who require further assessment and possible dental care are identified and their parents receive a letter informing them of their child's dental need.

Since 2011, all elements have been delivered in all Health Board areas throughout Scotland.

"As a result of our efforts, dental health in Scotland is improving, particularly in deprived communities. In the Primary 7 age group dental health has never been better and on a Scotland level the target of 60 per cent of this age group having no obvious decay has been met. This is a fantastic success story."

Professionals

Information and resources about the Childsmile programme for professionals working in health, education, community and voluntary sectors.

Childsmile is reducing oral health inequalities and helping to improve Scotland's oral health among children.

Core programme

Childsmile Core is a Scotland-wide initiative to help improve the health of our children's teeth, through the distribution of free dental packs and supervised toothbrushing programmes in all nurseries, P1 and P2 in priority schools.

Information for Childsmile staff

Resources, facts and information for all staff and professionals involved in Childsmile.

Childsmile Symposium 2012

Posters and presentations from the first Childsmile Symposium on 21 September 2012. The event provided an overview of achievements, lessons learned from the evaluation and plans for the future direction of the Childsmile programme.

Childsmile Symposium 2014

The Childsmile Evaluation Symposium, organised by the Community Oral Health Section of the Dental School, was held on Wednesday 29th October 2014 at the Beardmore Hotel, Clydebank.

Parents and carers

Information on caring for your children's teeth and getting the best oral healthcare.

Birth to 3 years old

Find out about when and how to introduce [toothbrushing](#), get ideas for [weaning foods without sugar](#), information on [healthy snacks](#) and the best [drinks for babies teeth](#).

3 to 5 year olds

There's plenty you can do to keep your child's first teeth healthy, including teaching [toothbrushing skills](#), the best [foods and snacks](#) for healthy teeth and regular [visits to the dentist](#).

5 to 12 years old

Find out what you can do to continue good oral health habits in older children including [toothbrushing](#), [tooth-friendly foods and drinks](#) and [fluoride varnishing](#).

Contacts

Find contact details for:

- [Childsmile Coordinators](#)
- [Programme Managers and Directors](#)
- [Consultants and Clinical Area Dental Officers \(CADOs\)](#)
- [Evaluation and research teams](#)
- [Partner organisations](#)

How did it start?



Childsmile developed largely from two national demonstration programmes (2006-08) laid out in the [Action Plan for Modernising Dental Services in Scotland \(2005\)](#).

Childsmile Core programme began earlier in many NHS Board areas.

Childsmile Practice (in West of Scotland NHS Boards)

Childsmile Nursery and Childsmile School (predominantly in the East of Scotland NHS Boards)

The interim demonstration phase began in 2008 and involved rolling out a fully integrated Childsmile model (Core, Practice, Nursery and School) by 2011 across all 14 NHS Board areas, divided into East, West and North regions.

Since October 2011, Childsmile has been integrated into Statement of Dental Remuneration (SDR) and all practices delivering NHS care to children are expected to deliver Childsmile interventions.

SOURCE URL: <http://www.child-smile.org.uk/>