

Oral Health Links

January 2019

Early Years and Young People

Oral Health

Oral Health Foundation	A charity dedicated to raising public awareness of dental and oral health and promoting good dental health practices.	www.dentalhealth.org	EY/P/S
NHS Live well	Provides information on oral health, tooth brushing and finding a local NHS Dentist	www.nhs.uk/livewell/dentalhealth	EY/P/S
Family Lives	Is a national family support charity providing help and support in all aspects of family life, there is information on teething.	www.familylives.org.uk	EY
Nottingham Oral Health	A comprehensive website with oral health information for all ages	www.nottinghamoralhealth.com	EY/P/S

Healthy Eating

Health Exercise and Nutrition for the Really Young	HENRY is an evidence-based programme run by a national charity aiming to give babies and young children a healthy start in life and helping prevent child obesity.	www.henry.org.uk	EY
First Steps Nutrition	Provides clear, free resources to give guidance on healthy meals, snacks and portion sizes for children as they develop.	www.firststepsnutrition.org	EY
Infant and Toddler Forum	An independent group of leading experts from paediatrics, neonatology, health visiting, dietetics and child psychology, specialising in early years nutrition and development.	www.infantandtoddlerforum.org	EY
Eat Better Start Better	For EY settings offering suggestions on menus, snacks and portion sizes.	www.childrensfoodtrust.org.uk	EY
The Dairy Council	Provides information on milk, cheese and other dairy products with education information for children.	www.milk.co.uk	EY/P/S
Eatwell Guide	An easy to understand guide showing food types and amounts needed on a daily basis for a healthy and well balanced diet.	www.nhs.uk/livewell/Goodfood/pages/the-eatwell-guide	EY/P/

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Healthy Eating (cont'd)

GULP (Give Up Loving Pop)	Website providing information about the health risks associated with over consumption of sugary drinks, including tooth decay and weight gain.	www.giveuplovingpop.org.uk	P/S
Action on Sugar	Provides information on sugar and its effects on health, providing tips on how to reduce your sugar intake.	www.actiononsugar.org	P/S
FoodSwitch UK	A free smartphone app with barcode scanner to help identify whether foods and drinks are high (red), medium (amber) or low (green) in fat, saturates, sugars and salt per 100g. Also recommends healthier alternatives.	www.foodswitch.co.uk	EY/P/S

Education Resources

Food a fact of life	This site provides free resources on healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.	www.foodafactoflife.org.uk	EY/P/S
Change for Life School Zone	Providing lesson plans and resources to support healthy eating and physical activity in Key Stage 1 and 2.	https://campaignresources.phe.gov.uk/schools	P
Nottingham Oral Health	Oral health resources for teaching staff working children aged 3-11 years.	www.nottinghamoralhealth.com	EY/P
Dental Buddy	This programme helps explore oral health in the classroom for early years and key stage 1 & 2. It also provides information on tooth brushing in nurseries and schools.	https://www.dentalhealth.org/dental-buddy	EY/P/S
Colgate Bright Smiles Bright Futures	A toolkit for teachers, children and families encouraging lifelong good oral health practice. The programme builds self-esteem and focuses on prevention.	https://www.colgate.com/en-gb/bright-smiles-bright-futures/program-materials/for-teachers	EY/P
Comic Company	This site has a range of resources to support oral health education and healthy eating.	www.comiccompany.co.uk	EY/P/S
The Children's University of Manchester	An interactive resource designed to support KS2 (7-11), both in the classroom and at home, to understand the importance of good oral health and healthy eating.	http://www.childrensuniversity.manchester.ac.uk/learning-activities/science/teeth-and-eating/introduction/	EY/P

