Keeping your child’s teeth healthy at home

Every child is provided with a dental pack at least five times between the ages of 3 and 5. It contains a toothbrush, fluoride toothpaste and oral health information.

- Brush teeth and gums at least twice daily, in the morning and last thing at night. Use toothpaste containing at least 1,000 parts per million (ppm) fluoride.
- Children should be supervised and encouraged not to swallow toothpaste while brushing.
- ‘Spit, don’t rinse’ after brushing – this gives the toothpaste time to work to protect teeth.
- Keep food and drinks containing sugar to mealtimes only.
- Plain milk and tap water are the safest drinks for teeth.
- Register with a dentist and visit as advised.

If you would like more information, or help to fill in this form, please visit www.child-smile.org.uk/contacts/coordinators.aspx for your local Childsmile coordinator’s details

www.child-smile.org.uk
Fluoride varnish provides extra protection against decay for children’s teeth. Childsmile will offer to apply the varnish in your child’s nursery or school twice a year (this is in addition to the two applications you will be offered at your dental practice).

You only need to sign this consent form once to enrol in the programme. After that we will contact you twice a year, when you will be given the opportunity to update your child’s medical history and other personal details.

**What does fluoride varnish involve?**

- Fluoride varnish is a pale yellow gel that has a pleasant and fruity taste. Specially trained dental nurses apply the varnish to children’s teeth using a soft brush.
- Fluoride varnish won’t be applied if your child has sore areas in their mouth.
- If your child has been hospitalised due to asthma or allergies, the fluoride varnish may not be applied.
- Children who swallow too much fluoride over long periods of time may develop white spots on their teeth. However, the risk of developing white spots as a result of fluoride varnish application, or toothbrushing with fluoride toothpaste, is very small.
- Your child should not be given fluoride drops or tablets for two days after the fluoride application. After that, continue as directed.
- Aftercare instructions will be given to your child on the day they have varnish applied.

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**Fluoride varnish consent form**

Name of nursery/school

Class

Nursery:  Primary (P1–P7) (please indicate which)

Full name of child

(If child is known by any name other than their first name, please make this clear.)

Address

Postcode  Tel no.

Date of birth  Boy  Girl

Would you like a member of the Childsmile team to contact you to help you find a dentist for your child?  Yes  No

It is important that you answer all of the questions, sign and date this form

I would like my child to have fluoride varnish applied twice a year.  Yes  No

Does your child have any allergies (especially sticking plaster)?  Yes  No

If yes, what are they allergic to?

Has your child been kept in hospital due to asthma or allergies?

<table>
<thead>
<tr>
<th>Asthma</th>
<th>Yes</th>
<th>Date of admission</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Yes</td>
<td>Date of admission</td>
<td>No</td>
</tr>
</tbody>
</table>

I confirm I have parental responsibility for the child above and have read and understood this information.

Signature of parent/legal guardian

Print name

Date

For office use:

| Allergies | Yes | No |
| Hospitalised (allergies)? | Yes | No |
| Hospitalised (asthma)? | Yes | No |

Apply varnish?  Yes  No

Print name

Signature

Date
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Fluoride varnish
consent

Please complete this form and return it.

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Childsmile is a national programme designed to improve the oral health of children in Scotland. This resource may also be made available on request in the following formats:

- 0131 314 5300
- nhs.healthscotland-alternativeformats@nhs.net
- www.child-smile.org.uk
- www.nhsinform.scot/data-protection

You have rights in relation to the access and the use of your personal health information. For more information about your rights or how the NHS uses your personal information in accordance with the General Data Protection Regulation, you can phone the NHS inform helpline free on 0800 22 44 88 (textphone 18001 0800 22 44 88) and ask to speak to a healthcare adviser or visit: www.nhsinform.scot/confidentiality and www.nhsinform.scot/data-protection