



**Shenley Fields Daycare & Nursery School**  
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**Executive Head Teacher: David Aldworth**

28.11.2022

Dear Parents/ Carers

Shenley Fields Daycare and Nursery School follow the Startwell Programme and practitioners attend Startwell training. Startwell is an NHS Early Years programme to help early years settings promote healthy lifestyles with the overall aim of reducing childhood obesity across the city.

Some of our practitioners have attended the oral health training and there is a growing concern for the number of 5-year-old children with experience of dental decay in Birmingham.

Startwell have published the following statistics and guidance:

“In 2019, the percentage of 5-year-old children with experience of dental decay:  
Birmingham (29%) England (23%) West Midlands region (23%)

- Birmingham’s water is fluoridated which helps protect our teeth.
- All surfaces of the teeth need to be brushed and children need to be supervised until they are 7
- Brush your teeth for two minutes, twice a day with fluoridated toothpaste, before bed and at one other occasion from 6 months of age or as soon as the first tooth erupts.
- Don’t forget to visit the dentist regularly.
- Watch out for sugary foods and drinks and use age appropriate drinking vessels!  
PHE Guidance and EYFS Welfare requirements state plain **Milk** and **Water** only to drink”.
- Squash and sugar free squash encourages a sweet tooth .
- Squash and sugar free squash contains acid. Namely citric acid. Acid can damage the tooth enamel and lead to erosion (in the same way diet/sugar free carbonated beverages do).
- Squash and sugar free squash is not a drink that we would recommend for children under 5 and should not be drank in Early Years settings”(Startwell).

We ask that parents/ carers to not send bottles/ flasks into nursery. The children are offered water and cartons of milk throughout the day. Practitioners will encourage children to drink water (Article 24 - the right to clean water and health services). Water helps our brains function and helps us to concentrate and perform better.

If you need any advice or support regarding oral health please see Sallyanne Bromley.

Thank you for your support

The Shenley Fields staff team

