



## Welcome to December's edition of the Healthy Teeth Happy Smiles! newsletter

Over the past few months, we have been busy supporting our early years settings in providing Supervised Toothbrushing, attending Stay & Play sessions, promoting free flow cups and helping to raise awareness during November for Mouth Cancer Action month.



## Helping to reduce bottle decay



Since the start of September, Healthy Teeth Happy Smiles! have been busy visiting Children, Young People & families centres to spread awareness on bottle decay.

Bottle decay occurs mostly on the upper top front teeth of children who are continuously exposed to sugary drinks within their diet.

Bottle decay can cause pain within the mouth if it is left untreated, it may lead to damage of the permanent teeth or a painful infection.

One of the ways we can reduce this, is by encouraging children to drink more tooth friendly liquids such as milk and water.

We can also help to reduce this by using a free flow cup from 6 months old.



Children, young people and families' centres provide free baby bottle swaps across the city to help families swap their baby bottle for a free flow cups.

Free flow cups allow the liquid to be consumed without 'pooling' within the mouth, which can contribute to bottle decay. Especially if this is with sugary drinks for long periods throughout the day.

Using a free-flowing spouted cup is the first stage of your baby's progress to an open cup.

For more information on bottle swaps & oral health, log onto:

**[Free oral health resources \(leicester.gov.uk\)](http://www.leicester.gov.uk)**



THANK  
YOU



This November

Mouth Cancer  
Action Month  
November 2022



Be mouthaware

## What is Mouth Cancer Action Month?

During the month of November each year charities, organisations, and dental teams aim to raise awareness of mouth cancer by saving thousands of lives through early detection and prevention.

### What to look for:

- Long lasting mouth ulcers
- Red or white patches
- Unusual lumps and swelling

### Who to contact if anything out of the ordinary is noticed:

- A dentist
- A doctor

### Where to check:

- Roof and floor of the mouth
- Inside of the cheeks
- Gums
- Tonsils
- Tongue
- Lips
- Head and neck



**Thank you to everyone who helped to support  
Mouth Cancer Action Month this year!**



**DearAlbert**





# Mouth Cancer Action

**2**  
minute  
Self-check

For more information, log onto: [Mouth Cancer Action Month | Home | Oral Health Foundation \(dentalhealth.org\)](#)

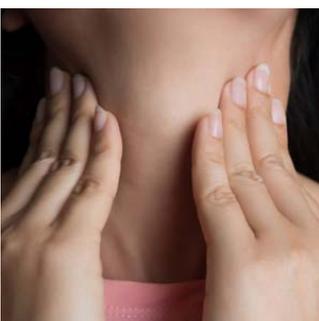


## Symmetry of the head and neck

Check your face for symmetry. Are both sides the same?  
Are there any lumps or swellings that are only on one side?

## Skin on the face

Look at the skin on your face.  
Do you notice any change in colour? Any sores, moles or growths?



## Feeling your neck

Using your fingertips, run your fingers under your jaw and feel along the large muscle either side of neck.  
Are there any swellings?  
Does everything feel the same on both sides?

## Checking the lips

Using your index, middle fingers and thumb to feel the inside of your mouth.  
Pull your upper lip upwards and bottom lip downwards to look inside for any sores or changes in colour.  
Use your thumb and forefinger to feel around and inside your lips checking for any lumps, bumps or changes in texture.



## Looking inside your cheeks



Use your finger to pull out your cheek so you can see inside. Look for red, white or dark patches

Put your index finger on the inside of your cheek and your thumb on the outside

Gently roll and squeeze your cheek between them to check for any lumps or tenderness

Repeat on the other cheek

## Roof of the mouth

Tilt your head back and open your mouth wide to see if there are any lumps of the colour is different to usual

Run your finger on the roof of your mouth to feel for lumps



## Floor of the mouth and Tongue



Stick out your tongue and look at the top surface colour and texture  
Gently pull/stick out your tongue forward to look at first one side and then the other

Examine the underside of your tongue by placing the tip on the roof of your mouth.

Look at the floor of your mouth and the underside of your tongue for any patches or colour changes

Gently use your finger to press along the underside of your tongue to feel for any lumps or bumps

For information on how to do a self-examination yourself at home, log onto:

[Self Examination For Mouth Cancer \(Full\) #MC7 - YouTube](#)

**Help with quitting**

Giving up using any tobacco product (smoking, smokeless tobacco or shisha) can significantly reduce your risk of oral cancer and improve your oral health.

For FREE advice and help on quitting:

- Speak to your doctor or dentist
- Visit the Stop Smoking Service for Leicester, Leicestershire and Rutland at [www.stopsmokingleic.co.uk](http://www.stopsmokingleic.co.uk)
- Telephone on 0116 295 4141
- Text to 07717 420 560

**Oral Cancer**

Oral cancer is also known as mouth cancer

Oral cancer can start anywhere in your mouth including lips, tongue, gums, under your tongue, inside your cheeks, the roof of your mouth and the area behind your wisdom teeth.

In 2011, about 18 people in the UK were diagnosed with oral cancer everyday.

In 2012, around 6 people in the UK died of oral cancer everyday.

Healthy Teeth, Happy Smiles

You can also download oral health resources for adults on our Healthy Teeth, Happy Smiles! website:

[Oral health for adults \(leicester.gov.uk\)](http://leicester.gov.uk)





# ACTIVITY CORNER



## Gingerbread Christmas tree decorations

### What you will need



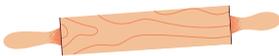
An adult



2 tsp  
ground ginger



1 medium  
sized egg



Rolling pin



50ml  
rapeseed oil

10 tsp  
granulated artificial  
sweetener



125g wholemeal flour



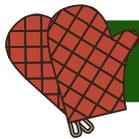
Gingerbread  
cutter



half tsp  
baking  
powder



edible glitter  
or gold spray



Ask your adult to preheat your oven to 180°C/gas 4.

### Method

#### Step 1

Place your egg into a large bowl and beat with a whisk until they are light and fluffy. Add the oil and artificial sweetener to the bowl and mix together.

#### Step 3

Place the flour, baking powder and ginger into the mixture and mix together

#### Step 4

Place the mix onto a clean surface and roll out to about 1cm thick. Use your gingerbread cutter to cut out your chosen shapes.

If hanging on a tree, carefully make a hole for ribbon in one end with a skewer or chopstick. Roll out the leftover dough and cut out more shapes as you go.

#### Step 5

Place on your lightly oiled baking tray and bake for 8–10 minutes.

#### Step 6

Place on a rack to cool and decorate with the silver or gold paint. Thread the ribbons through and knot to make a loop. Hang on your tree.



# ACTIVITY CORNER



## Christmas riddles

What do you call  
an elf who sings?

A wrapper

Why is Santa good  
at karate?

Because he has a black  
belt!

What do you call a snowman  
in the summer?



A puddle!

What kind of ball  
doesn't bounce?

Snowball

What do you call a  
disrespectful reindeer?

Rude-olph

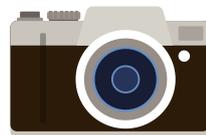
What kind of pictures  
do elves take?

Elfies



What's Frosty's  
favourite snack?

Snow cones



Where do snowmen  
like to dance?

The snowball!

What is a snowman's  
favourite breakfast?



Frosted flakes



# Blossom & Bloom

**During December**, Rumaysa attended the Blossom & Bloom launch event hosted by **Wesley Hall**, in partnership with **Leicester Mamma's**.

**Blossom & Bloom** are supporting the improvement of mental and physical wellbeing of parents with vulnerabilities. As a service, they aim to target fathers, male carers and LGBTQIA+ partners, to ensure their voices are heard.

Blossom and Bloom sessions are available as one-to-one or group support from Wesley Hall or as a home visit. You may be referred by a health professional or also have the option to self-refer.



Mayor of Leicester and champion of breastfeeding, Peter Soulsby, also attended, to inaugurate the project.



For more information,  
please contact:

[blossomandbloomwh@gmail.com](mailto:blossomandbloomwh@gmail.com)



# Smile Early Years Accreditation



## Congratulations!

to our Smile Early Years Award silver accredited settings

During October, **3** Early Years settings completed their silver award.

Thank you for all of your hard work and congratulations!



**Kiddicare Angels Pre-school**



**Stanhope House Day Nursery**



**Tiny Gems Nursery**

# Smile Early Years

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## Accreditation

**The Smile Early Years Award** is an accreditation scheme which aims to lay solid foundations for good oral health throughout life. The scheme covers three key themes:

- 1. Encouraging Healthy Eating and Drinking**
- 2. Promotion of oral health**
- 3. Encouraging the promotion of a healthy lifestyle**

As an Early Years Accreditation setting you are part of a recognisable brand, the scheme links to the EYFS framework and it provides a key set of criteria to demonstrate healthy living links to Ofsted.



***If this sounds like an opportunity for your setting, please get in touch with the HealthyTeethHappySmiles! team on [HealthyTeethHappySmiles@leicester.gov.uk](mailto:HealthyTeethHappySmiles@leicester.gov.uk) to find out more!***

# Supervised tooth brushing

## Healthy Teeth, Happy Smiles!

The Healthy Teeth Happy Smiles! team have started carrying out face-to-face quality assurance checks for supervised toothbrushing settings. Here are a few key reminders when carrying out toothbrushing in your setting:

- Children and supervisors should wash their hands before and after toothbrushing
- Use a timer/watch/clock to ensure all children are brushing for 2 minutes
- Provide paper towels to all children before brushing and remind them to spit if they need to
- Wait at least half an hour before and after brushing to have a drink or a bite to eat
- Spit, and don't rinse!



# How to protect your child from flu this winter

**This winter**, until January 2023, Leicestershire Partnership NHS Trust's immunisations team will be offering the flu vaccine in school to all children in Leicester, Leicestershire and Rutland, in years reception to year 9.

## What is flu?

Flu is caused by a nasty virus. It can give children coughs, blocked noses, headaches and body aches and can also lead to more serious problems, such as pneumonia. It is spread through coughs, sneezes and by touching a contaminated surface.

The flu vaccine can help stop your child from getting flu. It can also stop them from passing it onto others-such as family members.

## About the flu vaccine

The flu vaccine is safe and effective. It is offered either as a painless nasal spray or a pork-gelatine-free injectable. The flu vaccine provides protection against the latest variant of flu, which is why a new vaccine is offered each year to give you the most up-to-date protection.

The nurses who give the vaccine are caring and experienced. They will only give a child the flu vaccination if they have consent from a parent or carer. Your child's school will let you know when the vaccination session will take place. They will also send you a letter with link to the consent form.

Remember to fill this form out as soon as possible or call **0300 3000 007** if you have trouble using it.

**You can also keep flu at bay by making sure children wash their hands regularly and by using a tissue to catch sneezes.**



**Leicestershire Partnership**  
NHS Trust





# HTHS! Resource Catalogue

**Healthy Teeth, Happy Smiles! Oral Health Resource Catalogue is now available for all schools within the city**



## Educational Resource Pack

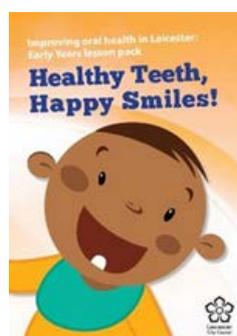
Available to download online, the packs include lesson plans, activities, games and stories to help children learn key oral health messages. For early years settings and primary schools.

Download for free via [this link](#) to either print in house or use digitally.

All schools can now enjoy the benefit of the Healthy Teeth, Happy Smiles! Resource catalogue, no matter your Supervised Toothbrushing status. The resource catalogue includes games, dental health models & charts, dental anatomy models, role play items, accessories and online resources! Schools are now able to loan dental items from our catalogue to promote oral health within their school.

## For More Information Contact:

[healthyteethhappysmiles@leicester.gov.uk](mailto:healthyteethhappysmiles@leicester.gov.uk)





# HTHS! Resource Catalogue

## Top tips and Key reminders

Here are your top tips and key reminders when booking and using the resource catalogue:

- **Please allow 3 weeks' notice when you are booking items.** *Many items can often get quite popular, which is why we ask settings to provide as much notice as possible, when you are looking to loan an item*
- **Take note of your collection time, date and location.** *Once your setting has secured a loan, please make sure you take note of the time, date and collection point area. If you need to change or cancel any of these elements, please let your Oral health promoter know as soon as possible.*
- **On collection, please make sure you have a mobile phone to contact your Oral health Promoter (OHP) on arrival.** *Resource items are stored on council premises, where phone signal can often be lost. Please be patient with your OHP as they collect your items. It is recommended for you to stay inside your vehicle and contact your OHP to advise them of your arrival.*
- **Check your items before returning.** *Resources should be checked before returning to ensure there are missing items or damage. If a resource has been collected within a box or wrapping for its protection, these will also need to be returned. It is important for resources to be returned in their original state and packaging.*
- **Take note of your return time, date and location.** *As with your collection, please make sure you take note of your return time date and location. If you need to change or cancel any of these elements, please let your Oral health promoter know as soon as possible.*

**Resource catalogue address:**

York House  
York Street,  
LE1 6 FB

If you would like to express your settings interest in loaning items from our resource catalogue, please email the Healthy Teeth, Happy Smiles inbox on:

**[healthyteethhappysmiles@leicester.gov.uk](mailto:healthyteethhappysmiles@leicester.gov.uk)**



# Christmas in Leicester

**Christmas in Leicester promises the most magical of experiences this year with an exciting Festive Adventure trail, celebrating the best the city has to offer!**

**The Jubilee Square Ice Rink will be back from Thursday 1 December – Monday 2 January 2023 and you can book your session soon. Skaters can show off their best moves, come rain or shine under the lights of this covered rink.**

**A the 35m-high Wheel of Light will illuminate Jubilee Square while taking passengers for a spin above the square.**

**Billy Bates Fun Fair will be in Humberstone Gate for you to experience all the fun of the fair!**

**In Town Hall Square is our FREE Santa's Grotto. Children of all ages can visit Santa and his elf, and those on the nice list will also receive a wonderful free gift!**

**For further information go to [christmasinleicester.co.uk](http://christmasinleicester.co.uk)**

**For sponsorship opportunities, please see the attached brochure: [Christmas 2022 Sponsorship Brochure](#)**

**For more information on other Leicester Festivals taking place during Winter 2022, download the [Winter What's On Guide](#), and make sure you're following on social media:**

**[twitter.com/leicesterfest](https://twitter.com/leicesterfest)  
[facebook.com/leicesterfestivals](https://facebook.com/leicesterfestivals)  
[instagram.com/leicesterfest](https://instagram.com/leicesterfest)**

