



Designed to Smile Programme Update June 2020

While the schools and nurseries are closed, and families are staying at home, it is very important to stick to healthy routines especially brushing your teeth. Using our [toothbrushing chart](#) can help, or make your own!

Advice about toothbrushing and healthy eating can be found at www.designedtosmile.org



- Children need help to brush until they are at least seven years old
- Brush your child's teeth last thing before bed and in the morning
- Fluoride toothpaste helps to keep teeth strong
- Sugar is the main cause of tooth decay, so give healthy low-sugar snacks
- Plain milk and water are the only safe drinks for teeth



Have you tried the [Designed to Smile teaching resources](#) on the Hwb yet? There are adaptable lessons plans and activity sheets available to support teaching about teeth and healthy eating, suitable for different ages.

The Designed to Smile teams are busy supporting our NHS colleagues with the COVID-19 response. We are so proud of them for stepping into new, challenging roles with the same enthusiasm they give to their usual work in nurseries and schools!



Keep up with our news and share stories! Join us on Twitter: [@D2S Wales](#)
Check out our website: www.designedtosmile.org

Celebrating the 10th Anniversary!

In September 2019, nurseries and schools across Wales joined us to celebrate 10 years of Designed to Smile. We were so pleased to see all the activities, parties and lessons taking place. Thank you for sharing your stories with us on Twitter and through your D2S team.

A massive thank you to Windsor-Clive Primary School, Ely, for hosting a fantastic afternoon with [Vaughan Gething, Welsh Government's Minister for Health and Social Services](#) who enjoyed seeing an excellent toothbrushing programme in action.

A huge thank you to all the nurseries and schools that made birthday cards for Dewi, our D2S mascot and for entering our national competition. We received so many fantastic cards, it was really difficult to choose favourites. Well done to everybody! The cards chosen were from:

Nursery/Early Years

Llanfaes Camau Bach
Ysgol Feithrin Rhydaman

Reception- Year 2

Ysgol Tudweiliog
Henllys Church in Wales Primary School

Year 3- Year 6

Llangyfelach Primary School
Ysgol Bro Tawe



In the 2018/19 school year, 1396 primary/infant schools and nurseries participated in D2S daily toothbrushing schemes across Wales.

In total, 90,977 children were signed up to brush their teeth with fluoride toothpaste at school or nursery. 44,217 children also had fluoride varnish applied at nursery or school, to give their teeth extra protection from decay. 188,709 toothbrushing home packs were distributed across Wales, to support brushing twice a day at home as well.

Annual monitoring of Designed to Smile is provided by the Welsh Oral Health Information Unit.

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