

Friday Post

Friday 11th April 2025

Our School Value: Forgiveness

Key verse: Be kind and loving to each other. Forgive each other just as God forgave you in Christ. **Ephesians 4:32**

Dear Families,

Thank you to everyone who joined us yesterday for our Easter service. The bonnets looked fantastic and the children were certainly in fine voice! Foxes presented a fantastic Easter message which we all enjoyed. It was great to have Rev. Sue and Chris Beardmore join us, don't forget Rev. Sue's invitation to join the Palm Sunday service this weekend.

We said a fond farewell to Miss Parker yesterday, who leaves St Leonard's after 25-years! Miss Parker first joined St Leonard's when her daughters attended and has since taken on many roles. We wish her all the best with her retirement. After Easter, we will be welcoming Miss Singh to our lunchtime team, we have no doubt everyone will make her feel very welcome.



Today the team have joined colleagues at All Saints, Bednall for some inspiring training on behaviour in schools. Guest speaker, Andrew Black was engaging and spoke about the concept of behaviour being a form of communication, and the importance of relationships, rapport and reliability for all pupils. Myself and Mrs Webb have challenged ourselves to greet every child with a compliment during the first week back, so watch this space!

We have lots of change ahead as a school and with change there is always much to look forward to! Next half-term is jam-packed and unusually short! We are very much looking forward to Foxes Bike Right session when we return. We are also welcoming students from the Link for Life trip to Mafambisa into school to share stories from their time away.

Have a wonderful Easter break, however you are spending it.

Miss Phillips



Headteacher: Miss C Phillips,
St Leonard's First School & Nursery,
School Lane, Dunston, ST18 9AG
Tel: 01785 712488

E-mail: office@st-leonards-dunston.staffs.sch.uk



Outstanding items on ParentPay

Please check your ParentPay accounts to see if any of the following are outstanding:

Nursery - Dinner money

Year 3 & Year 4 - Dinner money,
Chasewater trip

Thank you, the Office



Wanted black joggers, shorts or leggings.

Our supplies of spare joggers, PE shorts or leggings have gone very slim for both boys and girls - if you are having a clear out we would gladly take them off your hands!

Please hand in to the office. Thank you



Price Increase - Nursery, Year 3 & Year 4

We have been informed by our Edwards & Ward our catering supplier that the cost of a school meal is now **£3.20**

After School Clubs

After Easter we will be offering the following clubs until the end of the academic year:



Monday - Gardening

Wednesday - Choir

Thursday - Multisports

Friday - Rounders

Your child should have brought a form home for you to book any of the clubs - please return to the office asap. Thank you

Uniform

We seem to have a few children with missing ties and wearing trainers. If shoes are broken etc. and a child needs to wear trainers for a short period of time, please let your child's class teacher know.



In D&T we have been making Roman chariots.





Foundation Governor Vacancy



A vacancy has arisen for a Foundation Governor on our Local Academy Council (School Governing Board)

Like all LAC members (Governors) Foundation Governors work to support the Headteacher and staff and they have a special responsibility to support the Christian ethos of the school.

You will be expected to attend Governor's meetings which happen after school hours and to also visit school so that you are aware what is happening in classrooms talking to both staff and children.

Although preference may be someone from our parish church, we are grateful for the support of anyone who maybe outside our parish. Successful candidates must be over 18 years of age and will need to have a DBS check which will be organised through the school office.

If you are interested in finding out more about the role, please contact:

Email: office@st-leonards-dunston.staffs.sch.uk

Tel: 01785 712488



Champions of Forgiveness



YEAR 3

Children will be tested after the Easter holidays

library

February

dictionary

boundary

salary

summary

primary

secondary

ordinary

necessary

YEAR 4

Children will be tested after the Easter holidays

interact

interfere

intercity

international

intermediate

internet

intergalactic

interrupt

intervene

interlude

New resources from the NSPCC to support parents with keeping children safe online:



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/>



Weston Park Pretty Muddy 5k

Saturday 17 May 2025

<https://fundraise.cancerresearchuk.org/page/tinas-race-for-life-272535>

Miss Tina is taking part in the Weston Park Pretty Muddy 5K in aid of Cancer research UK, if you would like to sponsor her please follow the link above.

Reverend Sue invites all of our families to join her for her Palm Sunday service.

1

 **Easter** 
at St Michaels Church, Penkridge

Sunday 13th April

Palm Sunday

Be a part of the palm waving crowd as we re-enact the drama of that 1st Palm Sunday. It all starts outside St Michaels First School at

at 10 o'clock



We then follow Jesus on his donkey down to church re-enacting how Jesus entered Jerusalem over 2,000 years ago!
We then continue the drama within our **Palm Sunday Service at 10.30am.**
The donkey is helping us on his day off from Lower Drayton Farm.

Foxes - Bikeright

Please make sure that you have completed a permission slip for the Bikeright sessions being held on **Tuesday 29th April**. If your child does NOT have a bike please let us know as the company may be able to bring some with them. We will be encouraging all the children to 'have a go' but please let Mrs Carrington / office know if your child is not very confident cycling.

Children can arrive at school this day in their PE kits.

Foxes - Chasewater

Please could children arrive at Chasewater in outdoor clothing (like you would wear for forest school) and bring a change of clothing NO CROCS please. The activities the children will be taking part in are: Sit-on (a bit like canoeing), Archery, Bushcraft & Shelter building.

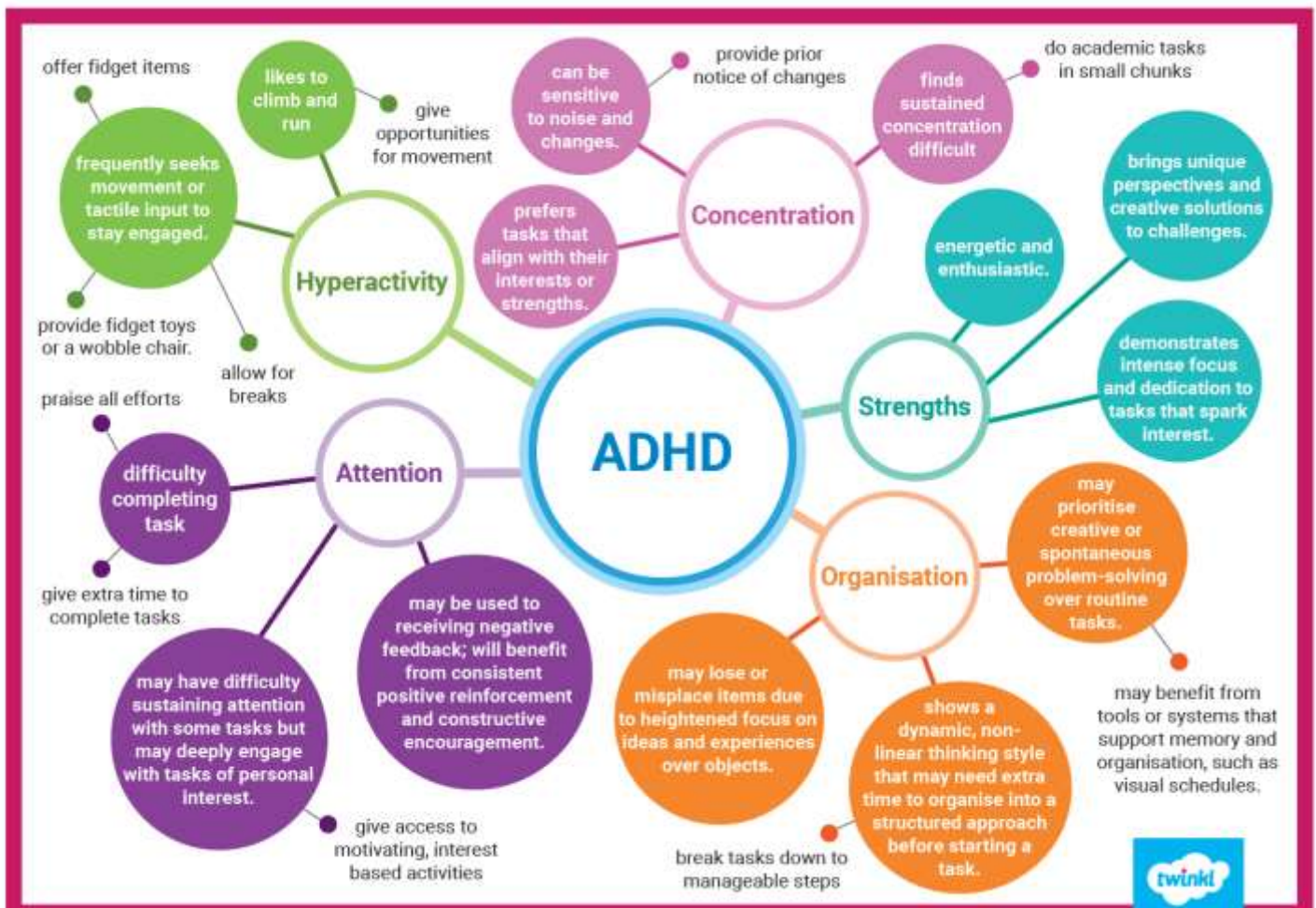
PE Days

Please make sure your child has their PE kit in school on the relevant days.

Hedgehogs - Fridays Owls - Thursdays & Fridays Foxes - Tuesdays & Thursdays

Please tie long hair back and children who wear earrings MUST remove them in advance of school if they can not remove them, themselves.

PLEASE NOTE: Foxes your PE days have changed



Attendance figures

School Attendance 31st - 4th April 2025

Hedgehogs 98%

Owls 98%

Foxes 92%

Whole School 96%

The National target for attendance, as set out in guidance from the DFE is 95%

Please note fixed penalty notice referrals **will** be made to the Local Authority for term time holidays.

Impact of lateness



Over a school year –

5 minutes late every day = 3 days absent

15 minutes late every day = 10 days absent

30 minutes late every day = 19 days absent

Pupils arriving late miss valuable teaching and learning time and it can contribute to them becoming anxious when they enter the classroom late.

Our Safeguarding Team



Miss Phillips is our Designated Safeguarding Lead

Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



Weekly House Point Tally

Sycamore  59

Holly 36

Oak 55



Reception, Year 1 & Year 2

Trip to Stafford Castle



Morning!

What a lovely group of kiddies on Friday, the guides were very impressed with their knowledge and behaviour.

Quote of the Week

George B to Mrs Trumble as he was at the top of the castle:

"Wow, this is a nice view!"



A lovely message from Abbie at Historic Stafford



Octavia Spencer



Octavia Spencer was born on 25th May 1970 in Alabama, USA. She had difficulty reading aloud as a child, but was a strong auditory learner, meaning she learned well by listening. She was diagnosed with dyslexia, a specific learning difficulty that mainly affects the development of literacy and language-related skills.

Spencer has directed, produced and starred in numerous television series and films, including *The Help*, *Hidden Figures* and *The Shape of Water*, for each of which she received an Oscar nomination. She won the Oscar for the best performance by an actress in a supporting role for *The Help* in 2012. Due to her dyslexia, Spencer has said she has to learn her character's lines by acting out the gist of the dialogue. She is very good at puzzles and problem-solving, citing her dyslexia as the reason for this.

"I was a dyslexic child and am a dyslexic adult; that doesn't really mean that you're not intelligent - it just means that your brain functions differently."

[Octavia Spencer on Growing Up with Dyslexia \(People\)](#)



Miss Phillips will be asking the children's thoughts on the following question during Worship on Friday.

BIG QUESTION

Are humans animals?

WC 28th April 2025 - Week ONE



	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Ham or Cheese Sandwich	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
TUESDAY	BBQ Chicken Tortilla with Golden Rice Veg of the Day Pineapple Upside Down Cake (V)	Sausages with Mash & Gravy Veg of the Day Iced Carrot Cake (V)	Chicken Meatballs with Mash & Gravy Veg of the Day Apple Sponge (V)
WEDNESDAY	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)
THURSDAY	Italian Sausage Pasta Bake Veg of the Day Sultana Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Apple Flapjack (Ve)	Penne with Beef Bolognese Veg of the Day Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Custard Rice Pudding (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Chocolate Brownie (V)
	24/2/25, 17/3/25, 7/4/25, 28/4/25, 19/5/25, 9/6/25, 30/6/25, 21/7/25	3/3/25, 24/3/25, 14/4/25, 5/5/25, 26/5/25, 16/6/25, 7/7/25	10/3/25, 31/3/25, 21/4/25, 12/5/25, 2/6/25, 23/6/25, 14/7/25

V - Vegetarian - Ve - Vegan

Choice of **Classic Tomato Pasta** or **Filled Jacket Potatoes** also available daily along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.

No nuts please

Please note due to children in school with allergies please do not send any products containing nuts into school for break or lunch times. Thank you for your co-operation.

dates to Remember

Monday 14th April	Easter Holidays
Friday 25th April	
Friday 29th April	Foxes - Bikeright - Please come to school in your PE kit
Monday 5th May	May Day Bank holiday - School closed
Tuesday 6th May	Foxes - Chasewater Activity day
Thursday 8th May	Year 4 parent timetables workshop
Friday 9th May	Academy Photography - Class & Leavers photographs
Friday 9th May	VE Day Celebrations
Thursday 14th May	Year 3 parent timetables workshop
Monday 26th May	Half Term
Friday 30th May	
Monday 2nd June	Inset Day - School closed to pupils
Friday 20th June	Sports Day & Family picnic - No Rounders Club
Friday 18th July	Last day of school - finish at 1.30pm
Tuesday 22nd July	Summer Holidays
Friday 29th August	

VE Day Celebrations!

On Friday 9th May we will be celebrating 80-years since VE Day! Children will be in their teams for a variety of activities. School uniform must be worn as we have school photos in the morning.



Don't forget to keep
up to date by
following us on ..



<https://www.st-leonards-dunston.staffs.sch.uk/>

Family Activities Easter 2025



Staffordshire
Wildlife Trust



@swtactivities



@staffswt



@Staffswildlife

The Wolseley Centre
Wolseley Bridge, Stafford,
ST17 0WT

Toddler Sessions - Discover, explore, and play outdoors

Family Wildlings Monday 14 April, 10.30am - 12pm.

£6.50 per child and £3.50 per additional siblings. Suitable for 6 months - 5 years.

Aiming High Wildfamilies- for children with additional needs

Signs of Spring Wildplay

Monday 14 April, 1.30pm - 3.30pm

Wildplay and Wild Flowers

Tuesday 22 April 10.30am - 12.30pm

Free thanks to funding from Aiming High funding and bookable through Aiming High directly only. Suitable for all ages.

Wildfamilies - fun for the whole family

Easter Fun In the Woods*

Wednesday 16 April, 10.30am - 12.30pm

Woodland Adventures

Wednesday 23 April, 10.30am - 12.30pm

Pond dipping and Minibeast Hunting*

Friday 25 April, 10am - 12pm

Pond dipping and Minibeast Hunting*

Friday 25 April, 1.30pm - 3.30pm

£7.50 per child, £4.50 for additional siblings. Please check the website for suitable age ranges.

*Free places through Aiming High available for this session bookable through Aiming High directly.

Dark Skies- Night time stroll for the whole family!

Wednesday 16 April, 6.30pm - 8.30pm

£7.50 per person. Suitable for all ages

Easter Eggstravaganza!- an afternoon of Easter-based activities

Thursday 17 April, 1pm - 4pm

£10 per child, £7 per adult. Suitable for all ages

Pond Dipping at Wolseley - Discover who lives in the pond!

Tuesday 15 April, 10.30am - 11.30am

1.00pm - 2.00pm

2.30pm - 3.30pm

£5.00 per person. Suitable for all ages

Booking essential: www.staffs-wildlife.org.uk/events

For more details, contact getwild@staffs-wildlife.org.uk



www.staffordsport.co.uk



FREE Easter Holiday Sports*

*Free spaces available to children on FREE SCHOOL MEALS Programme



Monday 14th April- Thursday 17th April 10am-4pm
Tuesday 22nd April - Friday 25th April 10am-4pm

At Blessed William Howard Catholic High School Stafford



Department for Education



Staff are NGB qualified, DBS Checked and First Aid Trained.
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.

FREE HOT MEAL INCLUDED

IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

www.facebook.com/staffordsport



Celebrate Holy Week at St. Lawrence's, Coppenhall or St. Leonard's, Dunston



Palm Sunday
Sunday 13th April
Coppenhall – 9:30 am
Dunston – 11:00 am



Good Friday
Friday 18th April
Coppenhall Church open for personal prayer and reflection
11:00am – 12:00 noon



Easter Sunday
Sunday 20th April
Coppenhall – 9:30 am
Dunston – 11:00 am

A warm welcome at all services
Refreshments after the service at Coppenhall
Activities for children on Easter Sunday
including egg decorating and an egg hunt

THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 14th April - Friday 25th April
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.

STAFFORD MHST

Schools we work with:

- Burton Manor Primary School
- Castlechurch Primary School
- Doxey Primary & Nursery School
- Flash Ley Primary School
- John Wheeldon Primary Academy
- King Edward VI High School
- Penkridge Middle School
- Sir Graham Balfour School
- St. Leonard's CofE First School
- Stafford Manor High School
- Veritas Primary Academy
- St Patrick's Catholic Primary School
- St Leonard's Primary School
- St Austin's Catholic Primary School
- Walton Hall Academy
- Walton Priory Middle School
- Silkmore Primary Academy
- Marshlands School
- Blessed William Howard Catholic School
- Bailey Street Alternative Provision Academy
- St. John's C of E Primary Academy
- The Weston Road Academy
- Tillington Manor Primary School
- Blessed Mother Teresa Catholic Primary School

What Parents & Educators Need to Know about SEARCH ENGINES

WHAT ARE THE RISKS?

Search engines are an integral part of everyday life – with Google alone processing around 100,000 searches every second. Search engines use algorithms to predict which results will be useful to us, though this can expose children to inappropriate content, misinformation and even scams. This guide explains the risks associated with search engines and offers practical advice to help safeguard young users online.

MANIPULATED SEARCH RESULTS

Although search engines take site reputation into account, trustworthiness isn't the main factor. Instead, they use algorithms that can be gamed via tactics like search engine optimisation (SEO), which is big business. As a result, users may encounter misleading content and low-quality commercial products that appear more credible than they actually are.

MISINFORMATION AND DISINFORMATION

Search engines index billions of web pages – and not all of them are factual or safe. Children might stumble across false information or even deliberate disinformation, especially when searching for trending topics or controversial issues.

ENGINES BEYOND GOOGLE

Even if Google's SafeSearch is enabled, children may use lesser-known search engines that don't have similar protections. Some of these alternatives are less effective at blocking unavourable content – sometimes by design – making it easier for children to encounter harmful or explicit material. Parental controls may also struggle to detect and block these sites.

FUNNY JOKES

ILLEGAL CONTENT CAN SURFACE

Search engines are designed to retrieve content based on keywords – not to judge whether that content is lawful. As a result, even illegal or harmful material can appear in search results. Children might assume that anything found through search engines must be safe, just because they're so widely used. This misunderstanding can lead to accidental exposure to seriously inappropriate content.

INAPPROPRIATE CONTENT EXPOSURE

Although parental controls like Google's SafeSearch exist, they aren't foolproof, and search engines may bypass them. Young users may still see inappropriate images or content, especially in image searches, even though they may not be able to click on the results. Some niche search engines lack even basic filtering, posing further risks.

UNRELIABLE AI SUMMARIES

Some search engines now offer AI-generated answers at the top of results, while these can be helpful as webpage summaries, they're not always accurate. There have been instances where AI summaries have presented false or even dangerous information, reinforcing the need for critical thinking.

AI OVERVIEW

Advice for Parents & Educators

ACTIVATE PARENTAL CONTROLS

While no parental controls tool is perfect, this software can help reduce the likelihood of inappropriate content appearing in search results. Use tools like Google Family Link to set search restrictions and monitor your child's browsing activity.

QUESTION AI-GENERATED CONTENT

While AI content is generated quickly and often appears legitimate, teach children that, just because an AI summary is well presented, it doesn't mean it's accurate. Encourage them to review the sources behind AI summaries and check the information with reputable sites or fact-checkers.

IDENTIFY AND AVOID ADVERTS

One of the ways search engines generate revenue is by showing adverts to their users. Sponsored search results are labelled, but they're not always easy to spot and can sometimes be malicious. Show your child how to distinguish between paid ads and organic search results – explain why some ads might be misleading or unsafe.

PROMOTE DIGITAL LITERACY

Encourage children to question the motivation behind online content and develop critical thinking, as not all sites can be trusted. Some deliberately misinform users in order to sell products or promote misinformation. Developing a critical mindset is one of the best defences against these tactics.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



May 2025 Activity Brochure



Hello...

This is a list of every Aiming High activity planned to take place in May 2025 across Staffordshire for SEND children and young people aged 0-18 years.

We have separated our activities into the district they will be held in. To quickly jump to a particular district, please follow the links on the next page.

We strongly recommend that you visit the [Staffordshire Connects](https://www.staffordshireconnects.co.uk) website to read the full details of all Aiming High activities prior to booking. May's activities will be visible on the website from Tuesday 1st April 2025 onwards.

From 9am on Tuesday 1st April...

Call to book your places on May activities:

0300 111 8007

(option 2, then option 3)

The booking team are open:

Monday-Friday, 9am-5pm

*Lines will be closed on Friday 18th April & Monday 21st April due to Easter bank holidays



One more thing...

Please remember, children and young people can have two free activities every month!



Stafford (1)



Wednesday 7th May

INDIVIDUAL

Chuckle Chitout

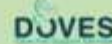
5:00pm - 7:00pm

SEND aged 5 - 18 years

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

Available to all Staffordshire children

Bookings close 2.5.25 at 5pm or as soon as fully booked



Tuesday 13th May

INDIVIDUAL

Bowling

5:00pm - 7:00pm

SEND aged 5 - 18 years

Tenpin, Greyfriars Place, Stafford, ST16 2SD

Available to all Staffordshire children

Bookings close 6.5.25 at 5pm or as soon as fully booked



Saturday 17th May

INDIVIDUAL

Cinema & McDonalds

10:00am - 2:00pm

SEND aged 7 - 15 years

Meeting point: Odeon, Waterfront Way, Stafford, ST16 2HQ

Available to all Staffordshire children

Bookings close 25.4.25 at 5pm or as soon as fully booked

EXPRESSION ON INTEREST



Wednesday 21st May

INDIVIDUAL

Chuckle Chitout

5:00pm - 7:00pm

SEND aged 5 - 18 years

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

Available to all Staffordshire children

Bookings close 19.5.25 at 12:noon or as soon as fully booked

Stafford (2)



Tuesday 27th May

INDIVIDUAL

Amerton Farm

10:00am - 1:00pm

SEND aged 7 - 15 years

Amerton Farm, Stafford, ST18 0LA

Available to all Staffordshire children

Bookings close 25.4.25 at 5pm or as soon as fully booked

EXPRESSION ON INTEREST



Tuesday 27th May

FAMILY

Fun in the Woods Wildlife

10:00am - 12:00pm

SEND aged 0 - 18 years + family members

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

Available to all Staffordshire families

Bookings close 22.5.25 at 12:noon or as soon as fully booked



Wednesday 28th May

FAMILY

Really Wild Wildfamilies

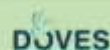
10:30am - 12:30pm

SEND aged 0 - 18 years + family members

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

Available to all Staffordshire families

Bookings close 27.5.25 at 12:noon or as soon as fully booked



Wednesday 28th May

INDIVIDUAL

Flip-Out

2:00pm - 4:00pm

SEND aged 5 - 18 years

Flip Out, Opal Way, Stone Business Park, Stone ST15 0SS

Available to all Staffordshire children

Bookings close 21.5.25 at 5pm or as soon as fully booked

Stafford (3)



Wednesday 28th May

INDIVIDUAL

Play at Lower Drayton Farm

10:00am - 1:00pm

SEND aged 0 - 18 years

Lower Drayton Farm, Drayton Lane, Penkridge, Stafford, ST19 5RE

Available to all Staffordshire children

Bookings close 21.5.25 at 5pm or as soon as fully booked



Friday 30th May

FAMILY

(Integrated) Pond Dipping & Minibeast Hunting AM

10:00am - 12:00pm

SEND aged 0 - 18 years + family members

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

Available to all Staffordshire families

Bookings close 28.5.25 at 12:noon or as soon as fully booked



Friday 30th May

FAMILY

(Integrated) Pond Dipping & Minibeast Hunting PM

1:30pm - 3:30pm

SEND aged 0 - 18 years + family members

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

Available to all Staffordshire families

Bookings close 28.5.25 at 12:noon or as soon as fully booked

Please note...

Activity bookings can only be made by the person who holds parental responsibility for a SEND child/young person. If you require someone else to book an activity on your behalf, permission must be granted by you prior to the nominated person calling the booking team.

To grant permission for someone else to book on your behalf, you can either call the booking team on 0300 111 8007 (option 2, then option 3), or email gan@referrals@staffordshire.gov.uk.

If prior permission has not been given, the booking team will be unable to make any bookings until they have spoken to or received an email from the person who holds parental responsibility.



Find out more



🦋 All Stars Cricket Programme at Church Eaton Cricket Club 🦋

ST20 0AG

Start Date: Friday, 9th May 2025

Time: 6pm-7pm ⌚ Duration: 8 weeks 📅

Cost: £50 per child 💷 What's Included:

Personalised t-shirt 👕 with your child's name

Backpack 🎒 Cricket bat 🏏

Cricket ball 🏏



For more information, scan the QR code or contact 01785 538013



Give your dummy to
the Easter Bunny!



stokespeaks.org



Taking care of your child's teeth



Healthy teeth are important to help children eat, speak, and smile confidently. As soon as your child's 1st milk tooth appears it's time to start brushing to establish good dental habits for life.

DO's

- Use a smear (the size of a grain of rice) of toothpaste for babies and toddlers up to 3 years



- Use a pea sized amount of toothpaste for children aged 3 to 6



- Brush teeth and gums twice a day for 2 minutes each time, always before bed and one other occasion.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch to make sure they brush properly

- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist.

Use a family strength fluoride toothpaste, look for one containing between 1,350ppm and 1,500ppm

DONT's

If your child has a dummy do not offer it to them after 12 months of age. Prolonged dummy use can encourage an open bite, which is when teeth move to make space for the dummy. They may also affect your child's speech development

Do not rinse with water after brushing, as it washes away fluoride.

Always discourage your child from eating, swallowing or licking toothpaste from the tube

Do not offer your child drinks from a bottle once they are 12 months old. Using a free flow 'Sippy' cup is recommended

Do not let your child have too many sugary drinks and snacks. Water or milk to drink and snacks that are kind to your teeth such as fresh fruit, vegetable sticks, crackers, chapatti's etc. are best

The NHS website for anyone looking for a dentist is - [Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)



If a child or adult is experiencing pain and need an emergency appointment but are unable to find an NHS dentist contact Stoke-on-Trent and Staffordshire's Dental Advice Line on 0300 123 0981

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/>

The NHS website for anyone looking for a dentist is

[Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

If a child or adult is experiencing pain and need an emergency appointment but are unable to find an NHS dentist contact Stoke-on-Trent and Staffordshire's Dental Advice Line on –

0300 123 0981

Better Health Start for Life NHS

To help avoid tooth decay.

SAY GOODBYE to the bottle

