



School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the **COVID-19 outbreak**, please phone **020 3691 1012** or email hrch.hounslowschoolnurses@nhs.net for free confidential health advice and support between **Monday – Friday 9am – 5pm**.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's bitesize;

★ **The effects of sugary drinks and
National Smile month competition**

Despite lockdown restrictions easing slightly allowing businesses like garden centres to reopen, dentists in the UK remain closed. Therefore, it's important for you and your children to **maintain a good dental care routine to keep your teeth and gums healthy**. Dental pain or discomfort is the result of poor diet choices such as consuming excessive amounts of sugar or not brushing teeth twice daily. Follow these tips and you can help keep your kids' teeth decay-free. In this week's bitesize we look at how **sugary drinks affect your teeth, some sugary drink swaps** and how you can be in with a **chance to win** a "healthy teeth hamper" to mark **National Smile Month**.



How do sugary drinks affect our teeth?

Consuming too much sugar can cause tooth decay. Regular and 'diet' soft drinks, sports drinks, energy drinks, fruit juices with sugar and squash also have high acid levels that can cause tooth erosion

What drinks should I give my children?

Water and lower-fat milks are always the best choices when it comes to drinks for your children. Water is a no-sugar thirst quencher. Milk has calcium, which helps keep your child's body strong and forms part of a healthy, balanced diet.

Want to experiment?

Here's an easy study to help you understand the effects of sugar on your teeth.

★ **Find out more and visit;**

[Lower sugar drinks for kids stop tooth decay](#)
[Water, drinks and your health](#)

Sugary drinks swaps

From: cola (14 cubes), Energy Drink (9 cubes), Juice Drink (2 cubes)

To: Plain water, Lower-fat MILK, Juice Drink (No added sugar)

Maximum daily amounts of added sugar (1 cube = 4g)

Age Group	Maximum Daily Amount
4-6 Years	5 cubes (19 grams)
7-10 Years	6 cubes (24 grams)
11+ Years	7 cubes (30 grams)

change 4 life



Hounslow's Healthy Teeth, Happy Smiles!

National Smile Month Competition



COVID-19 is infectious, but so is smiling...

We're looking for the most creative and vibrant smiles in the
London Borough of Hounslow!

Share your smile with us for National Smile Month for a chance to
win one of three "Healthy Teeth Hampers" worth up to £100.

It can be: yourself, your child, your pet, drawings or fruits.

The choice is yours. Use your imagination. Standout!

National Smile Month, a charity campaign by the Oral Health Foundation: www.smilemonth.org



WIN!

Prize includes:

Two Oral B electric
toothbrushes, a fruit and
veg box and more.

To enter the competition:

1. Share your smile on Instagram or Facebook
2. Follow our accounts below and tag us in your picture
3. Tag three of your friends to spread the SMILES

Competition will end on 18.06.20. The three most creative smiles will
be announced on 24.06.20.



Follow, share and tag your pictures on:

 [@Healthyteethhappysmiles](https://www.instagram.com/Healthyteethhappysmiles)

 [Healthy Teeth Happy Smiles](https://www.facebook.com/HealthyTeethHappySmiles)