

Spring Term Newsletter

Hello and welcome to this terms' edition of CDS Oral Health Improvement Newsletter.

The weather is still cold enough to enjoy heart-warming healthy food. Whilst we are spending more time indoors why not try to enjoy cooking as a family.

The British Heart foundation have 25 healthy recipes to cook in around 5 minutes, with only a short preparation time. follow the link below and get some great ideas. We really like the Fast home-made baked beans, which are totally sugar free and can be served on toast and with a poached egg. The recipe has even incorporated some veg to get your family on board with their 5 a day. Why not follow the link to their website and have a look.

[25 healthy recipes you can cook in 5 minutes or less - BHF](#)

Your children in education will be enjoying their healthy snacks at School and preschool. Why not continue the theme at home and create your own fun snacks.



Some of our settings have established great Toothbrushing routines as they have enrolled onto our Healthy Smiles and Supervised Toothbrushing Programmes working towards Accreditation and achieving a Healthy site status. Is your child's school one of these?



Children up to the age of eight need help brushing their teeth. Help brush your children's teeth every night and at one other time of the day with a Fluoride toothpaste containing 1450 ppm fluoride.

Have a great Spring Break and try to include healthy savoury fillings on Pancake Day!!