

# January 2018 Newsletter

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## Happy New Year!

We would like to wish all our patients a very Happy New Year!

## CQC 'Notable Practice'

The Care Quality Commission (CQC) is responsible for inspecting the 10,151 dental practices in England, to check they are Safe, Effective, Caring, Responsive and Well-led. We found out in December that we are one of the top 23 dental practices in the country. The CQC describes us a "Notable practice". We are the only general dental practice in East Anglia to achieve this recognition.

We are obviously delighted and can't thank our dedicated team enough for all their hard work and care when looking after our patients.

## Children's Dental Health

Over the next few months we are concentrating on children's dental health. There has been a lot in the press over the past few weeks regarding children's snacks and reducing them to 2 per day and making them under 100 calories. The government is also trying to introduce a scheme called 'Dental Check by One.'

**We have conducted an audit of our own patients and our statistics show that less than 4% of our patients are under 5 years.**

**We are accepting new children under 5 years on the NHS.**

The advice from Public Health England is that your child should see a dentist by the age of one. It's an opportunity for the dentist to look into his or her mouth and check that the teeth are developing normally. Dental decay is almost always preventable and we want your child to grow up with healthy teeth that are free from decay. The first appointment is an important one and we will try to make it as fun as possible and don't worry if your child is not perfectly behaved, we are used to treating little ones! We can give advice on diet, toothbrushing, toothpastes and brushes and answer any questions you have.

## Top Tips

- Try to cut out snacks completely
- If snacks are given make sure they are SUGAR FREE to prevent tooth decay
  - Make sure you bring your child to the dentist before their first birthday
- Ideal snacks are carrots, cucumber and humous, cheese and crackers, crumpets

## Call to Action

If you have a new baby, a new grandchild, work in a nursery or preschool, or know someone who does please pass on this information. We hope to increase our numbers of under 5 year olds within the practice over the coming year and would appreciate your help in getting us there!