

ORAL HEALTH & SLEEP Newsletter

MARCH 2026



Funded by
UK Government

Why is oral health important?

Brushing teeth is vital for children because it helps prevent dental problems and supports overall health. Regular brushing removes plaque – a sticky layer of bacteria – that can cause cavities, especially common in kids who eat sugary foods and drinks. It also keeps gums healthy by preventing gingivitis, which can lead to swelling and bleeding.

Establishing a brushing routine from an early age teaches children the importance of oral hygiene, helping them develop habits that protect their teeth as they grow older. In addition, brushing twice a day keeps their breath fresh by removing food particles and bacteria from the mouth.

Good oral hygiene doesn't just benefit the mouth, it contributes to general health too. Poor dental care has been linked to issues like heart disease and diabetes. Therefore, encouraging regular brushing supports both a healthy smile and overall well-being in children.



DID YOU KNOW?

Tooth enamel is the hardest substance in the human body. It's even tougher than steel! This incredible durability is due to its high mineral content.

Brushing teeth correctly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for 2 minutes.
- Use short, back-and-forth brushing motions to clean the outside and inside surfaces of the teeth, as well as the chewing surfaces and inside the surface of the front teeth.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Source NHS

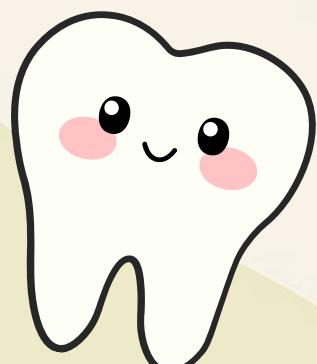


British Society of
Paediatric Dentistry

BSPD has some great videos all about visiting the dentist & looking after your teeth, starring Dr Ranj and Hey Duggee! Plus, guides for parents and carers. Find out more [here!](#)



The NHS has lots of information on dental check ups and dental treatments. Find out more [here!](#)



Importance of sleep

Sleep is an essential function, it allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep improves your brain performance, mood and overall health. Sleep is as important as a balanced diet and regular exercise.



The amount of sleep that your child needs changes as they get older. A 5 year old needs around 11 hours sleep a night, whilst a 12 year old needs around 8-9 hours.

There are many factors that can contribute to poor sleep in children and young people. Common causes include fear or anxiety, nighttime wetting, sensory difficulties, challenges with self-settling, changes in routine, hunger or thirst, and physical discomfort.

Tips for a good night sleep

- A consistent bedtime routine helps your child learn what to expect as bedtime approaches.
- Turn off all electronic devices (TV, computers, game consoles, mobile phones) at least one hour before bedtime.
- Encourage quiet, relaxing activities like colouring, drawing, or doing a jigsaw puzzle before bed.
 - Give your child a bath only if they find it calming; baths should ideally happen at least 30 minutes before bedtime.
 - Keep the bedtime routine between 20–30 minutes.
 - End the routine with a clear signal that it's time to sleep, such as turning off the light and saying goodnight.



Move it March - 27th Feb-26th March
Self harm Awareness Day - 1st March
International Women's Day - 8th March
World Sleep Day - 13th March
Nutrition & Hydration Week - 16-22nd March
World Oral Health Day - 20th March



Move
it March

The sleep charity has lots of advice on sleep problems, bedtime routines, creating a calm environment and relaxation tips.

Find out more [here!](#)

is back!

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least **60 active minutes** per day. Last year, **15,919** participants in South Leicestershire took part and moved for a total of **9.2 MILLION** active minutes!

How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people



South Leicestershire Community Board

The All Languages Group
Runs from Oadby Youth Centre on Tuesdays, 11am-1pm for those who have English as a second language - chance to connect and socialise, and local trips arranged.
Contact Louise 0752 692 7372 for more information



Chill, Chat & Connect

Are you a parent or carer of a young person aged 0-19?
Come along to our family wellbeing advice and drop in session
A safe space to chat

A time for family wellbeing workers to look at any services that may be helpful to you & your family. Children welcome!

Braunstone Town Family Hub, Kingsway North, Braunstone Town, LE3 3BD
Every Monday 12.30pm-2pm

Warm Space

Warm Space at Oadby has now started up and is a very welcoming and lively social group held at the church next to Launde Primary every Friday 11:30-1:30pm.

Contact Louise 0752 692 7372 for more information

JUST SIGN UP
JUST GET ACTIVE
JUST GET INVOLVED

JUST
GET INVOLVED
SOUTH
LEICESTERSHIRE

19th January- 22nd March '26

WHAT IS JUST GET INVOLVED?

Want to be more active but don't know where to start? Let us help you!

- » Access to 60+ classes ran by friendly instructors in South Leicestershire
- » FREE taster sessions
- » FREE reward for your attendance

Let us help you make 2026 your most active year yet!

WHAT IS JUST?

JUST is a physical activity programme which provides the opportunity for women of all ages and abilities to get involved in activity sessions across South Leicestershire. You don't even have attended an exercise class before to take part in JUST- it's for everyone!

JUST will run between 19th January - 22nd March 2026. During this time, you will have the opportunity to attend a large selection of local activities and collect some free merchandise along the way!

Interested? Want to JUST Get involved?
Sign up to our newsletter for exclusive updates!

