

INFORMATION FOR PARENTS AND CARERS

# Fluoridated milk

Primary School Scheme



# From year one upwards Blackpool primary school children can have fluoridated milk, as part of the free school breakfast scheme.

## Why fluoridated milk?

- ✓ Fluoride in milk helps keep teeth healthy
- ✓ It's free – no cost to parents
- ✓ It's safe to drink



## FAQs

### When is my child eligible for fluoridated milk?

Fluoridated milk will be offered to primary school children years 1 and upwards, as part of your child's free school breakfast scheme.

### Why are schools offering fluoridated milk to kids?

The level of tooth decay in Blackpool is really high and lots of kids are suffering because of it. 41% of 5-year-olds in Blackpool have tooth decay (the England average is 28%). Every year, around 400 kids are sent to hospital to have teeth removed. These figures are huge, and we have to do something to improve dental health in Blackpool. The scheme is part of a range of projects aimed at improving the oral health of children in Blackpool.



### What is fluoridated milk?

Fluoridated milk is just like normal milk, except it includes a small amount of fluoride, which helps to keep kids' teeth healthy, as part of a good dental regime.

### Is fluoridated milk safe and approved?

Yes. Fluoridated milk is safe to drink. Fluoride is a natural mineral found in water, toothpaste and mouthwash. Adding fluoride to milk makes no difference to the way it looks, smells or tastes. Its benefits have been established by the European Union and the World Health Organisation who concluded that it contributes to maintaining tooth mineralisation.

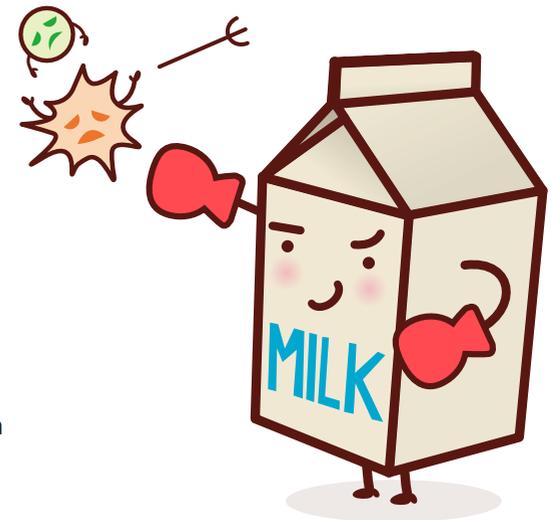
School milk fluoridation schemes have been in operation in several countries since 1988 and a successful scheme has been operating in Manchester for sixteen years.

### How will the scheme work?

Fluoridated milk will be offered to your child as part of the existing school breakfast scheme. There will be no additional cost to parents.

### Will I be able to opt out?

Yes, you can opt out of the scheme and your child can still receive regular milk. If you would like to opt out, please complete the tear off slip on the back of this leaflet and return to your child's school.



### Can drinking fluoridated milk cause white spots on the teeth (fluorosis)?

There are many different reasons why white spots and other marks may develop on teeth. The amount of fluoride in your child's milk is very small and is not likely to cause white spots by itself.

### Should my child still brush with fluoride toothpaste if they are drinking fluoridated milk?

Yes. A child drinking fluoridated milk should still brush their teeth twice a day with a pea-size amount of fluoride toothpaste.

### My child takes fluoride drops or tablets. Can they have fluoridated milk?

Your child can join the scheme, but they should stop taking fluoride drops or tablets. They should not join the scheme if they are using a fluoride mouth rinse every day.



# Toothbrushing tips

-  Brush your child's teeth for two minutes, twice a day
-  Children aged 3-6 years should use a pea-sized blob of fluoride toothpaste
-  After brushing, kids should spit out excess toothpaste but not rinse with water. Rinsing will wash away the fluoride and make it less effective



For info, visit [www.blackpool.gov.uk/Fluoride](http://www.blackpool.gov.uk/Fluoride)

“ Last year I carried out dental extractions, under General Anaesthetic, on nearly 300 Blackpool children who had suffered from pain and infection. It is such a shame as tooth decay is preventable. Something as simple as drinking milk with fluoride alongside a good dental regime would make such a difference in this battle against rotting teeth. ”

**Josephine Adjetey**  
Clinical Lead, Community Dental Services,  
Blackpool Teaching Hospitals



Child's name ..... Class .....

I do not want my child to receive fluoridated milk at school

My child is having fluoride drops or tablets at home

Signature ..... parent/guardian

Please tear off this slip and return to school.