

## Oral health

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

### Where children clean their teeth when at the setting

- Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
- Each child has their own toothbrush, which is stored individually to prevent accidental contact and cross contamination.
- A small amount of toothpaste is put onto a blue paper towel before applying to the brush to prevent cross contamination.
- Toothbrushes are cleaned at each session and sterilised weekly in Milton or similar disinfecting fluid.
- Toothbrushes are changed every three months and provided by parents.
- Oral hygiene activities are included in planning every three months when toothbrushes are changed.
- The setting co-ordinates with local oral health and ensure procedures are reviewed regularly, additional guidance from the local team may be added to this procedure.

### Pacifiers/dummies – Please see separate Dummy Policy

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened

### Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers [www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

Good Oral Health from an early age is vital for the healthy development of adult teeth and general well-being. Many of the hygiene habits developed during early childhood will continue through-out life.

## Practices

- Arrangements to be made for dental health professional to visit preschool to talk to staff, children and families about dental health
- The name, address and phone number of child's dentist is recorded on registration form.
- Preschool provides information on dental health including tooth brushing, 'tooth friendly' snacks and going to the dentist.

To reduce the incidence of cavities in young children our preschool will:

- Encourage healthy eating habits
- Only offer water - offer milk twice a day
- Avoid the use of nursing bottles that contain cordials or soft drinks
- Avoid sugary snacks or sweets as a behavioural reward
- Avoid the use of pacifiers dipped in sweetened substances (e.g jam, honey)
- Avoid using nursing bottles as pacifiers or using a bottle containing anything other than water

Brize Norton Village Preschool believes that it is important to establish and reinforce good oral health practices for each child.

Snacks will only be offered once in the morning and once in the afternoon. Our snacks provided will be nutritious foods such as vegetables, fruit, cheese, yoghurt, bread.

Staff model good health practices

Our preschool will provide information to families on dental health principles relating to different age groups of children as recognised by health and dental authorities. Where possible this will be available in families home language.

Staff will report to the family any injury to teeth and gums, gum swelling, infection of the mouth, or problems, pain or discomfort the child has with chewing, eating or swallowing.

This Policy was adopted by: Brize Norton Village Preschool

On: 7th August 2023

Date to be reviewed: August 2024

Signed on behalf of provider: \_\_\_\_\_

Name of signatory: M.Dix

Role: Chair of Preschool Committee