Oral health Policy

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 always available and easily accessible.
- Sugary drinks are not served, and we ask parents to not put these in their child's drinks bottle. Instead filling bottles with only water.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks or fruit and vegetables with no added sugar.
- Parents/carers are advised not to send in confectionary as a snack or treat in their child's lunchbox. Instead include low sugar yoghurts or fruit – please refer to our parent information folder for nutritious ideas and alternatives.
- Parents are encouraged to choose low sugar options with medicines such as Calpol
- A list of local Dentists is included in your registration pack. Your child should be registered with a dentist from the age of one.

Pacifiers/dummies

- Parents/carers are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies are actively discouraged at our preschool. They impact oral health and speech.