

## 04. Health procedures

### 04.06 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. All parents are requested to supply an appropriate drinking bottle containing fresh water ONLY.
- Sugary drinks are not served.
- We work in partnership with parents to ensure babies are introduced to an open free-flowing cup and bottles are discouraged after 12 months.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with limited sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.

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

- We are part of the NHS supervised toothbrushing programme and operate the scheme for our 3 and 4 year old children.
- Children are encouraged and supported to brush their teeth after lunch. This is in accordance with the supervised toothbrushing programme procedures.
- Each child has their own toothbrush (supplied by the scheme), which is stored individually in purpose designed racks which prevent accidental contact and cross contamination.
- A small amount of toothpaste is put onto a vessel before applying to the brush to prevent cross contamination.
- Toothbrushes are rinsed at each session and replaced regularly.
- Oral hygiene activities form part of our practice and curriculum planning across all age ranges.
- 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

- Parents are *advised* to stop using dummies/pacifiers at an appropriate developmental stage for the individual child.
- **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/)