

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. Children do not routinely clean their teeth when in the setting, but may do this as part of an adult led planned activity to promote oral health,

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- 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.

Where children clean their teeth when at the setting

- Oral hygiene activities are included in planning every three months, parents will be asked in advance to send children with their own toothbrush for the activity.
- Children's toothbrushes are 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.
- Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.

Pacifiers/dummies

- Parents are offered advice and support to stop using dummies/pacifiers. Children are encouraged to leave any dummies in their bag.
- Dummies that are damaged are disposed of and parents are told that this has happened