



## 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, young children are introduced to an open free-flowing cup when they start at the setting.
- Only water and milk are served with snacks.
- Routinely, children are offered healthy nutritious snacks.
- Parents are discouraged from sending in confectionary as a snack or treat.

The setting will support children's oral health by:

- Reading books about toothbrushing
- Singing songs and rhymes to encourage tooth brushing awareness
- Sharing information with parents about local dentists and the importance of good oral health
- Including healthy eating roleplay in children's activities
- Promoting healthy eating and drinking in the setting and at home

### Pacifiers/dummies

- Parents are advised to stop using dummies/pacifiers once their child is 12 months old.
- Children are encouraged to keep their pacifiers/dummies in their bag when at the setting.
- 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/)
- [Oral health - Help for early years providers - GOV.UK \(education.gov.uk\)](http://gov.uk/education/oral-health-help-for-early-years-providers)
- factsheet from Institute of Health Visiting that can be downloaded free and shared with parents [Childrens-Teeth-support-iHV.pdf \(pacey.org.uk\)](http://pacey.org.uk/Childrens-Teeth-support-iHV.pdf)
- child dental health guidance from Public Health England – summarises risks factors and recent research, including evidence of effective interventions for improving dental health [Health matters: child dental health - GOV.UK \(www.gov.uk\)](http://gov.uk/health-matters-child-dental-health)

- [Delivering better oral health: an evidence-based toolkit for prevention - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention)

This policy was adopted at a meeting of	NWPS Committee Meeting
Held on	
Date to be reviewed	May 2024
Signed on behalf of the provider	
Name of signatory	
Role of signatory (e.g. chair, director or owner)	Chair