

04. Health procedures

04.06 Oral health

The pre-school 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 usually served by the pre-school unless specifically requested to do so by the parent/carer.
- In partnership with parents/carers, children 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 normally only offered healthy nutritious snacks, where possible with no added sugar.
- Parents/carers are discouraged from sending in confectionary as a snack or treat.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

Teaching good dental hygiene

The children are taught to have an understanding of what is good for their teeth and what is bad for their teeth. Activities are arranged involving play teeth where children are shown the correct way to brush using timers and toothpaste.

Pacifiers/dummies

- Parents/carers are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Parents/carers are told if their child's dummy is damaged and therefore disposed of.

Further guidance

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