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.
* Sugary drinks are not served.
* We take regular trips to the dentist with our pre-schoolers to promote awareness of brushing our teeth and to help settle them into a dental routine.
* We also provide activities to help support the understanding of health eating.
* We offer additional information to our parents in the lending library but also on top of our washing we have leaflets available.
* In partnership with parents, babies 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 offered healthy nutritious snacks with no added sugar.
* Parents are discouraged from sending in confectionary as a snack or treat.
* Staff follow the Infant & Toddler Forum’s Ten Steps for Healthy Toddlers.

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

* Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
* Each child has their own toothbrush, which is 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.
* Toothbrushes are cleaned at each session and sterilised weekly in Milton or similar disinfecting fluid.
* Toothbrushes are changed every three months and provided by parents.
* Oral hygiene activities are included in planning at least every three months when toothbrushes are changed.
* 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 once their child is 12 months old.
* 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/)