

## 04. Health procedures

### 4.6 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 and parents are encouraged to only provide water in their child's drink bottle.
- In partnership with parents, children are given open cups only to drink from at snack time. Bottles with teats will not be accepted.
- 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.
- We read books about tooth brushing and provide a take home activity pack on "Going to the Dentist".
- We sing songs and rhymes to encourage tooth brushing awareness.
- Information is supplied to parents with regards children's health and we encourage them to take part in Tapestry Challenges such as "Teeth Brushing" and "Eating a Rainbow".
- Children do not access their dummies/pacifiers at preschool and parents are given advice on why and how they should stop using one at home too.

#### **Pacifiers/dummies**

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- If a parent insists on sending their child in with a dummy/pacifier this will be placed in the child's bag and only accessed if the child is distressed and no other tactic will calm them.

#### **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/)