4. 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.

- 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.

- 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/