

ABC NURSERY POLICIES AND PROCEDURES**POLICY 52: Oral Health**

52.1 Our nursery has a vital role to play in raising awareness of the importance of good oral health for children. These early years for children are when many of the good (and bad) routines are formed and are often carried through to adulthood. Therefore, our nursery is a very important place to introduce a good oral health routine.

52.2 Food/Snacks

- Our snacks provided for the children and staff will be tooth friendly.
- Tooth friendly snacks will be varied daily and children will be encouraged to try new foods.
- Any food containing sugar will be restricted to mealtimes only and will be provided on a limited basis.
- Food will be provided or supervised by staff only, in accordance with nursery oral health and food policies.

52.3 Drinks

- Milk and water only will normally be offered to children as drinks throughout the day.
- Diluting/fresh juice will be served only on special occasions and at mealtimes only and will be diluted one part juice to ten parts water.
- **No** fizzy drinks of any kind will be served in nursery.
- Staff, in conjunction with parents, will encourage the introduction of feeder cups for babies from 4-6 months.
- For our older babies we will introduce 'Doidy' cups to encourage independent drinking.
- We will not use cups with a 'teat' as these encourage tooth decay and staff will **not** allow babies or young children to suck juice from a bottle.

52.4 Rewards/Special Occasions

- Sweets and chocolate will not be used by staff as rewards for good behaviour and work.
- Sweets and chocolates will not be provided to celebrate birthdays or special occasions. Staff and parents will provide alternatives.
- If birthday cake is allowed it will be served at mealtimes only in place of a pudding.

52.5 Tooth brushing in Nursery

- For reasons of hygiene and cross-infection we do not keep toothbrushes in nursery for children except in exceptional cases where there is a request from a parent and a medical reason to do so.

52.6 Tooth brushing At Home

- Parents will be encouraged to continue the regular tooth brushing routine at home.
- Parents can access information and advice about tooth brushing and oral health from staff at nursery. Leaflets are displayed in the lobby area.

52.7 Children

- Oral health will be included in the planned programme or any spontaneous learning opportunities where it is appropriate.
- We will arrange visits from a dentist, hygienist or someone who can talk about oral health during the nursery year.
- Dental health will feature as a theme at nursery prior to, during or after these visits. e.g. dental corner, stories, songs, poems, art etc.
- National Smile Week will be promoted in nursery with the staff, children and parents.
- Good oral hygiene will be encouraged at all times.

52.8 Staff

- The oral health policy will be included as part of the induction of new staff.
- Staff training and supervision will be on-going to those staff who do not meet the guidelines set out within this policy.
- The policy will be reviewed and updated on an annual basis by staff & parents.