

Health Policy

H3: Oral Health

At Ullesthorpe Preschool we have 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 setting is a very important place to introduce a good oral health routine.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served and are not allowed within the setting.
- Only water and milk are served with morning and afternoon snacks.
- In partnership working with parents, we encourage the children to come to the setting with low sugar, healthy snacks and packed lunches and discourage sweets and chocolate within the setting.
- Parents are discouraged from sending in confectionary as a snack or treat.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.
- Through our termly newsletter we offer advice to parents on oral health and encourage parents to take their child to the dentist regularly.

Teeth brushing 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 at present by the local health team.
- 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.

Children

- Oral hygiene activities will be included in planning every three months or any spontaneous learning opportunities where it is appropriate.
- National Smile Week will be promoted at the setting with staff, children and parents.
- Good oral hygiene will be encouraged at all times.

Staff

- All staff will receive oral health training and be kept up to date on oral health and how to promote it within the setting through further training and discussions within staff meetings.
- The policy will be reviewed and updated on an annual basis by staff and parents.

Further guidance

Healthy Tots <https://www.leicestershirehealthytots.org.uk/oral-health>

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

[Improving oral health in early years](#): National Institute for Health and Care Excellence Pathways.