

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.
- 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.

Cleaning teeth at the setting

- Children do not clean their teeth at the setting, but oral health is discussed with our Preschool children. They are encouraged to brush their teeth as part of their daily routine.
- Oral hygiene activities are included in our planning.

Pacifiers/dummies

- Pacifiers are not generally brought into the Playhouse.
- Where appropriate, parents are *advised* to stop using dummies/pacifiers (recommended not to be used after 12 months old)

Further guidance

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