

Health procedures

To be used alongside our other Healthy Eating and Lunch Box Policies.

**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 always available and easily accessible.
* Sugary drinks are not served.
* Children use an open free-flowing cup and are discouraged from using a bottle.
* Only water and milk are served with morning snacks.
* Children are offered healthy nutritious snacks with no added sugar.
* Parents/carers are discouraged from sending in confectionary as a snack or treat.
* Staff follow the Infant & Toddler Forum’s Ten Steps for Healthy Toddlers.
* Children will be taught about the Dentist and their role in good oral health using books/discussion/role play/songs.
* Children will be provided with information about healthy eating for healthy teeth.
* Children will have the opportunity to help with snack preparation which can be used as a practical way to learn about healthy eating and oral hygiene.
* If possible, the setting will arrange visits from a Dentist/Dental nurse to talk with the children.

**Practical ways to promote good oral hygiene at home**

Promoting good oral health includes:

* Talking to children about the effects of eating too many sweet things
* Promoting regular toothbrushing at home – twice a day for 2 minutes using a fluoride toothpaste
* Encouraging children to visit the dentist regularly (twice a year is recommended)
* Encouraging parents to promote good oral health at home
* Supervised toothbrushing (There is no requirement in the EYFS to introduce supervised toothbrushing at pre-school and at Frimley Green Pre-school we will not be adopting this initiative). However, parents should supervise their child’s tooth brushing at home.
* Provide parents/carers with up-to-date research-based information regarding how to care for their child’s teeth – via leaflets/discussion/website/Facebook page and weekly updates.

**Pacifiers/dummies**

* Parents/carers are *advised* to stop using dummies/pacifiers once their child is 12 months old.
* Dummies that are damaged are disposed of and parents/carers are told that this has happened

**There is no requirement for practitioners to assess oral health, although a child who presents with poor oral health is a concern which will prompt parents to be contacted and a referral to the Designated Safeguarding Lead.**

**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/)

This policy was amended on 24th February 2025.