



### **Safeguarding and Welfare Requirement: Health**

Where children are provided with meals, snacks and drinks, they must be healthy, balanced, nutritious and tooth friendly.

## **Oral Health**

### **Policy statement**

We encourage forming good oral health habits from an early age, raising awareness of the importance of good oral health and good and bad routines.

### **Procedures**

We follow these procedures to promote good oral health for children in our setting.

- Before a child starts to attend the setting, where possible, we ask their parents if they are registered with a family dentist and details are recorded on the child's registration form.
- Snacks will be varied and children will be encouraged to try new foods.
- Foods containing sugar will be provided on a limited basis.
- Milk and water will be offered to the children as drinks throughout the day.
- Parents donate snack items such as fruit, vegetables, rice cakes and breadsticks, avoiding large quantities of sugar.
- We promote oral health in play, suggesting brushing teeth of dolls and soft toys.
- We talk about healthy foods and drinks that help teeth to grow strong and also those that do not.
- We read stories about teeth and smiles.
- We get children to look at their own/others teeth using mirrors.

### *Packed lunches*

As we cannot provide cooked meals, children are required to bring packed lunches, we:

- discourage packed lunch contents that consist largely of sweet drinks and sweet products such as cakes or biscuits and these are only permitted to be eaten by the child after they have eaten their main food and fruit/veg. We reserve the right to return this food to the parent as a last resort if we deem it necessary.

### **Further guidance**

- <https://www.gov.uk/government/publications/health-matters-child-dental-health> guidance to help you prevent tooth decay in children under 5, including links to e-learning.
- <https://www.e-lfh.org.uk/programmes/childrens-oral-health/> aimed at parents, early years healthcare workers, teachers, nurses, GPs and the public.
- <https://www.e-lfh.org.uk/programmes/childrens-oral-health/> how children can keep their mouth healthy and the best way to brush your teeth.