Herlington Pre-school

Herlington Community Centre

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[www.herlingtonpreschool.net](http://www.herlingtonpreschool.net)

 **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, and for Birthday celebrations.

**Teeth cleaning**

* Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least half an 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. Parents sign to say they are happy for their child to take part in the toothbrushing programme.
* 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 by the setting through the my smile campaign.
* Oral hygiene activities are included in planning.
* 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.

**Pacifiers/dummies**

* Parents are *advised* to stop using dummies/pacifiers.
* Dummies that are damaged are disposed of and parents are told that this has happened

**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/)

**Herlington Preschool adopted this policy on 31/10/2023**