



Oral Health Policy

Adopted by Little Fishes on 20/10/2021

Little Fishes provides care for children's health by promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing. It is beneficial for us all to have a clear understanding of how to support our children with oral health. It is said that 25% of children under the age of 5 experience tooth decay. This can be a result of eating a poor diet, brushing teeth less than twice a day with fluoride toothpaste or coming from a deprived background.

It is therefore important for us to support children with oral health, as their first experiences can have a great impact on the rest of their lives. By supporting them, we can teach them about their mouths, introduce them to good habits and normalise dental visits.

1. Fresh drinking water is always available and easily accessible.
2. Children have their own labelled water bottles in nursery to which they can have a drink when needed throughout the session. Only water is allowed in the bottles during Nursery sessions.
3. In partnership with parents, children are encouraged to use an open free-flowing cup and discouraged from using bottles and sippy cups.
4. Only water and milk are served with morning snacks. Sugary drinks are not served.
5. Children are offered healthy nutritious snacks with no added sugar.
6. Parents are encouraged to only provide one small confectionary/sweet treat in lunch boxes if required.
7. Oral health will be included in learning opportunities and activities where it is appropriate.

Teeth cleaning

Children do not need to clean their teeth at Little Fishes during the day. The setting liaises with parents and seeks advice from local oral health teams when necessary.

Dummies

If children are still using dummies when attending Little Fishes parents are advised to stop using dummies as soon as possible. If a child brings a dummy into the setting it will be placed in the child's bag until the end of the day. Dummies will not be given to comfort children during the day.

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers

www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/

Top Tips for ditching the dummy: <https://healthforunder5s.co.uk/sections/toddler/top-tips-for-ditching-the-dummy/>

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Name of Manager: Amber Delves

Signature:

