

Kingsfield Nursery

Oral Health

Health Procedures

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.
- In partnership with parents/carers, children are introduced to an open free-flowing cup and are discouraged from using a bottle for drinks.
- Sugary drinks are not served.
- Only water and milk are served with morning snack.
- Children are provided with healthy and nutritional snacks.
- Parents and carers are encouraged to provide healthy lunch boxes.
- We have an oral health display to help promote good oral health and dental hygiene.
- We provide the children with activities and learning opportunities about oral health, healthy eating and good dental hygiene.

Pacifiers/dummies

- Parents are advised to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened.
- Dummies are discouraged in nursery and are put away once the child is settled. Dummies will only be used during nap times if requested by the parents/carers.

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers

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