



## EYFS ORAL HEALTH POLICY

<b>Date of Policy</b>	<b>September 2023</b>
<b>Member of staff responsible</b>	<b>Sarah Reynolds</b>
<b>Role</b>	<b>Head of Early Years</b>
<b>Last Review</b>	<b>Significant changes</b>

This policy applies to Sandcastles Nursery including 'early,' 'late' and 'wrap around care' and all staff members, volunteers and visitors in Sandcastles Nursery.

*(Please note that the term 'parents' also relates to carers and those with legal guardianship of children)*

Sandcastles Nursery strives to raise awareness of the importance of good oral health for children. These early years for children are when positive routines are formed and subsequently carried through to adulthood. Promoting good oral health early on can therefore have a productive impact on future outcomes.

#### Food/Snacks/Drinks:

- As much as possible, snacks provided for the children will be 'tooth friendly'
- Any food containing sugar will be restricted to mealtimes and will be provided on a basis that is deemed suitable and appropriate.
- Food and snacks will be varied and children will be encouraged to try new things.
- No fizzy drinks or juice will be served at the setting.
- Parents are asked to fill their children's water bottle with water only (not juice, squash or fizzy drinks.) Fresh drinking water is available and accessible to children at all times.

#### Oral Health:

- Oral health will be promoted at the setting.
- Visits from dentists, hygienists or other professionals who can talk about oral health will be encouraged throughout the year.
- Displays will reflect the importance of good oral health.
- Parents will be provided with information on promoting good oral health.
- Good oral hygiene will be encouraged at all times.
- Children and parents will be encouraged to undertake a positive toothbrushing and oral health routine at home.
- Families will be encouraged to visit the dentist regularly (twice a year is recommended.)