



# PUDDLEDUCKS

## Nursery and Pre-School

### ORAL HEALTH POLICY

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#### **Health procedures**

Please note that during the Covid-19 outbreak, tooth brushing in the setting may pose a risk of cross-infection. Please speak to your Oral Health adviser in your local area for clarity.

#### **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.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- 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.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

#### **Where children clean their teeth when at the setting**

- Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one 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.
- 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 parents.
- Oral hygiene activities are included in planning every three months when toothbrushes are changed.
- 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 once their child is 12 months old.
- 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/)

## Ten Steps for Healthy Toddlers

- 1. Eat together as a family and make mealtimes relaxed, happy occasions.** Make food easy to eat - finger foods are good. Eat the foods that you would like your toddler to eat. Praise your toddler when he or she eats well or tries something new - toddlers take time to learn to like new foods.
- 2. You decide which nutritious foods to offer but let your toddler decide how much to eat.** Never insist your toddler eats everything on his or her plate.
- 3. Offer foods from all five food groups each day.** Together they give the right mix of nutrients your toddler needs.
- 4. Have a routine and offer three meals and two to three snacks each day.** Offer two courses at each meal and only after nutritious snacks. Don't allow grazing on food.
- 5. Offer six to eight drinks a day.** Give all drinks in a beaker or cup - not bottles. 3 4oz or 100 120ml is about right. Water is a good choice.
- 6. Give vitamin D every day.** Toddlers don't get enough in their food and need 10 micrograms in a supplement each day.
- 7. Respect your toddlers' tastes and preferences - don't force feed.** Some children eat almost everything while others are much pickier. Some like foods kept separate on the plate and others are happy with food mixed together.
- 8. Reward your toddler with your attention - never give food and drink as a reward, treat or for comfort.** Play, read or talk with your toddler as a reward. Always give fruit or a nutritious pudding - don't use it as a reward for eating other foods first or for good behavior.
- 9. Limit.** Fried food, crisps, packet snacks, pastries, cakes and biscuits to very small amounts. Avoid sugary squash, fizzy drinks, fruit juice, tea and coffee. Also avoid whole nuts and small, soft round foods which may cause choking.
- 10. Encourage physical activity for at least three hours every day and about 12 hours sleep.** All activity such as active play inside and outside, walking, running and dancing counts. Limit screen time particularly in the evening and before bedtime. Discourage / avoid eating whilst using a