04. Health procedures

Please note that since 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.

**04.6 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 at home.

* Fresh drinking water is available at all times and easily accessible.
* Sugary drinks are not served. Parents are encouraged to provide water and milk at home to support their child’s oral health. Where a child is struggling to drink in the setting we do ask the parent to provide squash which will be watered down to provide for their child, but alongside this the parent will be supported to introduce more water into the child’s diet.
* 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. No dried fruit is offered due to the high sugar content such as raisins or apricots.
* Parents are discouraged from sending in confectionery as a snack or treat, we allow this as a treat for children's birthday if their parents wish to send them in, they then go home with the child for the parents to decide if they wish for their child to have the treat.
* Staff follow the Infant & Toddler Forum’s Ten Steps for Healthy Toddlers.

**WE DO NOT BRUSH CHILDREN’S TEETH AT THE SETTING PARENTS ARE ENCOURAGED TO BRUSH THEIR CHILDREN’S TEETH AT HOME BEFORE THEY ARRIVE.**

**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/)

**This policy was adopted by St Petroc’s Early Years September 2023**

**Review date September 2024**

**Signed on behalf of the provider Tahira White…………………Date 19.09.23……**

**Name of Signatory Dr Julie Smith Signature……………………….Date 19.09.23…………………**

**Role of Signatory Dr Juile Smith Owner of St Petroc’s Early Years**