



## 2.18 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 during preschool hours.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.

### Promoting tooth care and oral health in the setting

- Children are taught about tooth brushing and oral health through stories, songs and group time activities
- Oral hygiene activities are included in planning every month
- The setting contacts the local dentist annually for a visit to the setting

### 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/)

Report Incident Record (Pre-school Learning Alliance 2015)

This policy was adopted by	Thorns Community Trust	<i>(name of provider)</i>
On	13/08/2020	<i>(date)</i>
Date to be reviewed	August 2022	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Jonathan Wright	

Role of signatory (e.g. chair, director or owner)

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Chair

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