



Oral Health Policy Echt School and Nursery



Oral Health

It is the policy of Echt Nursery to actively promote high standards of oral health by actively encouraging tooth friendly eating and good habits of personal and oral hygiene.

Food and Snacks

Snacks will be varied and all children encouraged (never forced) to try new foods

Generally children are provided with tooth friendly snacks (i.e. foods with low sugar content)

Foods with high sugar content will be provided on a very limited basis (i.e. Special occasion: See **Rewards and Special Occasions**)

All foods served in the nursery will be provided or supervised by nursery staff in accordance with this **Oral Health Policy**

Drinks

Milk and water only will be offered to the children as a drink with their snack or at other times throughout the day

On nursery trips diluting juice will be served to the children along with their snack. This will be diluted 1 part juice to 10 parts water

No fizzy drinks will be served in the nursery at any time

Rewards and Special Occasions

Sweets and chocolates will not be used as a reward for good behaviour or work

A birthday treat will be provided by nursery staff and served to children on birthdays on a school day. Foods brought from home will not be served

Treats may be served on special occasions (i.e. last day before holidays, nursery trip, etc)



Toothbrushing At Home

Parents/ Guardians will be encouraged to continue regular brushing at home (i.e. holiday brushing charts)

Parents and guardians can access information about tooth brushing or oral health from nursery staff

Children

Oral health will be included in the curriculum and in any learning opportunities where appropriate

Staff will arrange visits from the dentist/ oral health professionals regularly (at least two visits annually)

Dental health will feature as a theme prior to or after these visits, (e.g. dentist's corner, stories, songs, etc)

Good oral hygiene will be promoted at all times

Parents and guardians

Parents and guardians will be encouraged to read and feedback on oral health policy and classroom practice

The policy will be included in the induction for new parents/ guardians

Staff

Appropriate training and information will be given and shared between all staff in the nursery

All staff will be familiar with this policy