**Oral Health Policy**

Our nursery has a vital role in raising the awareness of the importance of good oral hygiene for children.

Foods & Snacks in the Nursery

* Snacks will be tooth friendly.
* Any food containing sugar will be restricted to snack times only and will be provided on a limited basis.
* Children will be encouraged to try new foods and be given stickers as positive reinforcements.
* Food will be provided and supervised by staff only.
* Food will be sourced from local suppliers.

Drinks in the Nursery

* Milk and water only will normally be offered to children as drinks through the day.
* No juice or fizzy drinks of any kind to be served in nursery.
* Staff, in conjunction with parents will encourage the introduction of feeder cups for babies 4-6 months.
* Children over 12 months will be encouraged to drink from lidless cups.

Rewards / Special Occasions

* Sweets and chocolates will not be used by staff as rewards.
* Birthday cake will be served at a mealtime as a dessert and fruit will still be offered.
* Only shop bought birthday cakes will be served (No homemade cakes)

Toothbrushing in Nursery

* We encourage parents to bring in a wash bag daily containing a toothbrush and suitable toothpaste (This is optional)
* We do not store toothbrushes at nursery due to the risk of cross contamination.
* Children who bring in a toothbrush will be encouraged to brush their teeth after snack time.
* All the children will be supervised whilst brushing their teeth.

Children

* Oral health will be included in curriculum work and learning opportunities where appropriate e.g., dental role play, dental stories, artwork etc.
* Visits from a dentist or hygienist will be arranged when possible.
* National Smile Week will be promoted in Nursery.
* Good oral hygiene will always be encouraged.

Staff

* The Oral Health Policy will be read by all staff during their induction. In-house guidance will also be given.
* Staff will be supervised to ensure they are following the guidelines correctly.

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| **This Policy was adopted on** | **Signed on behave of the nursery** | **Date for Review** |
| March 2021 | *S A Johnstone* | March 2022 |