

04. Health procedures

04.01 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 snacks.
- Parents are encouraged to supply healthy nutritious snacks
- Parents are discouraged from sending in confectionary as a snack or treat.
- Staff talk to children about the importance of brushing their teeth and carry out play exercises where children will brush play teeth and toys to clean.

Pacifiers/dummies

- Parents are *encouraged not to bring dummies into the setting unless a child is settling. The setting does not promote the use of dummies.*

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/