 **Oral Health Policy**

**Our aim:**

We recognise that oral health contributes to general health and wellbeing of children, influencing on their development and school readiness. They may experience toothaches, infections, difficulties in eating and sleeping and attendance may be poor due to frequent dentist visits and hospitalisation.

One in four children in England have tooth decay before they start school, as a preschool setting, we strive to advise parents in preventing tooth decay and the importance of good oral health routines from a young age, as children who experience early childhood decay are more likely to develop oral health problems in their primary and permanent teeth.

We are aware that prolonged use of bottles or sippy cups containing sugary drinks adds risk of decay in 0-3 year olds and frequent snacking in 3-6 year olds can lead to frequent and prolonged acid attacks on tooth enamel.

**Setting/staff role:**

* Provide and review packed lunch and food and drink policy annually.
* Monitor children’s lunch boxes and drinks and remove anything which is objected to in our packed lunch policy. Replace juice with water.
* Model good hygiene and healthy eating practice at snack and lunchtime.
* Provide resources and activities surrounding toothbrushing to make it more exciting.
* Be aware if children experience toothache or visible decay and inform parents.
* Signpost parents to forms of advice – www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth)

**Parents role:**

* Ensure children have dental check-ups twice a year starting from when they turn 1.
* Parents should brush or supervise brushing twice daily; last thing at night and on one other occasion during the day (recommended time 2 minutes) using a fluoride toothpaste.
* Reduce the amount of sugary food and drinks.
* Only give sweet foods including dried fruit at mealtimes.
* Use sugar free medicines.
* Encourage children to spit toothpaste out after brushing but not rinse.
* Promote and model good oral hygiene at home.
* Do not allow children to use mouthwash up to age 6 to avoid swallowing.

**Please note the safeguarding and welfare requirements in the new EYFS now include oral health.**

This policy was adopted by Fowlmere Playgroup

On May 2022

Date to be reviewed June 2024

Signed on behalf of the provider ………………………………….

Name of signatory ……………Kayleigh Holwell …………

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

Reviewed June 2023 Verity Smith