SAFEGUARDING & WELFARE REQUIREMENT: HEALTH

6.5(a) 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.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.
- We provide activities and opportunities for the children to learn about the importance of oral health, support with teeth brushing and making the correct food choices.
- All children aged 3-4 years brush their teeth at pre-school. We follow guidance from the Suffolk supervised toothbrushing programme.
- We will also provide families home pack to support teeth brush at home, if required.

Further guidance

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

https://www.gov.uk/government/news/supervised-toothbrushing-for-children-to-prevent-tooth-decay

This policy was adopted at a meeting held by St John's Playtime Pre-school committee on.

This policy was reviewed & updated on: **June 2026**

This policy will be reviewed again on: **June 2027**

Signed on behalf of the Management committee and provider:

Name of Signatory: **Polly Fyfe**

Role of Signatory: **Committee Chairperson**