



## 04. Health procedures

Please note that during the Covid-19 outbreak, tooth brushing in the setting may pose a risk of cross-infection. Please speak to your Oral Health adviser in your local area for clarity.

### 04.6 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.

#### Where children clean their teeth when at the setting

- Children are encouraged to brush their teeth as part of the daily routine and are educated on the importance of good oral hygiene.
- The setting co-ordinates with local oral health and ensure procedures are reviewed regularly, additional guidance from the local team may be added to this procedure.

#### Pacifiers/dummies

- Dummies that are damaged are disposed of and parents are told that this has happened

#### Further guidance

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

This policy was adopted at a meeting of  
Held on  
Signed on behalf of Tansor Playgroup Committee  
Role of signatory

Tansor Playgroup Committee

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27 September 2021

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Karena Corkill

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Co-Chair of Playgroup Committee

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