

St Marychurch Pre-school

Dental and Oral Health Policy

Statement of intent

At St Marychurch Pre-school we understand the value of promoting good dental and oral health hygiene. As part of this we highlight the importance of making healthy choices regarding the food and drinks consumed and in forming good habits to keep us healthy.

Aim

We aim to ensure that all children have access to the tooth brushing scheme and have an impact in supporting children with their oral health. By supporting children at Pre-school, we can teach them about their mouths, introduce them to good habits and normalise dental visits, helping to put them at ease and gain trust. By working in partnership with parents and local authorities we can successfully promote oral health.

Methods

There are three main themes in good dental health;

Keeping sugary and acidic food and drinks to mealtimes.

Brushing teeth at least twice a day with a fluoride toothpaste.

Visiting the dentist regularly.

How St Marychurch Pre-school supports oral health in day-to-day practice

At St Marychurch Pre-school we provide children with nutritional and healthy snacks and encourage families to provide healthy packed lunches – which limits sugary snacks. We ensure that children have access to fresh drinking water all day. We also provide children with milk at snack times. We support and encourage children to use open cups or free flow beakers as prolonged bottle use can cause tooth decay.

We share information with parents.

We can provide 'brushing charts'.

Oral health displays.

Supervised toothbrushing with the children

St Marychurch Pre-school runs a tooth brushing scheme in conjunction with The Big Brush Club provided by the NHS. St Marychurch Pre-school is keen to emphasise that the scheme does not replace toothbrushing at home. Please see further information on www.bigbrushclub.co.uk.

Parents are asked to sign the consent form and are provided with a letter with further information. Parent packs will be sent home when provided by the Big Brush Club.

Children aged under 3 should use a smear of toothpaste. Children aged over 3 should use a pea sized amount of toothpaste. Teeth will be brushed 30 minutes after eating their lunch/snack.

Staff members have completed training regarding oral hygiene. A model of a mouth and teeth with a toothbrush is accessible for the children to practice on.

Finding a dentist – you can use the NHS website to find your closest one on <https://www.nhs.uk/service-search/find-a-dentist>

For emergency dental treatment - 03330 063 300 or 01803 217777

If you require any support or guidance with oral health at home, please speak to the practitioners who will try their best to support you and provide you with further information or see www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/

This policy is to be read in conjunction with the
Bottles, cups and dummies policy
Food and drink policy.

Signed: _____

Position: Chairperson

Dated: _____

We aim to provide a safe, stimulating, caring, happy Pre-school where all children and their families are welcome.
We provide a curriculum based on the Early Years Foundation Stage using individual children's interest and needs.