



Oral Health Policy

Windsor Kindergarten strives to raise awareness of the importance of good oral health for children. Early years for children is when many good (and bad) routines are formed and are often carried through to adulthood. Therefore, our nursery is a very important place to introduce a good oral health routine.

Food/Snacks

- Snacks provided for children and staff will be tooth friendly.
- Tooth friendly snacks will be varied daily, and children will be encouraged to try new foods.
- Any food containing sugar will be restricted to mealtimes only and will be provided on a limited basis.
- Food will be provided or supervised by staff only, in accordance with nursery oral health and food policies.

Drinks

- Milk and water only will normally be offered to children as drinks throughout the day.
- Diluting/fresh juice will be served only on special occasions and at mealtimes only and will be diluted one part juice to ten parts water.
- No fizzy drinks of any kind will be served in nursery.

Toothbrushing At Home

- Parents will be encouraged to continue the regular toothbrushing routine at home.
- Parents can access information and advice about toothbrushing and oral health from staff at nursery.

Oral health will be included in the nursery curriculum and any learning opportunities where it is appropriate.

- Visits from a dentist, hygienist or someone who can talk about oral health should be arranged during the nursery year.
- Dental health will feature as a theme at nursery prior to, during or after these visits. e.g., dental corner, stories, songs, poems, art etc.
- Good oral hygiene will be encouraged at all times.

Parents

- Where possible, parents will be asked to provide details of the family dentist as well as doctor on enrolment.
- Parents will be provided with an information point, which will include information about oral health.

Staff will be involved in the development and implementation of an oral health policy.

- Appropriate training and information about relevant resources will be available to core staff prior to implementation of the policy guidelines.
- The oral health policy will be included as part of the induction of new staff.
- The policy will be reviewed and updated on an annual basis by staff & parents

Policy reviewed September 2023