# 4.0 Health procedures

**4.6 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**

* Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
* Each child has their own toothbrush, which is stored individually to prevent accidental contact and cross contamination.
* A small amount of toothpaste is put onto a blue paper towel before applying to the brush to prevent cross contamination.
* Toothbrushes are cleaned at each session and sterilised weekly in Milton or similar disinfecting fluid.
* Oral hygiene activities are included in planning every three months.
* 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**

* Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
* 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/)