



Christchurch Kindergarten Children's Nursery Limited

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.

38 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.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- 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 confectionery 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 their daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
- Oral hygiene activities are included in planning periodically.
- The setting coordinates with local oral health and ensures 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/

This policy was adopted at a meeting with staff at **Christchurch Kindergarten Children's Nursery Limited**

Policies & Procedures of Christchurch Kindergarten Children's Nursery Limited (CKCNL)
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Christchurch Kindergarten