

## 04. Health procedures

### 04.06 Oral health

Our 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 the morning snack.
- 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.
- Oral hygiene activities are included in planning regularly and oral health information is sent out monthly with the Newsletter.
- Our setting co-ordinates with local oral health and ensure procedures are reviewed regularly.

### Celebrations

We recognise that a birthday is a special time for young children, and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. In line with our Healthy Smiles Accreditation, we do this by singing 'Happy Birthday' and presenting them with a birthday card.

We therefore ask parents/ carers to refrain from bringing in any cake or unhealthy treats to celebrate birthdays at Pre-school. If parents would like to bring something in to celebrate their child's birthday, we encourage non-food items such as stickers or bubbles for the birthday child to share with their peers.

For any celebrations where we provide food or food-based activities, we will ensure that we provide tooth friendly treats. At occasional events such as picnics or event days we will offer a range of food/drink that support healthy tooth friendly choices.

### 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/)

