04. 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.

**04.6 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.

* Any food prepared during cooking activities and contain sugar will be consumed at a main meal at the setting or sent home to eat at the family mealtimes.
* Any food preparation including cooking activities should have an emphasis on being healthy savoury food to promote good oral hygiene and help prevent tooth decay.
* Any food or drinks offered between meals will be tooth-friendly, sugar-free and offer a variety of different textures.
* 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.
* Water and open cups are readily available to the children throughout the day and children can help themselves to a cup of water.
* 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.
* One of our Managers Andrea Oliver will update her Oral Health once every three years and will oversee oral health and toothbrushing activities in our setting. She will also attend a Healthy Smiles discussion group once a year.

**Where children clean their teeth when at the setting**

* Staff ask parents to fill in a consent form if they want their child to clean their teeth at our setting. Parents may withdrawal their consent at any time.
* Children are encouraged to brush their teeth as part of the daily routine.
* Each child has their own named toothbrush, which is stored individually in a cup or rack to prevent accidental contact and cross contamination.
* Our setting provides toothpaste, or the parents may choose to provide toothpaste for their child. with an appropriate amount of ppm Floride content. 0-3 years at least 1000ppm Floride and 3+ years at least 1000ppm Floride. Toothbrushes are rinsed off after each session and cleaned at the end of the week with water and are placed on kitchen roll to allow the excess water to drain off the brush.
* Storage cups or toothbrush racks are cleaned at the end of the week with hot soapy water and are allowed to dry naturally
* Toothbrushes are changed every three months or less if the bristles are damaged. Toothbrushes are provided by the setting.
* Toothbrushes stored in a rack or cups are stored apart in a cupboard, so the toothbrushes do not come into contact with each other.
* Staff will encourage the children to sit at a table to brush their teeth. Staff will clean the table with anti-bacterial spray before and after toothbrushing to help prevent cross contamination.
* The staff will encourage the children to wash their hands before brushing their teeth to help prevent infections
* A member of staff will sit at the table and will closely supervise the children.
* The staff member will give the child their named toothbrush.
* Staff will place a small smear of toothpaste onto a plate and assist the children to scoop the toothpaste onto their toothbrush.
* The children will be encouraged to clean their teeth with the brush and can use a small hand mirror to watch themselves.
* The member of staff will use a two minute sand timer to ensure the children clean their teeth for the required amount of time.
* If the children wish to spit out the toothpaste, the staff will encourage the children to spit into a tissue and staff will encourage the child to throw the used tissue into the bin.
* The staff will take the toothbrush from the child and place it back in the rack or cup for storage.
* A variety of Oral hygiene activities are planned in our setting regularly to promote the correct procedures on how to clean teeth to the children and to promote good oral hygiene, and families are encouraged and welcomed to take part.
* We provide books that encourage and promote healthy eating, handwashing and good oral hygiene to our children and families.
* Staff promote and role mode good oral hygiene, handwashing and healthy eating to parents and families and display information in the setting, use our Facebook page to share appropriate and informative posts, and sharing information and videos on our Class Dojo parent communication app.
* The setting co-ordinates with the Oxfordshire Community Dental Services to 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/)