

## **04. Health procedures**

Please note that during the Covid-19 outbreak, tooth brushing in the setting may pose a risk of cross-infection.

### **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.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not routinely served.
- Only water and milk are provided by the setting, with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.

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

- As teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel, teeth will not be cleaned at the setting.
- Oral hygiene activities are included in planning.
- 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**

- Dummies that are damaged are returned to parents for disposal.
- Dummies are only used when a child is struggling to settle or be comforted. Dummies are kept in the child's own bag.

#### **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/)