

## 04. Health procedures

### 04.06 Oral Health

#### Our Approach

We support children to develop healthy habits early—including good oral health. The routines we follow in nursery help children learn how to look after their teeth, make healthy choices, and enjoy a positive relationship with food and hygiene.

#### Supporting Healthy Teeth Every Day

##### Healthy drinks

- Fresh drinking water is available all day and children can access it independently.
- We never serve sugary drinks.
- Only milk or water are offered at snack times.

##### Healthy eating

- Children are given nutritious snacks with no added sugar.
- We kindly ask parents not to send in sweets or confectionery.

##### Helping children learn about oral health

We make learning fun and meaningful by:

- Talking about tooth brushing and why teeth are important
- Reading books about keeping teeth healthy
- Providing resources and activities that encourage good habits
- Sending weekly “Toothy Tips” to parents to help support routines at home

#### Dummies

- Parents are encouraged to stop dummy use by around 12 months of age.

- If a dummy is damaged, we must dispose of it for safety reasons and will inform parents.

## **Tooth Brushing at Nursery**

Children brush their teeth each day using a dry brushing method, supporting the NHS recommendations for early years settings.

How we brush safely:

- Every child has their own named toothbrush.
- A small amount of toothpaste is applied for each child.
- Brushes are cleaned after every session and regularly sterilised using Milton or a similar disinfecting solution.
- Toothbrushes are replaced:
  - every time a child moves rooms, or
  - sooner if needed.

Learning through play

- Oral hygiene activities are included in planning at least every three months, timed with toothbrush changes.

Working with local oral health teams

We follow national guidance but also work closely with local oral health professionals. Any additional recommendations they provide are added to this procedure.

## **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/)