

Oral health

St Marks Pre-school provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and learning about the importance of tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served by pre-school and parents are encouraged to liaise with their child's Key Person about offering water during lunchtime.
- In partnership with parents, toddlers are introduced to an open free-flowing cup and are discouraged from using a bottle.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks. Foods containing 'free sugars' e.g, raisins will be restricted.
- Working with parents to reduce the consumption of food and drink containing sugars in our pre-school by providing healthy options in lunchboxes.

Promoting good oral health:

- Talking to children about the effects of eating too many sweet things and talking about healthy food and drinks that help to grow strong teeth and those that do not.
- Promoting regular toothbrushing with parents – twice a day for 2 minutes using a fluoride toothpaste
- Encouraging parents to take their children to visit the dentist regularly (twice a yearly is recommended)
- Giving parents and carers knowledge and practical advice to support oral health at home.
- Providing playful opportunities for children to learn about good oral health and helping them to understand the importance of cleaning their teeth.

Pacifiers/dummies

- Parents are supported by their child's Key Person to reduce and then stop offering dummies/pacifiers to their child once they are fully settled at pre-school.
- 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/

Alongside associated procedures in Health, this policy was adopted by St Marks Pre-school committee on 18.01.2022