04. Health procedures

**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 served..
* Only water and milk are served with morning and afternoon snacks.
* 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.

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

* Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
* Oral hygiene activities are included in planning every three months..
* 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.

**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/)