

# West Green Playgroup



## 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.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- 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.

## Brushing

Although we do not brush teeth in the setting – We promote the following advice

1. Brush before bedtime and one other time during the day
2. Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
3. Just a smear on the brush for under 3s
4. Pea sized amount for over 3s
5. Spit – don't rinse when finished
6. Supervise under 8s when brushing
7. Children should be taken to the dentists for regular visits

## Between Meal Snacks

At West Green Playgroup we promote healthy eating ensuring that parents are given advice and information about what is appropriate content for a child's lunch box. We discourage juice and sugary snacks to be brought into the setting

- Avoid sugary and acidic food/drinks between meals and an hour before bedtime
- Honey, smoothies, fruit juice and dried fruit are not tooth-friendly snacks
- Milk is a tooth friendly drink during the day, water is tooth friendly at any time
- From 6 months onwards encourage the use of open top cups - discourage bottle use after the age of one year
- Remember to ask for sugar-free medicines whenever possible

### **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/)