

Promoting health and hygiene

2.6 Oral Health

Policy statement

Children need to form good oral health habits from an early age to help avoid tooth decay. We promote good oral health and hygiene of children who attend our setting, providing learning opportunities and encouraging healthy eating, healthy snacks and toothbrushing.

Procedures

We follow these procedures when providing snacks and drinks within the setting to promote good oral health and hygiene.

- Offer snacks of fruit, vegetables, plain starchy foods (e.g. plain savoury crackers/rice cakes), dairy and plain fortified plant based alternatives.
- Avoid snacks containing free sugars (e.g. cakes, biscuits, chocolate, processed foods, dried fruit).
- Only offer water, milk, or infusions of herbal or fruit tea.
- Offer drinks in open-top cups only.
- Provide ongoing advice and guidance and include oral hygiene within our curriculum.

Policy updated 29/07/2025