RUNNYMEDE PRE-SCHOOL

Health procedures

**4.6 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.
* Children are discouraged from bringing in flasks containing sugary drinks and water is offered instead.
* 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 including sugary snacks in the lunch box.

**Pacifiers/dummies**

* Pacifiers and Dummies are discouraged for use at the setting, they will only be given to the child if they become distressed whilst settling.

**Oral Health activities**

* We use healthy eating games and activities to promote healthy eating,
* We have a designated member of staff to promote oral health.
* Our parents are given tips, website links and suggestions for keeping the health of their child’s teeth.

**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/)