



3.5 Oral Health Policy

During their time with us we encourage Children to form good oral health habits to help avoid tooth decay. We promote good oral health and hygiene of children, providing learning opportunities and encouraging healthy eating, healthy snacks and tooth brushing.

As part of the introduction pack parents are required to fill out an 'all about me' page about their child and we ask if the child has visited the dentist. This helps us plan learning around visiting the dentist.

Procedures

- When providing snacks and drinks within the setting we promote good oral health and hygiene.
- Wednesdays and Fridays when nursery provide snack, we will only offer snacks of fruit, vegetables, and when dietary requirement allow plain starchy foods (e.g. plain savoury crackers/rice cakes/Breadsticks) and dairy (such as cheese).
- Parents are encouraged to provide fresh fruit or vegetables as snacks.
- Avoid snacks containing free sugars (e.g. cakes, biscuits, chocolate, processed foods, dried fruit).
- Children will have access to drinking water and cups.
- We ensure that we offer advice and guidance and include oral hygiene within our setting.

Date reviewed – November 2025