

# **LWS**

# **Oral Health**

# **Policy**

**2015-2016**

## **Oral Health**

It is the policy of LWS nurseries and schools to actively promote high standards of oral health by actively encouraging tooth friendly eating and good habits of personal and oral hygiene.

## **Food and Snacks**

Snacks will be varied and all children encouraged (never forced) to try new foods. Generally children are provided with tooth friendly snacks (i.e. foods with low sugar content). Foods with high sugar content will be provided on a very limited basis (i.e. Special occasion: See Rewards and Special Occasions).

All foods served in the nurseries and schools will be provided or supervised by nursery staff in accordance with this Oral Health Policy.

## **Drinks**

Milk and water only will be offered to the children as a drink with their snack or at other times throughout the day.

On nursery trips water will be served to the children along with their snack. No fizzy drinks will be served in the nurseries or schools at any time.

## **Rewards and Special Occasions**

Sweets and chocolates will not be used as a reward for good behaviour or work

A birthday treat will be provided by parents and served to children on birthdays on a school day.

Treats may be served on special occasions (i.e. last day before holidays, nursery trip, etc)

## **Toothbrushing At Home**

Parents/ Guardians will be encouraged to continue regular brushing at home (i.e. holiday brushing charts).

Parents and guardians can access information about tooth brushing or oral health from staff.

## **Children**

Oral health will be included in the curriculum and in any learning opportunities where appropriate.

Staff will arrange visits from the dentist/ oral health professionals regularly (at least one visits annually).

Dental health will feature as a theme prior to or after these visits, (e.g. dentist's corner, stories, songs, etc).

Good oral hygiene will be promoted at all times.

### **Parents and Guardians**

Parents and guardians will be encouraged to read and feedback on oral health policy and classroom practice.

The policy will be included in the induction for new parents/ guardians.

### **Staff**

Appropriate training and information will be given and shared between all staff in the nurseries and schools.

***All staff will be familiar with this policy***

***Updated September 2015***

***A. Williams***