

Oral Health Policy

As part of promoting children's health and wellbeing at Wood St Nursery we promote a good understanding of oral health amongst our children and their parents and carers. This two sided approach of educating parents and children means that we are equipping families with the knowledge they need to keep their teeth healthy throughout their child's lifetime.

We provide healthy meals that have minimal 'free' sugars in them.

Children drink milk or water; we do not have drinks that contain fruit sugar or added sugar.

We share all information with parents and carers that is given to us by the Local Authority about:

- What is a healthy tooth brushing routine
- Reducing sugar in children's diets, using the NHS sugar swaps information
- When and how often to take their child to the dentist
- Which local dentists have space to take on new patients
- Suggestions for tooth brushing smart phone apps to help make tooth brushing fun and interactive
- Tooth brushing tick lists to encourage regular twice daily brushing

As part of meal times staff talk about what is healthy food and what food is good for your teeth, and when we should brush our teeth.

We use teeth brushing props during group times to explore how to brush your teeth and why it is important.

When possible we work with local dentists, getting them to visit and talk to our children about the importance of good dental health.