

Cornhill Nursery ~ Oral Health Policy



The nursery promotes high levels of oral care and education linked to the importance of making good choices about what we should be eating/drinking.

The following policy has been written based on the current guidance published by NHS, *Setting the table - Nutritional guidance and food standards for early years childcare providers in Scotland*, 2014; NHS Health Scotland, *National Standards for Nursery and School Toothbrushing Programmes*, May 2015.

Aims

To work in partnership with parents and carers to promote good oral hygiene practice both in the home and at nursery.

To develop the habit of toothbrushing at a young age in order to prevent gum disease and tooth decay.

- All Nursery staff are responsible for the tooth brushing programme.
- Toothbrushing will be carried out at least 3 times a week in nursery, but on a daily basis as much as possible.
- Toothbrushing will take place soon after the children arrive in nursery for their session. (In addition, toothbrushing should still be carried out at home.)
- Staff will wear a disposable apron and gloves, and tie back long hair during toothbrushing time.
- Toothbrushing areas and sinks will be cleaned with the wipes provided or antibacterial spray, before and after children brush their teeth.
- All children will be supervised by an adult while they are brushing their teeth.
- Toothbrushes are replaced once a term, or sooner if required (for example, when the bristles become splayed).
- Toothbrushes are individually identifiable for each child.
- Toothbrushes are stored in appropriate storage systems.
- Storage systems and storage areas are cleaned, rinsed and dried regularly using warm water and detergent and are put through the dishwasher at the end of every term.

- Local monitoring of tooth brushing programmes by Childsmile staff occurs twice per school year.
- Childsmile will visit twice a year to apply varnish to the children's teeth.
- Staff will follow the tooth brushing guidelines set out by Childsmile (see Appendix 1).
- On occasion, parent helpers may be trained so they can assist with the toothbrushing routine.
- Food/drink choices offered during snack will follow the guidelines set out by *Setting the table*.
- Snack will only be consumed at least 15 minutes after tooth brushing.

Please note, Childsmile can help arrange for parents to register with a dentist should this be required.

Policy written April 2019

Reviewed May 2020