**Mucky Pups Preschool**

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**Oral Health and Hygiene policy**

 **Aim**

*The aim of this policy is to promote a high standard of oral hygiene and health amongst our children and families at Mucky Pups*

The British Dental Health Foundation recommends not brushing teeth until at least one hour after eating or drinking. We run free flow snack where children can eat throughout the nursery session. As a result of this we do not currently brush teeth in nursery and ask that parents ensure their son/daughter brushes his/her teeth at least twice a day.

At Mucky Pups, we understand the importance of promoting good dental and oral health and as part of his, we also highlight the importance of making healthy choices regarding the food and drinks we consume, (see our Food and Healthy eating policy). We encourage good oral and dental hygiene through our learning experiences in nursery.

We promote Oral health through our daily learning and special days through;

**Our curriculum** work and learning opportunities where appropriate.

For example; in the house corner, small world, through stories, discussions, action songs, poems or art work.

* Good oral hygiene will be encouraged at all times
* Adults discuss oral hygiene at snack time
* Hello times will include reference to brushing teeth in discussions

**Our special days** including; Well-being, Healthy Body, Happy Me,

These days will plan and include reference, activities and discussions around oral health and hygiene and the importance of keeping our teeth clean

**National Smile month participation**

**Our Snacks and Food (refer also to Food and Health policy)**

Snacks provided will be tooth friendly and follow “Change for Life” guidelines.

“Tooth friendly” snacks will be varied daily and children will be encouraged to try new foods.

Any foods containing sugar will be restricted to snack times and provided on a limited basis.

Milk or water will be available for children a snack time.

**Visits/Visitors**

Visits from a dentist or hygienist or someone who can talk about oral health are regularly arranged

**Parents**

Parents and guardians are issued an annual questionnaire to ascertain whether they feel satisfied with their own tooth brushing regime at home or whether they feel that the Nursery needed to undertake this.

Parents are made aware of our Oral hygiene policy

Parents are informed of special days, visits, stories and activities we do in nursery to promote oral health

Parents who request help from other agencies are helped and supported to receive that help.

Date policy adopted on: 1st September 2022 Date for review: 1st September 2023

Signed: J E Wills Position: Manager