

Parkside Playgroup

40. Oral Health

We strive to raise awareness of the importance of good oral health for children. These early years for children are when routines are formed and are often carried through to adulthood. Therefore, our setting is a very important place to introduce a good oral health routine.

We actively promote high standards of oral health by encouraging healthy eating and good habits of personal and oral hygiene.

Food/Snacks

- Snacks provided for children from home will be encouraged to be tooth friendly.
- Any food containing sugar will be restricted to mealtimes only and will be given on a limited basis.
- Food consumption will be supervised by staff only, in accordance with nursery oral health and food policies.

Drinks

- Milk and water only will be offered to children as drinks throughout the day.
- No fizzy drinks of any kind will be served in the setting.
- Staff, in conjunction with parents, will encourage the use of cups.

Rewards/Special Occasions

- Sweets and chocolate will not be used by staff as rewards for good behaviour.
- Sweets and chocolates will not be provided to celebrate birthdays or special occasions.
- Families are asked to provide a tooth friendly snack as an alternative to birthday cake to celebrate special occasions such as birthdays.

Toothbrushing in the Provision

- Staff will follow the toothbrushing guidelines and hygiene and storage procedure.
- Toothbrushing will take place after mealtimes as appropriate, with all children attending a full day.
- All the children will be supervised whilst brushing their teeth.

Toothbrushing At Home

- Parents will be encouraged to continue the regular toothbrushing routine at home.
- Parents can access information and advice about toothbrushing and oral health from staff at nursery.

Children

- Oral health will be included in the curriculum and in any learning opportunities where it is appropriate.
- Visits from a dentist, hygienist or someone who can talk about oral health will be arranged during the year.
- Oral health will feature as a theme at the provision prior to, during or after these visits. e.g. dental corner, stories, songs, poems, art etc.
- Good oral hygiene will be encouraged at all times.

Parents

- Where possible, parents will be asked to provide details of the family dentist as well as GP on enrolment.
- Parents will be provided with an information point, which will include information about oral health

Staff

- Staff will be involved in the development and implementation of the oral health policy.

- Appropriate training and information about relevant resources will be available to staff prior to implementation of the policy guidelines.
- The oral health policy will be included as part of the induction of new staff.
- The policy will be reviewed and updated on an annual basis.

This policy was adopted at a meeting of	Parkside Playgroup
Held on	Sept 2026
Date to be reviewed	Sept 2027
Signed on behalf of the provider	
Name of signatory	Brenda Henrick
Role of signatory	Chairperson