Oral health Policy

South Milford Preschool promotes oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

* Fresh drinking water is available at all times and easily accessible.
* Sugary drinks are not served.
* Only water and milk are served at snack times.
* Children are offered healthy nutritious snacks with no added sugar.
* Parents are discouraged from sending in confectionery as a snack or treat.
* Oral health is promoted within our curriculum, teaching children about the importance of brushing their teeth, how to brush teeth and how often. Books and resources are available to support oral health.
* We coordinate with the local dentist and organise visits to the setting from the dental nurse/ hygienist.

Pacifiers/dummies

* Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
* Dummies that are damaged are disposed of and parents are told that this has happened

Further guidance [Click here](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

M Riches July 2023