

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.



Yateley Community Pre-School

Registered Charity No. 298231

6.4a Oral Health Policy

Policy statement

At Yateley Community Preschool we promote good Oral health.

The EYFS framework states that early years' providers must promote good oral health of children who attend their setting.

Oral health is important, even with baby teeth. This is because children's baby teeth:

- help them to bite and chew
- support speech and language development
- help them feel confident when they smile
- make space for and help to guide adult teeth

Good oral health also keeps children free from toothache, infection and swollen gums.

Tooth decay

Children need to form good oral health habits from an early age to help avoid tooth decay. Tooth decay happens when sugars from food and drinks interact with bacteria in tooth plaque. This results in acid production, causing holes in teeth known as cavities.

If children have tooth decay, they may have yellow, brown or black marks on their teeth. They may also complain about their teeth hurting, particularly when eating or drinking.

At YCPS we will encourage water drinking during the day and at lunchtimes and snack times. We ask for Healthy snacks and a Healthy lunchbox to encourage and enforce good practices going forward.

We ask parents at induction if their child attends a Dentist. This is also within the registration pack for parents to fill out. We invite Dentist's/ Dental nurses in during our 'People who help us topic' to speak to the children about looking after teeth.

Looking after children's oral health

There are several key steps practitioners, parents and carers can take to promote good oral health in children.

Cutting down on free sugars

You should limit the amount of free sugars children eat or drink in your setting, as well as how often they consume them. This can help to avoid tooth decay. Free sugars include all sugar added to food and drinks by the manufacturer, cook or consumer. They are found in foods like:

- cakes, biscuits and chocolates
- processed foods - like some jarred sauces, jams and breakfast cereals
- some flavoured yoghurts

They are also found in natural products like:

- honey and syrups
- fruit juices and purees
- smoothies

Free sugars are not found in:

- whole fruit and vegetables
- plain, unflavoured milk and yoghurt
- water

Water and milk are the only safe drinks to give children in regard to their oral health. Fruit juices and smoothies should not form part of a young child's daily diet.

As well as limiting the amount of free sugars children eat or drink, you should also make sure that they only have food or drinks that contain sugar at mealtimes. This is because, the more often their teeth come into contact with sugar, the more likely they will be to get tooth decay. Children should avoid food and drinks containing free sugars before bedtime and overnight.

Useful Links:

- [Why oral health is in the EYFS framework](#)
- [Tooth decay](#)
- [Looking after children's oral health](#)
- [How to promote good oral health in your setting](#)
- [Case study - Tinsley Meadows Primary Academy](#)
- [Promoting good oral health at home](#)
- [Useful resources](#)

This policy was adopted by	Yateley Community Pre-school	<i>(name of provider)</i>
On	21 st September 2022	<i>(date)</i>
Date to be reviewed	Yearly	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Current Chair	
Role of signatory (e.g. chair, director or owner)	Chair	

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