



Oral Health Policy

The Early Years Foundation Stage (2025) state how early years providers MUST promote good health including the oral health of the children they look after.

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.

DFE (2025)

More information can be found by clicking on the link below:-

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/oral-health>

Remember:-

- Teeth should be brushed at least twice a day with a fluoride toothpaste
- Children should visit a dentist as soon as their first tooth appears and attend regular 6 monthly checkups
- The consumption of high sugary and acidic foods should be kept to a minimum

What The Life Nursery does to promote good oral health:-

- Provide children with healthy and nutritional snacks
- Encourage parents and carers to provide healthy lunch boxes
- Provide children with fresh drinking water at all times
- Milk is available for children at snack times
- Dummies are discouraged in nursery and should a child come into nursery with a dummy they are encouraged to put this on the 'dummy tree' (speak with parents/carers)
- Bottles with teats are discouraged in nursery (speak with parents/carers)
- We have an 'oral health display board' which helps to promote good oral hygiene to our parents/carers as well as our children, together with staff
- Provide activities to help children further extend their development in all areas of learning eg dentist role play, sharing experiences of visiting the dentist through circle time and discussing how they feel when visiting the dentist. We also teach the children about healthy and unhealthy foods, providing opportunities to taste healthy options. Practitioners read books on oral health, providing children with an understanding of oral hygiene and routines and information about teeth, this hopefully reassuring the children about going to the dentist. We also explain and show children how much toothpaste needs to be on their brush and use a 2 minute timer when role playing or brushing teeth. We explain what a toothbrush is and how to use it, same as the toothpaste. We sing songs with the children and provide opportunities for mark making.

