

Promoting Oral Health

July 2023

At Houghton and Wyton Pre-school Playgroup we aim to promote the importance of oral health care. We understand that a child's first experiences with oral health can impact the rest of their lives, so we know how important it is to teach children about their mouth and introduce them to good habits as soon as possible.

Procedures

- We will promote oral health as part of self-care, healthy eating and physical development.
- We will give the children opportunities during play to explore oral health through stories and role play, encouraging them to brush the teeth of dolls and soft toys.
- We will talk to the children about healthy food and drinks that help to grow strong teeth, and those that do not.
- We will encourage children to look at their own teeth and each other's, in a mirror.
- We will talk to the children about the importance of brushing their teeth with fluoride toothpaste for two minutes, twice daily.
- We will work in partnership with parents/carers and as part of the enrolment process we will ask how the family currently support their child's oral health and give knowledge and practical advice to support oral health at home.
- We will share tooth brushing routines with the children and show them toothbrushing equipment.
- We will arrange an occasional visit from a dentist or try to visit a dentist in our local community.

*This policy was adopted at a meeting of **HOUGHTON & WYTON PRE-SCHOOL PLAYGROUP***

To be reviewed as required.

Signed on behalf of the Parent Management Committee:



*Name of Signatory: **CLAIRE ANDERSON***

*Role of Signatory: **CHAIRPERSON***