



Promoting Oral Health Policy

Introduction

Good oral health means having healthy teeth, gums, and breath — and preventing pain, infection, or decay that could affect eating, speech, or sleep. Houghton and Wyton Pre-school recognises that good oral health is essential to children's overall well-being and self-care. As part of the **EYFS 2023 welfare requirements**, we are committed to promoting positive oral hygiene habits through age-appropriate learning, play, and partnership with families.

Aim

To promote oral health as part of our healthy lifestyles curriculum and support children and families to establish lifelong dental hygiene habits.

Objectives

We will:

- Promote oral hygiene as part of everyday learning
- Encourage healthy eating and drinking choices
- Use play-based strategies to teach children about their teeth
- Support families to access oral health advice and dental care

Roles and Responsibilities

- **Manager/Deputy:** Ensures oral health promotion is integrated into the curriculum and staff training
- **Staff:** Embed oral health education into routines, activities, and conversations
- **Parents/Carers:** Are informed about oral health and encouraged to establish healthy routines at home

Implementation Procedures

1. Oral Health Education through Play

- Staff use stories, songs, and play resources to help children learn:
 - What teeth are for and how to care for them
 - How foods affect their teeth
 - What happens during a dental visit
- Activities may include:
 - Role play with toothbrushes, soft toys, and mirrors
 - Exploring healthy and unhealthy foods
 - Toothbrushing games (dry or pretend) We do not provide supervised toothbrushing but encourage and educate children on brushing techniques and routines

2. Partnership with Parents

- Oral health is discussed as part of the enrolment and settling-in process
- We provide families with resources and signpost them to:
 - NHS dental registration
 - Public Health England leaflets (e.g. *Healthy Smiles, First Dental Visit*)
- Parents are encouraged to:
 - Supervise toothbrushing at home with fluoride toothpaste
 - Limit sugary foods and drinks
 - Book regular dental check-ups for their child

3. Healthy Food and Drink Practices

- Children are offered milk and water — **no juice or squash**
- Fruit and vegetables are promoted at snack time



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- Children learn about sugar and tooth-friendly food choices

4. Visiting the Dentist or Community Events

- Where possible, we invite a local dentist or oral health team to visit the setting
- We share local oral health campaigns and community dental health events

5. GDPR and Medical Disclosure

- If parents share information about oral health (e.g. tooth decay, dental procedures), it is managed in line with our **Data Protection Policy**
- Information is only shared with staff on a need-to-know basis

Monitoring and Review

We reflect on how oral health promotion is embedded across the curriculum and use informal observations to assess children's understanding. This policy is reviewed annually by the Manager and Board of Trustees or sooner if guidance changes from Public Health England, NHS, or the Department for Education.

Legislation and Guidance

- Statutory Framework for the EYFS (2023) – Section 3.45 (oral health promotion)
- Public Health England: *Delivering better oral health: an evidence-based toolkit*
- NHS Start4Life and Healthier Families Guidance
- Data Protection Act 2018 and UK GDPR

Acknowledgment

All staff and families are expected to support this policy. By doing so, they help create a healthy and informed environment where children can develop lifelong oral hygiene habits.