At Clarecroft Day Nursery we are committed to helping to support and improve the oral health of pre-school children. Research shows there is strong evidence that tooth brushing twice daily with the correct level of fluoride toothpaste can help prevent tooth decay.

In order to do this, we aim to do the following-

* to promote the oral and general health of all the children through day to day practice
* to provide the necessary resources such as individual toothbrushes and toothpaste to enable pre-school staff to implement and maintain a daily oral health initiatives within the pre-school room of all the pre-school children (academic year before starting school)
* to provide parents/ guardians with written information to inform them of out toothbrushing incentive and promotion of good oral health practices in the home.

Within the Pre-school room, tooth brushing is to take place within the morning session following the completion of morning breakfast/snack.

Each pre-school child (under supervision) will be given their named cup with their toothbrush stored inside. Toothpaste will then be dispensed by the supervising staff member. Children over the age of 3 are to use a pea size (of 1450ppmf).

**Method**

Tooth brushing takes place within the pre-school bathroom where there are 4 individual sinks

Ideally no more than two children should be permitted to each available sink.

The children should be closely supervised at all times.

The children should be encouraged to spit excess toothpaste into the sink.

The children should then wipe their mouth with a paper towel which is to be disposed of in the nearby bathroom sink.

The toothbrush must then be returned to the child’s individual named cup

At all times the staff member supervising the toothbrushing is responsible for the control of the running tap.

A toothbrushing song will be played for 2 minutes to encourage the children to brush for the appropriate time

The staff member supervising will verbally provide directions to encourage brushing of all teeth

**Nutrition and oral health**

To further support the oral health of the children at Clarecroft Day Nursery we also recognise that good nutrition is essential during childhood, as it is a time of rapid growth, development and activity. This is also a vital time for healthy tooth development and prevention of decay. General eating habits and patterns are formed in the first few years of life. We, as a setting therefore have a key role to play in introducing children to a wide variety of foods and establishing a pattern of regular meals and healthy snacks. We promote health meals and snacks on a daily basis to reduce the frequency of sugar intake and increase access to fruit, vegetables, milk or water. This includes the use of fresh fruit and vegetable-based snacks. Dried fruit is not recommended as a between meals snack as it contains concentrated sugar and may cause tooth decay. We also only provide water and milk as drink during the sessions.

For further information please also refer to our am and pm snack procedure policy and food policy