

Health

6.7 Oral health

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served to pre-school children.
- A maximum 150ml of fruit juice may be served to school aged children as part of their breakfast in the before school club. .
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat. If this happens in school (for example, a child hands out sweets for a birthday celebration) children attending the after school club are asked to take their sweets home.
- Staff do not hand out chocolate or sweets as prizes / gifts.
- Cooking and baking activities should encourage healthy eating. Cakes and biscuits should not have added confectionary. If sugary treats are made for a special occasion children take them home to be eaten at the discretion of their parents.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies / pacifiers should not be used in the setting as the minimum admission age is 24 months.
- Staff should work closely with parents to identify ways to calm and settle a child without the use of a dummy / pacifier.