

Date of issue	Autumn 1: 2024
Review Date	Autumn 1: 2025
Signature of Headteacher	L.J. JAMES
Signature of Chair of Governors	G. DOVE

ADOPTED FROM PRE-SCHOOL ALLIANCE

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.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- 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.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

Recommended items for healthy lunch	Items not suitable for healthy lunch
Wholemeal bread/roll /pitta/tortilla wrap	Biscuits (including chocolate biscuits)
Beans, hummus, pulses	Chocolate/ sweets
Meat, fish, chicken, ham, tuna, egg, tofu	Crisps
Fruit	Cakes (including chocolate cakes)
Yogurt/fromage frais, Greek yogurt	Sausages
Plain Crackers, Plain breadsticks, oatcakes.	Chips/ waffles
Marmite	Burgers
pasta/couscous	Scotch eggs
plain popcorn, rice cakes	Pork pies
cottage cheese, cheese, soft cheese,	Sausage rolls
Vegetables	Chicken nuggets
Quinoa	Processed food which are high in saturated fat.

Where children clean their teeth when at the setting

- Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.

- Each child has their own toothbrush, which is stored individually to prevent accidental contact and cross contamination.
- A small amount of toothpaste is put onto a blue paper towel before applying to the brush to prevent cross contamination.
- Toothbrushes are cleaned at each session and sterilised weekly in Milton or similar disinfecting fluid.
- Toothbrushes are changed every three months and provided by parents.
- Oral hygiene activities are included in planning at least every three months when toothbrushes are changed.
- The setting co-ordinates with local oral health and ensure procedures are reviewed regularly, additional guidance from the local team may be added to this procedure.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/