

Laurencekirk Nursery



Oral Health Policy

UNCRC in Article 24: Children have the right to good quality health care - the best health care possible - to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy. Rich countries should help poorer countries achieve this.

The nursery promotes high levels of oral care and education linked to the importance of making good choices about what we should be eating/drinking.

The following policy has been written based on the current guidance published by NHS, *Setting the table - Nutritional guidance and food standards for early years childcare providers in Scotland, 2014*; NHS Health Scotland, *National Standards for Nursery and School Toothbrushing Programmes, May 2015*.

- The Early Years Lead Practitioner (EYLP) is the designated lead person who is responsible for the tooth brushing programme
- As part of the induction process the parent/carer completes the necessary consent forms. A record of this is maintained by the nursery administration and shared with the EYLP.
- Toothbrushes are replaced once a term, or sooner if required (for example, when the bristles become splayed)
- Toothbrushes are individually identifiable for each child
- Toothbrushes are stored in appropriate storage systems or individual ventilated holders
- Storage systems which do not have covers are stored within a designated trolley or in a clean, dry cupboard
- Storage systems, trolleys and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) using warm water and detergent
- Local monitoring of tooth brushing programmes by Childsmile staff occurs twice per school year. Monitoring includes observation of the tooth brushing session; discussion of the Standards with the EYLP; feedback to the local Childsmile Coordinator and arrangement of a follow-up visit.
- Staff will follow the tooth brushing guidelines set out by Childsmile (see Appendix 1)

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- Childsmile information will be available to staff and will be kept in the toothbrush storage container and be accessible at all times
- Food/drink choices offered during snack will follow the guidelines set out by *Setting the table* (see Appendix 2)
- High sugar food items e.g. birthday cake is permitted, but not encouraged. (Shop brought only) When supplied by parents/guardians to celebrate a birthday. This is not encouraged by staff

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Appendix 1

Model B - tooth brushing in dry areas

2.13 The supervisor should wash their hands before and after the tooth brushing session to prevent cross-infection.

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2.14 The child (under supervision) is responsible for collecting the toothbrush from the storage system. Discretion should be used if a child has additional support needs.

2.15 Toothpaste is dispensed following the appropriate methods (Standard 2).

2.16 Children may be seated or standing while tooth brushing takes place.

2.17 Tissues/paper towels or cups must be disposed of immediately after use in a bin.

2.18 Toothbrushes can either be: i. returned to the storage system by each child. The system is then taken to an identified sink area by the supervisor, who is responsible for rinsing each toothbrush individually under cold running water or ii. rinsed at a designated sink area where each child is responsible for rinsing their own toothbrush under cold running water. The supervisor or the child can be responsible for the control of the running tap.

2.19 After rinsing of the toothbrushes is complete, the child or the supervisor is responsible for shaking off excess water into the sink. Toothbrushes should not come into contact with the sink.

2.20 Each child (under supervision) is responsible for returning their own toothbrush to the storage system to air dry. Discretion should be used if a child has additional support needs. Lids should be replaced at this stage provided that there is sufficient air circulation.

2.21 Paper towels should be used to mop up all visible drips on the storage system.

2.22 Children should be supervised.

2.23 Supervisors are responsible for rinsing sinks after tooth brushing is completed.

The above information has been taken from *National Standards for Nursery and Schools Toothbrushing Programmes May 2015*.