All Silver Stars Day Nursery policies will be subject to any future change according to Government legislation and guidelines to maintain the safety of all children, families, staff and visitors.

3.15

Oral Health

Policy statement

It is a requirement of the EYFS (2021) that "All settings must promote the good health, including oral health, of children attending the setting."

At Silver Stars, we recognize that tooth decay can have a significant impact on a child's health and wellbeing. Children with tooth decay may experience pain and discomfort, which can affect their ability to eat, sleep, play, and learn. This policy aims to promote good oral hygiene and healthy eating habits to support children's overall development.

Key Themes in Good Dental Health

1. Limit sugary and acidic foods and drinks to mealtimes.
2. Brush teeth at least twice daily with fluoride toothpaste.
3. Visit the dentist regularly.

Reducing Sugar Consumption

To reduce tooth decay, it is important to limit the frequency of foods and drinks high in free sugars.

Frequent consumption increases acid attacks on teeth, which can lead to decay.

At Silver Stars, we:

- Provide a variety of tooth-friendly snacks daily and encourage children to try new foods.
- Offer sugary foods only on a very limited basis.
- Serve milk and water only during the day; no fizzy drinks are provided.
- Ensure children have individual labelled water bottles; only water is allowed during sessions.
- Do not use sweets or chocolate as rewards for behaviour or work.
- On birthdays, parents/guardians may send sweets or cakes. Sweets will be sent home, and only a small slice of cake will be eaten at snack time.

Tooth Brushing Procedures

- All children brush their teeth following the nursery's tooth brushing guidelines.
- Brushing takes place after breakfast or at an appropriate time during the day.
- Staff supervise all tooth brushing to ensure correct technique and safety.
- Oral health is integrated into curriculum activities wherever appropriate.
- Visits from dental professionals (dentist, hygienist) are arranged where possible during the nursery year.
- Good oral hygiene is encouraged at all times.

The nursery follows guidance from the Government's Oral Health Toolkit:

Supervised Toothbrushing Toolkit

Parents/Guardian Responsibilities

- Encourage and continue regular tooth brushing at home.
- Provide a named child's toothbrush and tube of fluoride toothpaste for use at nursery.

Review and Monitoring

- Staff will ensure tooth brushing and healthy eating routines are followed consistently.
- Observations of children's oral hygiene will be reviewed regularly.
- This policy will be reviewed annually or sooner if new guidance from EYFS or public health authorities is issued.

This policy was adopted by	Silver Stars Day Nursery
Date	February 2026
Review Date	February 2027
Name of signatory	Jenifer Capper
Role of signatory	Proprietor
Signed: Date:	 February 2026