



04.4 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 always available and easily accessible.
 - Sugary drinks are not served.
 - In partnership with parents/carers, 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/carers are discouraged from sending in confectionary as a snack or treat.
 - The setting takes part in local oral health schemes and promotes it regularly.
 - The setting sends out oral health questionnaires to parents
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- **Pacifiers/dummies**
 - Parents/carers are *advised* to stop using dummies/pacifiers once their child is 12 months old.
 - Dummies that are damaged are disposed of and parents/carers 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/

This policy was adopted by

Sunnybank pre-school

Adopted on

24/11/2021

Date reviewed

17/05/2026

Date for next review

17/05/2027

Signed on behalf of the provider

Name of signatory

Role of signatory (e.g. chair, director or owner)