



Charitable Incorporated organisation No: 1206270
Ofsted No: 2804811

04. Health procedures

04.6 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 accessible.
- Sugary drinks are not provided.
- Only water and milk are served with morning snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents/carers are discouraged from sending in sweetened yoghurts, fromage frais, foods high in sugar, salt, or saturated fats such as cakes, biscuits, crisps, pastries, chocolate, and sweets. Following the EYFS nutrition guidelines.
- Staff are aware of the Infant & Toddler Forum's Ten Steps for Healthy Toddlers and can sign post parents to this if needed.

Pacifiers/dummies

- 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/