

1.4.1.1 Oral Hygiene

At **Aplomb Day Nursery and Preschool**, we take every opportunity to promote the health and hygiene of the children. The EYFS highlights that this should include Oral Hygiene.

We do this through several ways such as:

- Ensuring meals are balance and nutritious (**see the Nutrition and Mealtimes policy**)
- Exploring Dentists as part of the 'People Who Help Us' learning topic
- Discussing Oral Hygiene with the children, promoting a good tooth brushing routine
- Providing advice and guidance to parents when required

The following guidance is available from Public Health England:

Brushing children's teeth

- Start brushing as soon as the first tooth appears (usually at about 6 months of age), at least twice a day with fluoride toothpaste last thing at night and on at least one other occasion
- Brushing at bedtime is important as it makes sure that the fluoride continues to protect the teeth while your child is asleep
- Parents/carers should brush or help their child to brush their teeth until they are at least seven years old to make sure the teeth are cleaned properly, to supervise the amount of toothpaste used and to prevent licking or eating the toothpaste
- Brush your child's teeth thoroughly, cleaning all surfaces of the teeth
- For older children disclosing tablets can help to show if any plaque is left on the teeth choose a toothbrush with a small head and medium-textured bristles, a manual or electric toothbrush can be used
- For the maximum prevention of tooth decay for children aged 0-6 years use toothpastes containing 1350-1500 parts per million (ppm) fluoride
- The amount of fluoride that is in the toothpaste can be found on the side of the tube or on the packaging
- For children under three years old use a smear of toothpaste containing no less than 1000 ppm fluoride
- Children between three and six years old should use a pea-sized amount of toothpaste containing more than 1000 ppm fluoride
- Encourage your child to spit out the toothpaste after brushing and do not let them rinse out with water as this will wash away the fluoride and reduces how well it works - spit don't rinse
- For children who may have difficulties brushing their teeth such as those with special needs, toothbrush adaptations are available.

Further information is available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/601834/healthy_mouth_children_quick_guide.pdf

This policy was adopted on	Signed on behalf of the nursery	Date for review
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<i>August 2022</i>	Shannon Lacey (<i>Deputy Manager</i>) Mercedes Bar-Joseph (<i>Manager</i>)	<i>August 2023</i>
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