33. ORAL HEALTH

We strive to raise awareness of the importance of good oral health for children. These early years for children are when routines are formed and are often carried through to adulthood. Therefore, our provision is a very important place to introduce a good oral health routine.

We actively promote high standards of oral health by encouraging healthy eating and good habits of personal and oral hygiene.

Food/Snacks

- Parents/carers are discouraged from sending in confectionary as a snack or treat.
- Snacks provided for children are healthy and nutritious, such as fruit, with no added sugar.
- Any food containing sugar will be restricted to mealtimes only.

Drinks

- Fresh drinking water is always available and easily accessible.
- Only water and milk are served with morning and afternoon snacks.
- No fizzy drinks of any kind are served at ASK.

Rewards/Special Occasions

- Sweets and chocolate are not used by staff as rewards for good behaviour.
- Sweets and chocolate are not provided to celebrate birthdays or special occasions.
- Parents are asked to provide alternatives, such as a fruit basket as an alternative to birthday cake.

Toothbrushing at ASK

- Children are encouraged to brush their teeth as part of the daily routine. Teeth should not be cleaned for at least one hour after a meal as this can cause loss of enamel.
- Staff will follow the toothbrushing guidelines and hygiene and storage procedure.
- A small amount of toothpaste is put onto a paper towel before applying to the brush to prevent cross contamination.
- All the children will be supervised whilst brushing their teeth.
- Parents will be encouraged to continue the regular toothbrushing routine at home.
- Parents can access information and advice about toothbrushing and oral health from members of staff.

- Oral health will be included in the curriculum and in any learning opportunities where it is appropriate.
- Visits from a dentist, hygienist, or someone who can talk about oral health will be arranged during the year.
- Oral health will feature as a theme at ASK prior to, during, or after these visits. e.g. dental corner, stories, songs, poems, art, etc.
- Good oral hygiene will be encouraged at all times.
- Where possible, parents will be asked to provide details of the family dentist as well as GP on enrolment.

This policy was adopted by:	ASK Kindergarten & Clubs
On:	May 08, 2026
Date to be reviewed:	May 08, 2027
Signatory:	Mark Stewart
Role of Signatory:	Owner & Ofsted Registered Provider