

# Dental Health Policy

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*Conversations and information exchange on dental health should be encouraged to promote good dental hygiene practices and lifelong learning for children and their families. Dental health will be included as part of everyday practice at our education and care service.*

## National Quality Standards (NQS)

Quality Area 2: Children’s Health and Safety	
2.1	Each child’s health is promoted.
2.2	Healthy eating and physical activity are embedded in the program for children.
2.3	Each child is protected

### PURPOSE

To promote children’s health by creating an environment that supports healthy behaviour including good dental hygiene practices. Our service will encourage dental health by providing nutritional foods for children, avoiding food and drinks that have a sweet and sugary content and ensuring water is available at all times.

Good oral health is vital to general wellbeing and early childhood dental hygiene is a key factor in the development of healthy adult teeth. Encouraging and establishing sound oral health practices early in a child’s life will assist in maintaining good oral health and preventing oral disease and other related diseases over a lifetime.

### SCOPE

This policy applies to children, families, staff, management and visitors of the service.

### IMPLEMENTATION

We believe it’s important for all children to have a high level of dental hygiene. We follow the guidelines of the Australian Dental Association and the State Government Health Departments when caring for children’s teeth.

We integrate educative information and guidelines on good dental health practices into the daily routine, including swish and swallow after meal times, providing information about tooth brushing, tooth friendly snacks and drinks and going to the dentist.

To prevent cavities forming, or other adverse dental outcomes, we encourage children to eat nutritious foods and to avoid sticky and sugary foods. All food served prepared at our Service complies with these guidelines. Children will be encouraged to drink water to quench their thirst and remain hydrated throughout the day.

**Management/Nominated Supervisor/ Certified Supervisor will:**

- Ensure that the daily menu contains a nutritional balance of foods;
- Minimise the provision of sugary foods;
- Ensure access to safe drinking water at all times.



**Educators will:**

- Include dental health practices in the program;
- Support children to access dental health resources for research, exploration and identification. These resources will be available through books, posters and visual aids;
- Talk with children about dental health during the day, encouraging swish and swallow after meal time and having children partake in drinking water throughout the day;
- Pay particular attention to meal and snack times to ensure healthy food is being eaten
- Give children bottles before they go to bed. Tooth decay can be reduced by allowing the child to finish the bottle before going to bed and not letting milk settle on teeth;
- Arrange annual visits by dental health professionals as part of the program. Families and children will be encouraged to attend these visits where correct brushing techniques and dental care will be discussed;
- Provide dental care information to families through newsletters, posters, professional visits, web links and brochures.

**Source**

- Australian Children’s Education & Care Quality Authority. (2014).
- Guide to the National Quality Standard.
- Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Health Insite - [www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- Extract from Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 18 June 2006 (Page10-12)

**Review**

Policy Review Date	
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