



04. Health procedures

04.6 Oral health

Our nursery provides care for children and promotes health through promoting oral health and hygiene and encouraging healthy eating during snack and mealtimes.

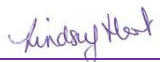
- Fresh drinking water is always available and easily accessible.
- Sugary drinks are not served.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- Only water and milk/milk alternatives are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.

Pacifiers/dummies

- Parents 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 informed.

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:	People Childcare
On: *	November 2021
Updated:	November 2021
Signed on behalf of the provider:	
Name of signatory:	Lindsey Hart
Role of signatory (e.g. chair, director or owner):	Early Education and Childcare Manager

* This policy was adopted in November 2021 and will be reviewed annually and updated if appropriate. A signed copy is kept on site.