



Dental Health Policy

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 Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy Lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

Education and Care Services National Regulation

78	Food and beverages
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Related Policies

Nutrition and Food Safety Policy
Health and Safety Policy

PURPOSE

We aim to promote children's health by creating an environment that supports healthy behaviour including good dental hygiene practices. Ocean Shores Preschool 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 always available.

Good oral health is vital to general wellbeing. 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 its maintenance and help prevent oral disease and other related conditions over a lifetime.

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SCOPE

This policy applies to children, families, staff, management and visitors of Ocean Shores Preschool.

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.

Ocean Shores Preschool provides information and guidelines on good dental health practices, which are implemented 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 and prepared at Ocean Shores Preschool complies with these guidelines by providing an assortment of recommended vegetables, fruits and dairy products. Children will be encouraged to drink water to quench their thirst and remain hydrated throughout the day.

Management/Nominated Supervisor/ Responsible Person will:

- Ensure that the daily program incorporates and works in collaboration with approved government funded organisations, including 'Munch and Move'.
- Minimise the provision of sugary foods, including chocolate, lollies, sweetened cereals, biscuits and fruit bars
- Always ensure children have access to safe drinking water
- Ensure the routine incorporates 'swish and swallow' after each meal time

Educators will:

- Include dental health practices in the daily program
- Provide opportunities to discuss dental health education with children
- Support children to access dental health resources for research, exploration and identification
These resources will be available through books, posters and visual aids

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- 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
- 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.

Dental Emergencies

It is important for educators to be aware of how to manage dental accidents and emergencies. Our Service will:

- Collect contact information from families about their family dentist (if any). This process should be done during the enrolment process.
- Follow a dental accident procedure
- Ensure there is an Educator on duty with current first aid qualifications
- Ensure children are supervised at all times to minimise accidents and incidents

Source

- Australian Children's Education & Care Quality Authority.
- Guide to the National Quality Standard.
- Raising Children Network – www.raisingchildren.net.au
- Health Insite - www.healthinsite.gov.au
- Extract from Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 18 June 2006 (Page10-12)
- Revised National Quality Standard
- Dental Health Services Victoria
<https://www.dhsv.org.au/oral-health-programs/achievementprogram/early-childhood-education>

Review

Date Reviewed	Modifications	Next Policy Review Date
August 2017	Minor changes made to policy	September 2018

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October 2017	Updated the references to comply with revised National Quality Standard	September 2018
September 2018	Latest updates include terminology and grammar improvements. Added the section displaying related policies on page 1. Added related National Regulation	September 2019