



Registered Charity No. 1022409

## 5 Health policy and procedures

**Designated Health and Safety Officer is: Flora Lau**

### 5.7 Oral health

The preschool provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk 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 are told that this has happened

#### **Further guidance**

Infant & Toddler Forum: Ten Steps for Healthy Toddlers

[www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)

This policy was adopted on

6<sup>th</sup> September 2023

Date to be reviewed

6<sup>th</sup> September 2024

Signed by committee chairperson

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Signed by preschool manager

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