

## Oral Hygiene Policy

### Statement

Hillside School Nursery are committed to developing children's understanding of hygiene and of valuable, healthy practices, choices and routines considered to maintain a good level of oral hygiene from a young age. We understand that cleanliness, hygiene and safe practices can affect a child's health and wellbeing and aim to support children attending our setting apply their developing knowledge and understanding to everyday routines. The guidelines outlined in this policy link with Hillside School Nursery's Tooth Brushing and Snack policies.

### Guidelines

Since the onset of COVID-19, Hillside Nursery have chosen **not** to participate in the daily tooth brushing routine but continue to support the topic of dental health and a healthy diet as part of our usual planning for the children. The tooth brushing routine will be reinstated as soon as it is deemed appropriately safe to do so.

In the interests of oral health the following guidelines will be followed closely by Hillside School Nursery:

- As part of their induction to nursery routine, children will be given the opportunity to brush their teeth daily. Parents will be informed of the routine before their child is enrolled into the *Child Smile* programme.
- Staff will follow the tooth brushing guidelines and hygiene and storage procedure set out by the Community Dental Service. Hillside School Nursery will continue to work in partnership with our *Child Smile* coordinator.
- Children will regularly be provided with snacks and drinks considered tooth friendly. *Setting the Table* guidelines will be followed when planning for and providing snack.
- Parents and carers will be encouraged to continue the regular tooth brushing routine at home.
- Dental health and events such as 'National Smile Week' will be promoted through the curriculum.

As children progress through Nursery and Primary School, the topic of dental health and a healthy diet will be revisited, in line with Health and Wellbeing *Experiences and Outcomes* outlined within the *Curriculum for Excellence (Organisers- Nutrition and Safe and Hygiene Practices)*.