



SAMPLE POLICY*

Introduction

Conversations and information exchange on dental health must be encouraged to promote the need for good dental hygiene practices and lifelong learning. Dental health will be included as part of everyday practices at the Centre.

Goals – What are we going to do?

The Service will promote dental health in the Centre. The Service will provide nutritional foods for children while at the Centre, avoiding food and drinks that have a sweet and sugary content. Water will be available at all times at the Centre.

Statutory Legislation & Considerations

- *Quality Improvement and Accreditation System (QIAS)*

Sources

- The Royal Children's Hospital Melbourne – www.rch.org.au
- Colgate Australia - www.colgate.com.au
- National Childcare Accreditation Council Inc – www.ncac.gov.au
- Raising Children Network - <http://raisingchildren.net.au>
- Health Insite - www.healthinsite.gov.au

Strategies - How will it be done?

Staff will include dental health practices into the Centre's daily program. Staff will converse with children about dental health during the day. This can be done by encouraging children to drink water throughout the day.

Particular attention will be given to meal and snack times where children will be encouraged to drink water after eating and before rest times, to rinse their mouths.

The Centre menu will reflect a nutritional balance of foods and ensure sweet and sugary foods are not available for the children.

Children will be given bottles before going 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.

Children will have dental health resources available for research, exploration and identification. These resources will be available through books, posters and visual aids.

Visits by dental health professionals are arranged by staff as part of the program, annually. Families and children will be encouraged to attend these visits where correct brushing techniques and dental care will be discussed.

Information will be available to staff and families through newsletters, posters, professional visits, web links and brochures.

Evaluation

Children will be provided with nutritional food and drink to reduce exposure to tooth decay. Dental health practices will be role modelled and encouraged at the Centre and information is available to families.

*** This sample policy is for information purpose only. You are welcome to use this material, with acknowledgement to Community Child Care Co-operative (NSW).**

