



6.12 Oral Health Policy

The purpose of this policy is to ensure Woodlands places high importance on good oral health and hygiene. We recognise that good oral health will positively impact an individual's ability to learn and an individual's self-confidence. We equally recognise the significant negative impact that poor oral health can have including: pain, discomfort, infections and potential damage to growing adult teeth.

- Limited diet – leading to malnourishment and poor concentration
- Limited development of speech and language
- Low self-esteem – lack of confidence socialising with others
- Negative association with visiting the dentist – leading to further issues and possible avoidance.

Aim

At Woodlands, we believe that oral health is a key health and wellbeing priority. We aim to support families in registering with a Dental Practice whilst also regularly sending out information regarding good oral health. We aspire to educate our children through telling stories and role modelling good eating habits, we also promote the importance of regular dental visits with parents and the importance of good oral health and hygiene.

Procedure

At Woodlands we do the following –

- Highlight the importance of consuming tooth friendly snacks.
- Encourage our children to bring their own fresh water daily that they can access to throughout the day.
- Refill the children's water bottles with water only
- Offer the children a choice of water or milk at snack time
- Discuss the daily routines in school and at home including brushing our teeth at least twice a day.
- Recognise that birthdays are a special time for young children and discourage parents from sending their children in with sweets to celebrate, we do however ensure it is celebrated in an enjoyable, healthy and tooth friendly way. We do this by:
 - singing 'Happy Birthday' to the child
 - letting the child wear the birthday hat
 - give the child a birthday card
- Welcome tooth friendly snacks such as fresh fruit, vegetable sticks and yoghurts/cheese.

- For any celebrations where we provide food or food-based activities, such as celebrating Christmas, Pancake Day, Easter, Eid, Chinese New Year etc, we ensure that the food and drink is tooth friendly. For example, fresh fruit and vegetables and savoury items, with milk or water to drink.
- On the very rare occasion that less tooth friendly foods are provided/brought in, these are given alongside a healthy balanced meal or sent home for the children to eat with their tea, in order to limit any damage to a child's oral health