

# Mother's Love Early Education & Childcare Service

## 2.21 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.

### Statutory Legislation & Considerations

Children (Education and Care Services National Law Application) Act 2010

Education and Care Services National Regulations 2011: 77-79, 168

Guide to the National Quality Standard (3) ACECQA (2011)

Links to National Quality Standards/Elements: 2.1, 2.2

### Goals

Our education and care service will promote dental health. The education and care service will provide nutritional foods for children, avoiding food and drinks that have a sweet and sugary content. Water will be available at all times.

### Strategies

*The Approved Provider/ Nominated Supervisor will:*

- Ensure that the daily menu contains a nutritional balance of foods;
- Minimise the provision of sugary foods; and
- Ensure access to safe drinking water at all times.

*Educators will:*

- Include dental health practices in the daily program;
- Support children to access dental health resources through books, posters and visual aids;
- Talk with children about dental health during the day. This can be done by encouraging children to drink water throughout the day;
- Pay particular attention to meal and snack times where children will be encouraged to drink water after eating and before rest times, to rinse their mouths;
- Give children bottles before they go 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;

- 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; and
- Provide dental care information to families through newsletters, professional visits, web links and brochures.

### **Evaluation**

Children are provided with nutritional food and drink to reduce exposure to tooth decay. Dental health practices are role modelled and encouraged at the service and information on dental health is made available to families.

### **Sources**

Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Health Insite – [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

Health and Safety in Children’s Centres: Model Policies and Practices (2nd ed.)

Community Child Care Co-operative (NSW)

Reviewed – 05/2014