



Worstead Pre-school

Queen Elizabeth Hall – Ruin Road – Worstead – Norwich – Norfolk – NR28 9WH
01692 535692

Email: admin@worsteadpreschool.co.uk

Website: www.worsteadpreschool.co.uk

Charity Number: 1041749

HEALTHY TEETH POLICY

At Worstead Pre-school we recognise the important of oral health and believe it is a very important part of a child's daily routine. Due to this we will be taking part in the healthy smiles award scheme. This gives children the opportunity to brush their teeth with a fluoride toothpaste after snack. This should be competed alongside morning and evening brushing at home.

Each child will be given their own toothbrush as part of our welcome pack. We will ensure that these are soft bristled brushes that are age appropriate. Similarly, the children's toothpaste will be age appropriate. The 2-year-old children will use Colgate milk teeth toothpaste and the 3–4-year-old children will use Colgate little teeth tooth paste. These will be stored on a holder ensuring that the brushes cannot touch. The brushes and holder will be cleaned regularly. This will be carried out at the end of each week and more frequently if we have an outbreak of illness.

In case of an outbreak the brushes will be cleaned more frequently, as we see fit. For the majority of illnesses children are not asked to be excluded, however some of these may mean we will ask for the child to be excluded from tooth brushing. These include;

Illness	Exclusion time for brushing
Chickenpox	5 days after return
Croup	7 days
Vomiting	7 days from last vomit
Measles	5 days after return
Influenza	7 days
Hand, foot and mouth	7 days
Strep throat	7 days
Cold sore	5 days from first appearance or until clear

When the children have eaten their snack, they will then be asked to take part in teeth brushing. This activity will be completed in the main preschool room. The children will be seated in a group of approximately 8 children to take part in brushing.

When the children are seated, they will be given a paper towel with a pea sized amount of tooth paste and their brush. The child will scoop the toothpaste onto their brush and begin brushing when the song starts. When brushing we watch a 2-minute video which we use as a timer (the video is linked below). After this the child has the opportunity to spit any excess toothpaste into the paper towel then put it into a clinical waste bag. This will limit the chance of any cross contamination.

Brush your teeth/kid's song/super simple song

https://www.youtube.com/watch?v=wCio_xVlgQQ

We will keep a register of the children who have brushed their teeth and keep record of any new toothbrushes given. All brushes will be replaced every 3 months. However, if a toothbrush is dropped or becomes damaged, we will replace it straight away.

The healthy smiles scheme also talks about the importance of healthy eating. This is something we encourage at preschool. We will be providing the children with only "tooth friendly" foods at snack times. An example of tooth friendly snack is; 1 cracker with butter and 2 pieces of fruit. With the option of milk or water.

Similarly, the children will be offered tooth friendly food at breakfast club. An example of tooth friendly breakfast is; toast with butter or cereal, with a piece of fruit or yogurt offered. We encourage this practice in the children's lunchboxes ensuring that they have a healthy and balanced lunch. 1 small treat is still welcomed as a dessert, this could be a cupcake or biscuit, but a packet of sweets or chocolate or sweets will be discouraged.

We will also have to ask for your child's drinks bottle to be filled with water only. If a drinks bottle comes in with juice, we will swap it for water. Your child will be welcomed to have a fruit juice in their lunch box. A carton of juice with a straw would be best as the straw means the juice will avoid the front of the child's teeth, preventing tooth decay.

We would also discourage birthday cakes being brought into preschool. Birthdays are very special for young children and will still be celebrated at preschool. If a cake is brought into pre-school, we will cut it up and give a piece to each child to take home. This way it is up to you to decide if and when you give the child the cake. You are welcome to bring in tooth friendly or non-food gifts for each of the children, for example a small packet of bubbles or colouring pencils.

To celebrate with the birthday child, they will be invited to stand or sit with an adult at story time for the other children to sing happy birthday to them. The birthday child can also choose what book we read for story time and is welcome to bring in a special book from home. We will also have a wooden birthday cake for the children to play with, this cake will have the child's age on it and candles they can blow out.

For other celebrations with food like Christmas and pancake day, the children will be offered a savoury treat for example a pancake with fruit or a cheese scone for other celebrations. When we have our Christmas dinner the children will still be offered a dessert to finish their meal.

The children will also be encouraged to take part in cookery at preschool as this will support them to learn the importance of healthy eating. When the children do cookery, we will ensure that the recipes fit with the healthy smiles scheme. These food items will be savoury avoiding too much sugar, for example making cheese straws to have at home or our own bread for snack time.

Name:	Clare Gwilliam
Position:	Pre-school Manager
Name:	Hayley Pilkington
Position:	Committee Chair
Date:	1 st September 2022
Date for Review:	31 st August 2023