**Oral health**

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

* Fresh drinking water is available at all times and easily accessible.
* Sugary drinks are not served. Children may supply sugar free squash if they wish.
* In partnership with parents, children are introduced to an open free-flowing cup and discouraged from using a bottle.
* Only water and milk are served with morning and afternoon snacks.
* Children are encouraged to bring in a healthy nutritious snack.
* Parents are discouraged from sending in confectionary as a snack or treat.
* Staff follow the Infant & Toddler Forum’s Ten Steps for Healthy Toddlers.
* <https://infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/>

**Pacifiers/dummies**

* We work together with parents to discourage the use of dummies in the setting.
* Dummies that are damaged are disposed of and parents are told that this has happened

*This policy is reviewed annually by Martlesham Preschool Committee*

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| This policy was adopted at the meeting of: | Martlesham Preschool |
| Held On: | December 2023 |
| Signed by Chairperson: |  |
| Signed by Preschool Manager: |  |
| Review Date: | December 2024 |