



## Oral Health Policy

### Introduction

Promoting oral health in the early years at Wise Owls Nursery School is essential to protect young teeth and establish good habits. Oral hygiene is very important in achieving overall good oral health.

### The EYFS Statutory Framework states:

The EYFS framework mandates that all early years settings promote good health, including oral health, of children attending the setting.

### Aim

The aim of this policy is to work in partnership with parents and carers to promote good oral hygiene practice both in the home and at nursery, and to develop the habit of toothbrushing at a young age to prevent gum disease and tooth decay.

### Procedure

- Tooth brushing will be supervised by staff.
- A pea sized amount of fluoride toothpaste will be applied to the toothbrush, it should not be reapplied if swallowed. If parents/carers do not wish for their child to use fluoride toothpaste, then we ask that they provide an alternative.
- For cross-infection purposes, toothpaste will be dispensed on a paper towel.
- Each child will have a named toothbrush.
- Brushing should be done in a circular motion.
- Children brush their teeth for 2 minutes (using a timer if possible).
- Children are encouraged to spit out froth, but **Do Not Rinse**.
- Toothbrushes are stored in such a way that the heads do not touch.
- The toothbrush rack is cleaned once a week with an antiseptic cleaner.
- Brushes are replaced every term, or if dropped.
- Children will brush their teeth after lunch.



## **How Wise Owls Nursery School supports oral health in day-to-day practice**

We provide children with nutritional and healthy snacks and lunches. We ensure that children have access to fresh drinking water all day. We share information with parents and carers via Family, offering tips to help with teeth brushing and by sharing this policy. As an early years provider, it is important that the activities children engage in help further extend their development in all areas of learning. Below, we have outlined how our oral health related activities benefit our children across all seven areas of learning.

### **Personal, Social and Emotional Development**

Children have the opportunity to build on their relationships by coming together to carry out activities. This could be during many activities, such as dentist role play, and sharing their experiences through group activities. They will learn about feelings as they consider how visiting the dentist can make them feel. We carry out our oral health activities to help the children gain self-confidence when brushing their teeth.

### **Physical Development**

Teaching the children health and self-care is a big part of our day-to-day practice. We teach children how to brush their teeth through discussions and through daily practice. Practitioners will help children to gain an understanding that oral health is an important part of their daily hygiene routine. We also teach the children about healthy and unhealthy foods and provide food activities that allow them to taste healthy options.

### **Communication and Language**

We encourage children to speak about their experiences when visiting the dentist, which is great for listening skills, understanding skills, and speaking skills. Children also enjoy asking each other questions and listening to what their friends have to say. Younger children learn new words and begin to match words to objects with context, for example, toothbrush and toothpaste.

### **Literacy**

Children have the opportunity to enjoy occupational themed books that are both fiction and non-fiction. This gives the children the opportunity to gain an understanding of oral hygiene routines and some facts about teeth. Children can also listen to stories about taking a trip to the dentist which will help them understand what to expect as well as put their mind at ease. Some of the older children will also practice their writing skills as we encourage mark making in role play.



## **Mathematics**

The children learn how much toothpaste they need to use on their brush. We encourage the children to use the 2 minute sand timer when role playing and when brushing their teeth.

## **Understanding the World**

Children are encouraged to explore the role of both the dentist and the patient through their role play. We teach children what a toothbrush is and what it is used for. The children can also use technology to watch videos about the dentist, as well as enjoy some interactive stories. Children at Wise Owls are encouraged to share their experiences of trips to the dentist, which will often involve them talking about the people who are close to them.

## **Expressive Art and Design**

Children can role play dentists and patients, encouraging them to play alongside each other and to use their imaginations. We teach children new songs, one of which is about how to brush their teeth. The children also engage in lots of mark making activities relating to oral health and healthy eating, and will enjoy exploring different textures as they do this.

### **Associated forms:**

For example: Consent Form for Supervised Toothbrushing via Family  
Allergies information on Family

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