



Promoting Good Oral health

At Acorn Playgroup and Pre-school, we prioritise children's oral health by fostering good dental hygiene awareness and education. While tooth brushing does not take place on-site, we strongly encourage and support toothbrushing at home both before and after attendance.

Home Toothbrushing Routine:

- Parents are encouraged to ensure their children brush their teeth thoroughly using age-appropriate fluoride toothpaste at least twice a day, in the morning and before bed time.

Parental Responsibility:

- Parents/carers are responsible for their child's toothbrushing routine and are encouraged to maintain regular dental check-ups and professional dental advice.
- Parents should inform us of any specific dental hygiene needs or concerns relevant to their child.

Oral Health Education:

- We provide regular, age-appropriate oral health education to children, emphasizing the importance of dental hygiene, healthy eating habits, and regular toothbrushing at home.
- Children learn about the significance of good oral hygiene practices in an age appropriate way.

Healthy Snacks and Drinks:

- Parents/carers are asked to provide low sugar, nutritious snacks, drinks and lunches to promote good oral health.
- Milk and water are the only drinks offered by our setting.

Water Availability:

- Fresh drinking water is available to children throughout the day, promoting hydration and aiding in oral hygiene after meals and snacks.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers, where required.

Emergency Dental Care:

- Parents/carers are promptly notified in case of dental emergencies, and immediate first aid is administered as necessary.

This policy was adopted by Acorn Playgroup and Pre-school on 01 September 2023