

04. Health procedures

04.06 Oral health & Healthy eating

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.
- Only water and milk are served with morning snacks.
- It is recommended that Children bring healthy nutritious snacks with no added sugar. We
- Parents are discouraged from sending in sweets, crisps, chocolate and biscuits as a snack. We ask that only crackers, cheese, fruit or veg are provided.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/