



Oral Hygiene Policy

At Waltham Preschool we are committed to improving oral health for our children through the following means:

Good oral hygiene will be encouraged at all times.

Parents will be made aware of the Preschool's approach to oral health through the parent pack, newsletters and discussion.

Staff will follow the toothbrushing guidelines, hygiene and storage procedures as set out by the community dental service.

Each child will have their own named toothbrush in preschool.

All children will be supervised when brushing their teeth.

Parents/carers will be encouraged to continue their child's regular toothbrushing routine at home.

Oral health will be included in our curriculum and on any other appropriate occasions.

Visits from the oral health worker will be organised during the preschool year.

Snacks/meals provided will be tooth-friendly. We will inform parents when exceptions are to be made, e.g. parties.

Milk and water only, will be offered as drinks throughout the day.

Toothbrushing procedure

Child will be helped to select their own toothbrush and toothpaste.

Adult puts a smear of toothpaste on a paper plate.

Adult helps the child to transfer toothpaste onto the toothbrush.

Child brushes – small circles over gums and teeth (modelled by a member of staff as appropriate).

Child must spit out in sink in children's bathroom.

Child does not rinse mouth out with water.

Child rinses toothbrush under running cold water.

Child dries toothbrush on paper towel.

Child replaces toothbrush in the numbered rack.

After toothbrushing, brushes are rinsed thoroughly by adults under cold running water, and replaced in the storage system to allow them to air dry.

The storage systems are washed once a week with hot soapy water and the toothbrushes are replaced often (once a term or sooner if bristles become splayed).

Effective hand-washing procedures are in place.

Children are closely supervised when brushing their teeth.

Tooth brushing will take place once a day as appropriate, with all children who have permission to take part

Staff will follow the tooth brushing guidelines, hygiene and storage procedures set out by the Community Dental Service, and as per staff training.

Updated September 2022

Staff have updated training from Community Dental and Oral Hygiene Team Melton Mowbray