

ORAL HEALTH STATEMENT

Good oral health habits need to be formed from the earliest age. Tooth decay is largely preventable, but it is still a serious problem among young children.

Sharing and cooking food together play a huge role in our learning experiences at Wingate Nursery School and Childcare. Independent baking, preparing and sharing snack together and communal lunchtimes are essential parts of life here at Wingate. This document outlines how we promote good oral health throughout these experiences, whilst still enabling children to partake in joyful and educational cooking and eating experiences.

Our approach in...

Baking

- We limit the amount of sugar the children bake with and we encourage children to bake non-sugary treats such as scones, bread and pastries.

Snack

- Only water and milk are given for drinks
- Children are given a range of healthy options for snack, with consideration given to oral health. This means that as well as restricting processed, sugary snacks, we have also removed dried fruit from the snack area and we encourage children to drink plenty of water with fruit snacks
- Children learn about oral health through conversation with adults and peers over snack

Dining Room

- Only water and milk are given for drinks
- Sugary desserts are limited
- Children learn about oral health through conversation with adults and peers over snack

Information to Parents

- Information and guidance on oral health is distributed in our termly newsletter and through our family posts

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| Reviewed by Hannah Hedley | Review date 18 th January 2023 |
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