

# Tottenham War Memorial Early Childhood Centre Dental Policy

The Centre promotes good dental and oral hygiene practices through conversations and information exchange. Dental health and oral hygiene will be included as part of everyday practice at our Centre.

## Statutory Legislation and Considerations:

Education and Care Services National Regulations  
Guide to the National Quality Standard

The Centre encourages good dental and oral hygiene for all the children, staff and parents by:

- Supporting the implementation of dental and oral health
- Programming education and health promotional programs (eg oral health literature for children, families and staff) and providing resources to support the policy.
- To help reduce the incidence of cavities, the Centre actively discourages the use of:
  - Nursing bottles containing sweetened milk, fruit juices, cordials or soft drinks.
  - Sugary snacks or lollies as behaviour rewards.
  - Pacifiers dipped in sweet substances (eg honey or jam).
  - Nursing bottles as pacifiers or using a bottle containing anything other than water or milk.
- The Centre limits the number of times that a snack outside of meal times is offered each day. When snacks are offered, a varied selection of nutritious foods such as vegetables, cheese, yoghurt, fruit or plain pasta is encouraged.

## Principles:

- We will discuss and record health information
- We will circulate dental health information to families and discuss with children as part of the curriculum
- We will inform parents of accidents, injury, dental caries or other incidents of discomfort.
- We will comply with and implement any research findings to promote good dental and oral hygiene.

## Staff will:

- Implement an oral health program into the daily routine.
- Model appropriate eating habits.
- Discuss with children proper oral health practices.
- Provide oral health advice to parents through newsletters, posters, professional visits, web links and brochures.
- Ensure that dental health professionals visit the Centre when available. Families and children will be encouraged to attend these visits where correct brushing techniques and dental care will be discussed.
- Support children to access dental health resources for exploration and identification. These resources will be available through books, posters and visual aids.
- Talk to children about dental health during the day. This can be done by encouraging children to drink water throughout the day.
- Pay particular attention to meal and snack times where children will be encouraged to drink water after eating, before rest times and throughout the day.
- Inform families immediately of apparent signs of tooth caries, accident, injury or suspected injury to teeth and/or gum swelling, infection on mouth, pain or discomfort experienced when chewing or swallowing.

## Children will:

- Learn about the importance of eating nutritious food.
- Be encouraged to participate in planned oral health experiences.
- Learn about swish and swirl for children old enough, ie rinse mouth.

- Explore and learn about dentists and dental experiences in role-play with resources provided.
- Learn about baby teeth and losing their teeth.

**Parents will:**

- Be provided with information regarding child oral health issues such as development of children's teeth, care of children's teeth and good nutrition.
- Be encouraged to implement good oral hygiene practices at home.

**First aid for a knocked out or chipped tooth in a child:**

If a child has a dental injury where the tooth is chipped or the whole tooth is knocked out:

- Remain calm and try to find the tooth or tooth fragment
- It is important to know whether it has been inhaled. Inhaled teeth are a medical emergency and the child must be taken immediately to Hospital.
- If it is a baby tooth, do not put the tooth back into the socket because it will damage the underlying developing adult tooth.
- For baby teeth or permanent teeth place the tooth and tooth fragment in milk or saline to avoid dehydrating the damaging root cells. Do not rinse or scrub off the tooth. Do not allow the tooth to remain dry at any stage.
- Inform the parents and complete injury form.
- Seek medical advice as soon as possible and ensure you or the parent take the tooth or tooth fragment to the dentist with the child. Time is critical factor in saving the tooth.

**Evaluation:**

Children are provided with information and guidance on dental care. Dental health practices are role modelled and encouraged at the Centre and information on dental health is made available to families.

**Sources:**

Health and Safety in Children's Centres; Model Policies and Practices  
Community Child Care Co-operative; Dental Health Policy template  
Healthy Teeth in Child Care Kit; Lorikeet Early Childhood Centre 2004  
Health and Safety in Children's Centres: Model Policies and Practices. 2<sup>nd</sup> edition, November 2003.

Ratified:.....

Date:.....

Reviewed May 2017