



## Oral Health

This policy promotes oral health through healthier eating, in particular healthy snacks.

Dental decay is still a serious problem in young people, over half of 5 year olds in Airedale suffer with decay.

We successfully achieved the 'Giving Teeth a Good Start' Dental Health Award produced by the Bradford & Airedale salaried Dental Service, Oral Health Promotion.

To achieve the award we carry out the following practices;

- Ensure water is available at all times.
- Sugary drinks are not serviced in a bottle.
- Babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- Only water or milk is serviced with morning and afternoon snacks.
- Pure unsweetened fruit juice is only served at mealtimes, diluted and served in a cup.
- Children are offered healthy snacks which are nutritious and with no added sugar.
- We have a reward system in place and is sugar free.
- If special occasions are celebrated with sugary food and drink, cakes and sweets for example, they are only served at mealtimes or sent home with the children.
- Children are not permitted to bring in confectionery as a snack.

In addition;

- We include dental activities in to our programme at least once a year.
- We coordinate oral health within the setting and we have identified a member of staff to act as health coordinator. This person will liaise with the Bradford Salaried Dental Service, Oral Health Promotion Team.