Oral Health Policy

At Town Street Playgroup, we aim to raise awareness of the importance of good oral health for children. These early years for children are when routines are formed and are often carried through to adulthood. So, we recognise that we have an important role in supporting children and families to develop good oral health routines, by encouraging healthy eating and good habits of personal and oral hygiene.

Food/Snacks

* Parents will be encouraged to provide a healthy snack and lunchbox, and limit foods which are high in sugar, or which can cause dental decay. We will provide information to parents about healthy snacks and lunchboxes.
* Only milk and water will be offered to children as drinks throughout the day.
* Sweets and chocolate will not be used as rewards for good behaviour or to celebrate special occasions such as birthdays.

Toothbrushing At Home

* We will provide information to parents about the importance of a regular toothbrushing routine at home.
* Oral health will be included in the curriculum, and we will plan activities and learning opportunities to promote regular toothbrushing for the children.
* Parents will be provided with information about oral health and how to access dental care.
* The oral health policy will be included as part of the induction of new staff.

September 2025