PEACHCROFT PRE-SCHOOL
Community Centre, Lindsay Drive,
Abingdon, Oxon OX14 2RT
Telephone: Abingdon (01235) 555808
www.peachcroftpre-school.co.uk
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Charity Commission Registration Number: 1163995

04. Health procedures

04.06 Oral health

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- In partnership with parents, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat. At Peachcroft Pre-school we recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. We do this by all singing 'Happy Birthday' to the birthday child whilst they hold/wear the birthday cake hat. We ask parents/carers not to bring in any cake or unhealthy treats to celebrate birthdays. Healthy, tooth friendly treats are welcome, such as fresh fruit that the children do not often have, for example strawberries, blueberries or water melon. Non-food items are also permitted, for example remporary tattoos, stickers, bubbles or small stationery items.
- For any celebrations wherewe provide food or food based activities in between meals, such as when celebrating Christmas, Pancake Day, Easter, Eid, Chinese New Year etc… we will ensure that the food and drink will be tooth friendly i.e. fresh fruit/vegetables and savoury items, with milk or water to drink. At occasional events such as picnics, fun days, fundraisers and fairs we will offer a range of food, drink, activities and prizes that support healthy, tooth friendly choices.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents are told that this has happened

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers
www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/