

## 4. Health procedures

### 4.e 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.
- Only water and milk are served with morning and afternoon snacks and lunch.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as a snack or treat.

#### **Pacifiers/dummies**

- Parents are *advised* to stop using dummies/pacifiers.
- If a child uses a dummy we place it in their bag once they have arrived and are settled.