

# Ballina River Street Children’s Centre

## Dental Health Policy

Conversations and information exchange on dental health should be encouraged to promote good dental hygiene practices and lifelong learning for children and their families. Dental health will be included as part of our practice at our education and care service.

### National Quality Standard (NQS)

Quality Area 2: Children’s Health and Safety		
2.1	<b>Health</b>	Each child’s health and physical activity is supported and promoted
2.1.2	<b>Health practices and procedures</b>	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	<b>Healthy Lifestyles</b>	Healthy eating and physical activity are promoted and appropriate for each child

### PURPOSE

BRSCC aims to promote children’s health by creating an environment that supports healthy behaviour including good dental hygiene practices. Our Service(BRSCC) will encourage dental health by discussing nutritional foods for children, and those foods to avoided such as food and drinks that have a sweet and sugary content and we will encourage children to drink water by ensuring water is available at all times.

Good oral health is vital to general wellbeing. Early childhood dental hygiene is a key factor in the development of healthy adult teeth. Encouraging and establishing sound oral health practices early in a child’s life will assist in maintaining good oral health and preventing oral disease and other related diseases over a lifetime.

### SCOPE

This policy applies to children, families, staff, management and visitors of the Service.

### IMPLEMENTATION

We believe it’s important for all children to have a high level of dental hygiene. We follow the guidelines of the Australian Dental Association and the State Government Health Departments when caring for children’s teeth.

We integrate educative information and guidelines on good dental health practices into the daily routine, including swish and swallow after meal times, providing information about tooth brushing, tooth friendly snacks and drinks and going to the dentist.

To prevent cavities forming, or other adverse dental outcomes, we encourage children to eat nutritious foods and to avoid sticky and sugary foods. Children will be encouraged to drink water to quench their thirst and remain hydrated throughout the day.

#### **Management/Nominated Supervisor/ Responsible Person will:**

- Ensure that families are aware of the types of nutritional foods to pack in their child's lunchbox while at Preschool & Occasional Child Care
- Minimise the provision of sugary foods and encouraging children to choose a healthy snack before the sugary food
- Ensure access to drinking water at all times
- Ensure the routine incorporates swish and swallow after each meal time

#### **Educators will:**

- Include dental health practices in the program
- Provide opportunities to discuss dental health education with children
- Support children to access dental health resources for research, exploration and identification These resources will be available through books, posters and visual aids
- Talk with children about dental health during the day, encouraging swish and swallow after meal time and having children partake in drinking water throughout the day
- Pay particular attention to meal and snack times to ensure healthy food is being eaten
- Provide dental care information to families through newsletters, posters, professional visits, web links and brochures.

#### **Dental Emergencies**

It is important for educators to be aware of how to manage dental accidents and emergencies. Our service will:

- Collect contact information from families about their family dentist (if any). This process should be done during the enrolment process.
- Follow a dental accident procedure
- Ensure there is an Educator on duty with current first aid qualifications
- Ensure children are supervised at all times to minimise accidents and incidents

## Source

- Australian Children’s Education & Care Quality Authority. (2014).
- Guide to the National Quality Standard.
- Raising Children Network – [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Health Insite - [www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- Extract from Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 18 June 2006 (Page10-12)
- Revised National Quality Standards
- Childcare Centre Desktop policies – [www.childcaredesktop.com.au](http://www.childcaredesktop.com.au)

## Review

Date Reviewed	Modifications	Next Policy Review Date
December 2017	Change to policy format & Updated the references to comply with revised National Quality Standard	September 2018