**SOUTH WOODHAM PRESCHOOL**

**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.
* Children are offered healthy nutritious snacks with no added sugar.
* Parents are discouraged from sending in confectionary as a snack or treat.
* Parents are discouraged from sending in squash or fresh juice in their child’s drinks bottle.
* Staff follow the Infant & Toddler Forum’s Ten Steps for Healthy Toddlers.

*This Policy was adopted at a meeting held on:*

*Signed on behalf of the Pre-school .....................................................................................*

*Position of Signatory...............****Chair of Committee****.......................................................*

*Name of Signatory ......*..........**Mrs Gillian Bowyer**………….....................................

**Further guidance**

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