

HEALTH & SAFETY - DENTAL & ORAL HEALTH

POLICY

To promote good dental and oral hygiene behaviour in children and families, to contribute to reducing the incidence of dental decay in children, and to facilitate the prevention and management of dental trauma in children.

PROCEDURE

To help reduce the incidence of decay:

Avoid the use of;

- nursing bottles as pacifiers or to help a child fall asleep.
- pacifiers dipped in sweet substances (eg. honey)
- nursing bottles containing sweetened milk, fruit juices, cordials or soft drinks
- using a pop-top bottle containing anything other than water.
- sugary snacks or lollies as behavioural rewards

Offer water to drink in preference to carbonated drinks and fruit juices.

It is recommended to help reduce decay, that children should preferably drink milk at meal times. An alternative to offering milk for calcium and other dairy nutrients is to offer cheese at least once a day.

Limit the number of times a snack is offered each day. When snacks are offered use a varied selection of nutritious foods such as vegetables, cheese, yoghurt, or fruit.

Avoid offering foods which are choking hazards to infants and young children, such as nuts, seeds, raisins, pieces of or whole carrots, apples and celery.

For children who are old enough encourage them to rinse their mouth with water after each meal.

Report to the family any sign of tooth decay, any accident, injury or suspected injury to teeth and gums, gum swelling, infection of the mouth, or problems, pain or discomfort the child has with chewing, eating or swallowing.

If children are over 2 years old and in family day care for overnight, early morning or evening care, the Educator must discuss a suitable "teeth brushing routine" with the parent. Children must only use their own child-size toothbrush and low fluoride toothpaste. Tooth brushing must always be supervised. With parent's permission, children should brush their teeth after breakfast and before their night sleep.