



BOURKE AND DISTRICT CHILDREN'S SERVICES

QUALITY AREA 2: CHILDREN'S HEALTH & SAFETY

POLICY NAME: DENTAL HEALTH

POLICY STATEMENT

We aim to promote children's general wellbeing by creating an environment that supports healthy dental and oral health habits and practices that can be maintained throughout the child's life. We will actively support and promote dental health and hygiene practices by advocating for healthy choices while reflecting practices through curriculum and role modelling.

BACKGROUND

Early childhood is an important time for developing good dental hygiene practices. From the time a baby starts teething, keeping gums and teeth clean can safeguard against cavities in the 'baby' teeth which can also cause damage to the permanent teeth underneath. Our service promotes the importance of good dental health to children and families.

OVERALL STRATEGIES/HOW WILL IT BE DONE?

We believe that it is important for all children to practice a high level of dental hygiene and to minimise the risk of cavities forming we encourage children to eat nutritious foods and to limit sugary foods and drinks. These messages are also reflected in the food and drinks that we serve at our service and are embedded into our programs (see Nutrition and Food Safety Policy).

Educators act as role models to our children while at the service and are mindful of making healthy choices when eating and drinking in front of the children. Educators also use meal times as an opportunity to initiate discussions with children regarding positive choices and practices which support dental health and hygiene. Wherever possible, educators will offer children a chunk of cheese after each meal to prevent the build-up of acid on their teeth.

ROLES AND RESPONSIBILITIES

THE APPROVED PROVIDER/NOMINATED SUPERVISORS WILL:

- Ensure that obligations under the Education and Care Services National Law and National Regulations are met.
- Ensure educators (including casual staff) receive information and induction training to fulfil their roles effectively, including being made aware of the Dental Health Policy, their responsibilities in implementing it, and any changes that are made over time.
- Ensure students, visitors and volunteers have knowledge of and adhere to this policy.
- Ensure that the daily menu contains a nutritional balance of foods including fresh fruit.
- Minimise the provision of sugary foods.
- Ensure access to safe drinking water at all times.
- Provide dental health information to parents and families in the form of newsletters, posters, web links etc.
- When possible, arrange visits by dental health professionals as part of the program. Families and children will be encouraged to attend these visits where children's teeth will be checked and correct brushing techniques and dental care will be discussed.

EDUCATORS WILL:

- Find opportunities to discuss dental health education and food and drink choices to support dental health with children as part of the program.
- Ensure dental health resources including posters, books and play resources will be provided for children as part of the program.
- Endeavour to offer children a chunk of cheese after each meal.
- Give children bottles before they go to bed as when children take a bottle to bed it allows the lactose (sugar) in the milk to sit on their teeth which can cause tooth decay.
- Encourage children to drink from a cup and encourage parents to replace bottles with the use of trainer cups.
- Role model healthy practices while at the service.

CONTINUOUS IMPROVEMENT/REFLECTION

Our Dental Health Policy will be reviewed on an annual basis in consultation with children, families, staff, educators, and management.

CHILD SAFE STANDARDS

Standard 1 Child safety is embedded in organisational leadership, governance, and culture



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Standard 2	Children participate in decisions affecting them and are taken seriously.
Standard 3	Families and communities are informed and involved
Standard 5	People working with children are suitable and supported
Standard 7	Staff are equipped with the knowledge, skills, and awareness to keep children safe through continual education and training
Standard 10	Policies and procedures document how the organisation is child safe.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS AND NATIONAL LAW

78	Food and beverages
87	Incident, injury, trauma, and illness record
168	Education and care services must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be kept available

STATUTORY LEGISLATION & CONSIDERATIONS

[Education and Care Services National Law Act 2010 \(Amended 2023\)](#)

[Education and Care Services National Regulations \(Amended 2023\)](#)

SOURCES

Acknowledgement to Community Early Learning Australia and Childcare Centre Desktop.
 Australian Children's Education & Care Quality Authority (ACECQA). (2014).
 Australian Children's Education & Care Quality Authority (ACECQA). (2023). [Guide to the National Quality Framework](#).
 Australian Dental Association: www.ada.org.au.
 Australian Government Department of Education. (2022). [Belonging, Being and Becoming: The Early Years Learning Framework for Australia](#). V2.0, 2022.
 Early Childhood Australia Code of Ethics. (2016).
 Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017). (Amended 2023).
 Guide to the National Quality Framework. (2017). (Amended 2023).
 Health Direct: <https://www.healthdirect.gov.au/>.
 Raising Children Network: <https://raisingchildren.net.au/>.
 Revised National Quality Standard. (Amended 2023).

RELATED POLICIES

- Administration of First Aid Policy
- Nutrition and Food Safety Policy
- Incident, Injury, Trauma and Illness Policy

RELATED DOCUMENTS

POLICY AUTHORISED BY	Prue Ritchie	POLICY REVIEWED	August 2024
NEXT REVIEW DATE	August 2025		
MODIFICATIONS	<ul style="list-style-type: none"> • New policy format • Child Safe Standards added • Regulation amendments incorporated 		



BOURKE AND DISTRICT CHILDREN'S SERVICES

PREVIOUS REVIEW

POLICY AUTHORISED BY

Prue Ritchie

DATE

January 2021