

**INTRODUCTION**

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 everyday practice at our education and care service.

**OVERALL GOALS – What are we going to do?**

BDCS will actively support and promote dental health and hygiene practices as a part of everyday practice. BDCS will provide nutritional foods and water for children, advocating for healthy choices while reflecting practices through curriculum and role modelling.

**OVERALL STRATEGIES – How will it be done?****The Approved Provider/ Nominated Supervisor will:**

- Ensure that the daily menu contains a nutritional balance of foods including fresh fruit daily;
- Minimise the provision of sugary foods; and
- Ensure access to safe drinking water at all times.

**Educators will:**

- Include dental health practices in the daily program;
- 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. This can be done by encouraging children to drink water throughout the day;
- Pay particular attention to meal and snack times where children will be encouraged to drink water after eating and before rest times, to rinse their mouths;
- Give children bottles before they go to bed. Tooth decay can be reduced by allowing the child to finish the bottle before going to bed and not letting milk settle on teeth;
- Encourage children to drink from a cup and encourage parents in the Bourke community to replace bottles with the use of trainer cups.
- Arrange annual visits by dental health professionals as part of the program. Families and children will be encouraged to attend these visits where correct brushing techniques and dental care will be discussed;
- Provide dental care information to families through newsletters, posters, professional visits, web links and brochures;
- Role model healthy practices while at the service;
- As a method for minimising the harmful effects of acid on the teeth, cheese will be offered at mealtimes where possible; and
- Dental health resources including posters, books and play resources will be provided for children within the curriculum along with educational resources for parents and staff including newsletters, brochures and web links.

**EVALUATION**

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years. Families and

staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved. In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

#### RELATED LEGISLATION

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations
- Guide to the National Quality Framework ACECQA (2018)

#### LINKS TO

- Education and Care Services National Regulations: 77-79, 168
- National Quality Standards/Elements: 2.1, 2.2

#### SOURCES

- Raising Children Network – <https://raisingchildren.net.au/>
- Health Direct – <https://www.healthdirect.gov.au/>
- Health and Safety in Children's Centres: Model Policies and Practices (2nd ed.)
- Australian Dental Association: [www.ada.org.au](http://www.ada.org.au)

#### Policy Revision History

<i>Date</i>	<i>Authorised By</i>	<i>Description of Amendments</i>	<i>Sections affected</i>
Jan 2021	P. Ritchie – GM		

- **Review Date: Jan 2022**