Dental Health

1. Policy Statement

UWSELL education and care service will promote dental health. The education and care service will provide nutritional foods for children, avoiding food and drinks that have a sweet and sugary content. Water will be available at all times.

Conversations and information exchange on dental health will be part of the program 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.

2. Legislative Requirements

Education and Care Services National Regulations 2011:

77 Health, hygiene and safe food practices

(1) The approved provider of an education and care service must ensure that the nominated supervisor and staff members of, and volunteers at, the service implement:
   a) adequate health and hygiene practices; and
   b) safe practices for handling, preparing and storing food:

   to minimise risks to children being educated and cared for by the service. The nominated supervisor of an education and care service must implement, and ensure that all staff members of, and volunteers at, the service implement:
   a) adequate health and hygiene practices; and
   b) safe practices for handling, preparing and storing food:

78 Food and beverages

(1) The approved provider of an education and care service must ensure that children being educated and cared for by the service:
   a) have access to safe drinking water at all times; and
   b) are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day.

(2) The nominated supervisor of an education and care service must ensure that children being educated and cared for by the service:
   a) have access to safe drinking water at all times; and
   b) are offered food and beverages on a regular basis throughout the day.

(1) The approved provider of an education and care service that provides food or a beverage to children being educated and cared for by the service must ensure that—
   a) the food or beverage provided is nutritious and adequate in quantity; and
   b) the food or beverage provided is chosen having regard to the dietary requirements of individual children taking into account:
      i) each child’s growth and development needs; and
      ii) any specific cultural, religious or health requirements.

(2) The nominated supervisor of an education and care service that provides food or a beverage to children being educated and cared for by the service must ensure that—
   a) the food or beverage provided is nutritious and adequate in quantity; and
   b) the food or beverage provided is chosen having regard to the dietary requirements of individual children taking into account—
      i) each child’s growth and development needs; and
      ii) any specific cultural, religious or health requirements.

Link to National Quality Standard 2010

2.1 Each child’s health is promoted.

2.2 Healthy eating and physical activity are embedded in the program for children.

3. Who is affected by this policy?

a) Children
b) Staff
c) Parents
d) Management

4. Implementation

The Approved Provider/Nominated Supervisor will:

A. Ensure that the daily menu contains a nutritional balance of foods;

B. Minimise the provision of sugary foods; and

C. Ensure access to safe drinking water at all times.

D. Ensure children are provided with an appropriate method to clean their teeth after lunch

Educators will:

A. Include dental health practices in the daily program;
B. Support children to access dental health resources for research, exploration and identification. These resources will be available through books, posters and visual aids;

C. Talk with children about dental health during the day. This can be done by encouraging children to drink water throughout the day;

D. 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;

E. 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;

F. Provide dental care information to families through newsletters, posters, professional visits, web links and brochures.

The Licensee/Director/Supervisor will ensure that this policy is maintained and implemented at all times.

5. Sources

- Raising Children Network – www.raisingchildren.net.au
- Health Insite - www.healthinsite.gov.au
- Community Child Care Co-operative (NSW).

6. Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.