



# Kidzproof Ltd Oral Hygiene Policy

December 2025

Review: December 2026 (of when required)

## 1. Policy Statement

Kidzproof Ltd recognises the importance of good oral hygiene as part of every child's overall health and wellbeing.

We are committed to promoting positive oral health habits from an early age and supporting children to develop lifelong routines for keeping their teeth and gums healthy.

This policy applies to all children, staff, and families within the setting.

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## 2. Aims and Objectives

- To promote awareness of the importance of oral health in early years.
- To encourage and support daily toothbrushing (where applicable).
- To reduce the risk of tooth decay and gum disease.
- To work in partnership with parents and carers to establish consistent oral hygiene routines at home and nursery.
- To ensure all staff follow safe, hygienic, and inclusive oral care practices, particularly for children with additional needs.

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## 3. Links to Statutory Guidance

This policy aligns with:

- **Early Years Foundation Stage (EYFS)** requirements on promoting good health.
- **Public Health England's Oral Health Guidance for Early Years Settings (2019).**
- **NHS "Start Well" Oral Health Campaigns.**
- Local authority oral health initiatives.

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## 4. Procedures and Practice

### a) Promoting Oral Health Education

- Oral health is embedded in the curriculum through stories, songs, role play, and visual aids.
- Staff discuss healthy food and drink choices that support strong teeth (e.g. limiting sugary snacks and drinks).
- Parents are provided with leaflets and guidance on registering children with a dentist and maintaining home routines.

### b) Daily Toothbrushing Programme (if implemented)

Where the nursery participates in a supervised toothbrushing scheme:

- Each child has their own clearly labelled toothbrush stored hygienically in an upright rack.
- Fluoride toothpaste (1000–1450ppm) is used in line with NHS guidelines.
- Staff supervise toothbrushing to ensure safety and effective technique.

- Toothbrushes are replaced every 3 months or sooner if damaged or shared.
- Staff wear disposable gloves and follow infection prevention procedures.

If the nursery does **not** carry out daily brushing, oral health promotion will still be part of the curriculum and family partnership work.

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## **5. Dietary Practices Supporting Oral Health**

- Sugary foods and drinks are limited and only offered occasionally as part of special occasions.
  - Milk and water are promoted as the main drinks throughout the day.
  - Children are encouraged to drink water after eating.
  - Snacks focus on fresh fruit, vegetables, and sugar-free options.
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## **6. Infection Control and Safety**

- All toothbrushes and storage units are cleaned and disinfected regularly.
  - Toothpaste is dispensed safely to avoid cross-contamination (e.g. using a pea-sized amount placed on a clean surface for each child).
  - Staff wash hands before and after assisting children.
  - Gloves and aprons are worn when supporting brushing for children who require assistance.
  - Any mouth injuries or health concerns are reported to parents and recorded in the child's file.
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## **7. Additional Support for Children with SEN or Medical Needs**

- Oral hygiene routines are adapted to meet each child's sensory, physical, or developmental needs.
  - Staff work closely with parents, health visitors, or speech and language therapists to establish suitable strategies.
  - Visual supports or social stories may be used to help children understand and tolerate brushing.
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## **8. Partnership with Parents and Carers**

- Parents are informed about the nursery's oral health approach during induction.
  - Information on local dental services and NHS dental registration is shared.
  - Staff provide feedback to parents if concerns arise about a child's oral health (e.g., pain, visible decay, difficulty eating).
  - The nursery encourages regular dental check-ups at least once a year.
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## **9. Staff Training and Responsibilities**

- All staff receive oral health training as part of induction and ongoing CPD.
- Practitioners model and reinforce healthy routines.

- The designated **Health & Wellbeing Lead/SENCO** monitors compliance with this policy and liaises with oral health professionals.
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## **10. Monitoring and Review**

- The policy will be reviewed annually or sooner if new guidance is issued.
  - The manager and SENCO will monitor practice through observation, staff feedback, and health promotion audits.
  - Parent and child feedback will be considered in updates to practice.
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