



Strathburn Nursery in conjunction with the Community Dental Service is working together to improve the dental health and hygiene of pre-school children with the consent and support of parents. The scheme addresses guidelines set out by the Scottish Executive for nursery schools to offer supervised tooth brushing projects and support healthy eating and drinking water policies. For further information on the Childsmile initiative go to www.childsmile.org.

Food / Snacks

A variety of tooth friendly snacks will be provided daily and children encouraged to try new foods.

- Any food containing sugar will only be provided on a very limited basis.

Drinks

- Milk and water only will be offered to children throughout the day with fruit juices only being offered on special occasions e.g. trips.
- No fizzy drinks will ever be offered in nursery.

Rewards / Special Occasions

- Sweets and chocolate will not be used by staff as a reward for good behaviour or work
- On birthdays children will;
 - Receive a birthday card and sticker
 - Have a small individual cake or muffin and candle
- On birthdays, parents and carers will be requested not to send in sweets or cakes.

Tooth Brushing

- Staff will follow the tooth brushing guidelines and hygiene and storage procedure set out by the Community Dental Service.
- Tooth brushing will take place as appropriate with all children.
- All children will be supervised whilst brushing their teeth.
- Oral health will be included in the curriculum and any learning opportunities where appropriate.
- Visits by a dentist, hygienist or someone who can talk about oral health should be arranged where possible during session times.
- Good oral hygiene will be encouraged at all times.

Parents and carers are asked for their permission for Childsmile to visit Nursery and apply fluoride coatings to teeth, and for children to take part in tooth brushing.

