

04. Health procedures

04.6 Oral health

Maidenbower Preschool Playgroup provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is always available and easily accessible.
- Sugary drinks are not served.
- In partnership with parents/carers, babies are introduced to an open free-flowing cup at 6 months and from 12 months are discouraged from using a bottle.
- Only water and milk are served with morning and afternoon snacks.
- Parents are reminded that only fruit and vegetables are permitted for snack time.
- Parents/carers are discouraged from sending in confectionary as a snack or treat.
- Staff follow information within the [Early Years Foundation Stage nutrition guidance](#)

Pacifiers/dummies

- Parents/carers are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- Dummies that are damaged are disposed of and parents/carers are told that this has happened
- We will allow dummies as per dummy policy 04.7

Further guidance

[Best Start in Life - NHS](#)

[Help for early years providers: health and wellbeing](#)