



### General Welfare Requirement: Safeguarding and Promoting Children's Welfare

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

## Promoting health and hygiene

### Oral Hygiene

Staff work with parent/carer to ensure oral hygiene is well educated and practiced in the home - Recognising signs of tooth decay or poor oral hygiene forms part of our safeguarding ethos and should be considered alongside our policies to protect children from neglect. All children have a right to receive support in maintaining good oral health, including caring for and looking after baby teeth that later impacts the health of adult teeth.

Tooth decay is the most common oral disease affecting children in England, yet it is mostly preventable. Poor oral health can affect children's ability to sleep, eat, speak, play and socialize with other children.

It is increasingly recognized that oral health is an important part of health and well-being. Cherry Blossom Nursery and Preschool has a responsibility to promote the health of children.

Evidence shows regular tooth brushing helps reduce the need for fillings and extractions. Correct use of the appropriate age fluoride toothpaste has been proven to make teeth more resistant to acid attacks and therefore works to reduce dental decay.

As soon as teeth erupt they need to be brushed twice daily with fluoridated toothpaste last thing at night and at one other time.

### Procedures

If staff have concerns over children's oral health they may work with families to support toothbrushing in the setting, educating parent/carers on tooth decay and help implement practices alongside our food and drink policies. This is done on an individual needs basis - not all children may brush teeth at nursery, at Cherry Blossom Nursery and Preschool we ensure the option and support to do so is always available.

If tooth brushing is carried out within the setting the following is carried out:

- A designated person is responsible for the brushing of children's teeth.
- Children are closely supervised when brushing and toothpaste is dispensed by an adult.
  - Teeth are brushed a good half an hour after each meal.
  - Each child has own labelled brush and toothpaste stored in their own bag.
    - Toothbrushes are changed termly or earlier if needed.
- Children - 3 yrs and over use a pea sized amount of fluoride toothpaste - toothpaste containing 1,350 -1,500 ppm (parts per million fluoride),
- Children under 3 yrs a smear of fluoride toothpaste on soft brush - toothpaste containing no less than 1,000 ppm fluoride,

- Children under 1 year just a gentle soft brush with warm water.
- Toothpaste is best applied to a dry toothbrush but opinions differ. Teeth are how-ever brushed for approx 2 mins - gentle circular movements not scrubbing.  
NO RINSE AFTERWARDS.
- Children are discouraged from swallowing toothpaste during or after brushing teeth
  - Toothpaste is not reapplied if swallowed.
  - After brushing, children spit out residual toothpaste and do not rinse.
  - Each toothbrush to be rinsed thoroughly before being stored
- A lead person- Hayley Donoghue - to be responsible for the tooth brushing, and to en-sure information on the latest national standards of best practice is kept up to date.

Cherry Blossom Nursery and Preschool may decided to use funds such as EYPP to supply tooth brushing equipment.

Dated: 08/10/2025

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