



## **Oral hygiene policy**

- Clyde Nursery Ltd is committed to promoting good dental hygiene according to the Child's Smile guidelines. Active links will be maintained with the Oral Health Team.

Aims of the programme:

- Oral Hygiene Routines reflect Nutritional Guidance.
- Promotion of oral hygiene and healthy eating will be evident in the Nursery environment and activity plans.
- Promotion of a healthy lifestyle for young children which can be sustained beyond Nursery.
- To influence eating and dental habits of the immediate family and the larger community.

All children within Clyde Nursery Ltd will be given the opportunity to brush their teeth daily according to tooth brushing standards and best practice. Clyde Nursery Ltd will adopt an 'Opt Out' policy in line with Child Smile Oral Health Programme.

- Tooth brushing will be an integral part of the Nursery routine and tooth brushing will be recorded.
- All children will be given their own identifiable toothbrush, and each brush will be stored separately in an appropriate protective container and cleaned after use.
- Fluoride toothpaste of 1450ppmF will be used and dispensed in a way which prevents contamination.
- Children will be supervised throughout and encouraged not to wet their toothbrush before brushing.
- Toothpaste must be dispensed by staff onto a clean surface such as a plate or paper towel.
- Every child will brush their teeth daily as part of the daily nursery programme or in the case of a child under 2 years, teeth will be brushed with the help of a staff member.
- Tooth brushing and brushing techniques are appropriate to the age and ability of the child.
- Children, according to age and stage will be encouraged to spit out excess toothpaste after brushing and not swallow toothpaste. Children should only spit out toothpaste, not rinse their mouth with water.

- Tooth brushing will not be carried out immediately prior to eating or drinking.
- Daily snacks will reflect ‘Child Smile’ guidelines and our Food & Nutrition Policy.
- Minimal ‘sweet’ snacks will be offered as part of special celebrations, and only at mealtimes.
- Tooth brushing in Nursery should be practiced in addition to regular tooth brushing at home. (The children only do one brush in Nursery, which is a top up to what they are doing at home)
- Toothbrushes must be changed after a child has been absent from Nursery due to an infectious illness or if dropped on the floor.
- Staff must wear gloves when cleaning toothbrushes and place them ‘top to tail’.
- Toothbrushes are renewed every 3 months or if they look worn.
- At least one member of staff from each room will attend any undated training.

A copy of this policy is available to view in the Policy Folders held in the Nursery Office and Nursery Playrooms.

Reviewed: January 2026

Date of next review: January 2027