



Health Procedures

4.06 Oral Health Policy

The Jack and Jill Nursery provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating and healthy snacks.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks with no added sugar.
- Parents are discouraged from sending in confectionary as part of their child's packed lunch
- Parents are not allowed to send in fizzy drinks.
- We plan activities around teeth cleaning.
- We invite the dentist to visit the setting.
- Staff follow the Infant & Toddler Forum's Ten Steps for Healthy Toddlers.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
- If children are sent into the Nursery with a dummy, practitioners encourage them to keep them in their bags. Every effort is made to discourage the use of a dummy. Practitioners will only use them as a last resort to help settle/comfort the child. All children are asked to remove dummies when speaking.
- Dummies that are damaged are disposed of and parents are told that this has happened

Further guidance

The Jack and Jill Nursery
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Infant & Toddler Forum: Ten Steps for Healthy Toddlers www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/

This policy was updated on 23rd July 2025 by Susannah Townley, Manager.

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