

TITLE:	DENTAL HEALTH
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Related documentation Policy/policies	Nutrition, food, beverage & dietary requirements policy
Regulation/s/ Standards	Education and Care Service's National Regulations 2018 77 , 78 (3) NQS 2.1.3 EYLF Learning outcome 3.2
Other procedures	
References:	The Sydney Children's Hospital Westmead Fact Sheets https://www.schn.health.nsw.gov.au/find-a-service/health-medical-services/oral-health-dental/chw NSW Health resources https://www.health.nsw.gov.au/oralhealth/Pages/Resources-Pre-Schoolers.aspx
Date effective	September 2019
Date for review	September 2021
Purpose	To ensure that all children in care with Armidale & District Family Day Care, are educated about looking after their teeth and supported in good dental health.
Responsibility	Educators, Educator Assistants, Relief Care Educators and staff

Key information:

- **Early childhood cavities are one of the main oral diseases affecting young children.**
- **This can be a dangerous and painful disease, which is preventable.**
- **By encouraging and establishing positive oral health practices early in a child's life we will assist them in maintaining good oral health and preventing oral disease and other related diseases throughout their life.**
- **Children who eat sugary, sticky foods and those who do not brush their teeth at least twice a day are at greater risk.**
- **Children must never be put to bed with a bottle containing foods other than water.**
- **An action plan for dental injuries is followed by educators and coordination unit staff (see below).**

Procedure:

Coordination Unit

- Actively seek, maintain and provide families and educators with current oral health resources.
- Educators and coordination Unit Staff will implement our sun protection policy for the prevention of lip cancer.

- Information about nutrition and oral health will be distributed by the Coordination Unit to educators and families on a regular basis.

Educators

- Educators will model and actively discuss sound oral health practices with children as part of the program.
- Educators will encourage children and families to avoid consuming sweet drinks and sugary sticky foods especially between meals and discourage constant snacking.
- Children will be encouraged to swish and swallow with water after each meal. Babies will be offered water also at the end of each meal.
- Fluoridated tap water is available for the children each day, where possible.
- No substances will be placed on a child's dummy and dummies will be rinsed under the tap regularly to support oral hygiene.
- Provide support and encourage families to seek dental care where and when appropriate.
- Educators will support and encourage sound tooth brushing habits at home, by providing fact sheets and discussing desired practices with children and families.
- Only milk or water is to be offered in infant's bottles (not cordials or soft drinks or flavoured milks).
- Educators will encourage families to supply only water in older children's drink bottles.

Dental Injury Action Plan:

Toothache

Encourage the family to see a dentist as soon as possible.

Bleeding

If the child's gums are bleeding support and encourage the family to take the child to the dentist to seek further advice.

Injury

If the child falls and hurts a tooth they need to see a dentist as quickly as possible. If the tooth/teeth are loose, they need to be replaced in the socket and splinted as soon as possible preferably within the hour.

If the tooth is knocked out

1. Get the child to the nearest dentist or hospital with the tooth/teeth in milk or saline.
2. If unable to get the child to a dentist within one hour.
 1. Hold the tooth by the crown.
 2. Rinse tooth, if dirty, in milk or saline.
 3. Do not scrub or touch the root of the tooth.
 4. Replace the tooth in the socket.
 5. Make sure that the tooth is not back to front you can check this against the next tooth.