

**Armidale & District Family Day Care
DENTAL HEALTH PROCEDURE**

Related documentation Policy/policies:	Nutrition, Food, Beverage & Dietary Requirements Policy, Educational Programme and Practice Policy.
Regulation/s/ Standards:	Education and Care Service’s National Regulations 2018 77,78 (3), NQS 2.1.3
Other procedures:	Workplace health and safety for Educators Procedure.
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	November 2023
Date for review	November 2025
Purpose	To ensure that all families & children in care with Armidale & District Family Day Care, are educated about looking after their teeth and are 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/s:

Educators

- Educators will model and actively discuss fundamental oral health practices with children as part of the programme.
- Educators will provide families with appropriate resources to support healthy eating and good dental health.
- Educators will encourage children and families to avoid consuming sweet drinks and sugary, un-healthy foods.
- 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 and after bottles.
- Fluoridated tap water is available for the children each day, where possible.
- No substances will be placed on a child's dummy.
- Babies under 1, dummies are to be sterilized when dropped, dirty or mouthed by another child.
- Dummies will be rinsed under the tap regularly to support oral hygiene for over 1 year old.
- Educators will support and encourage 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 cordial, juice, soft drink, or flavoured milk).
- Educators will encourage families to supply only water in older children's drink bottles.

In the event a child develops a tooth ache, bleeding gums, chipped tooth, or any sort of dental injury. The educator will comfort the child, notify the parent/care giver and send the child home for a dental clearance or for treatment/medication.

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.