Dental Hygiene

The Two Wells Community Children’s Centre believes that good dental and nutritional habits form early in life. As early childhood educators we can help to ensure that families, children and staff have updated information to promote the healthy development of teeth and gums.

The centre encourages and promotes oral hygiene by:

- Encouraging children to understand the value of oral hygiene and tooth brushing.
- Encouraging children to drink water from an early age.
- Offering tap water (Pura tap) as it contains fluoride.
- Offering young babies room temperature pre-boiled water, not cold boiled water.
- Being consistent in providing low sugar meals and snacks.
- Encouraging children to drink water after each meal to help minimise tooth decay.
- Facilitating group and individual discussion with children about oral hygiene.
- Promoting oral hygiene awareness visually and orally with parents and children.
- Establishing links between dental care and good eating and drinking habits.
- Promoting nutritional and healthy eating practices.
- Displaying tooth brushing posters in the bathrooms.

We are unable to hygienically store each child’s toothbrush. Therefore we do not encourage the practice of brushing teeth at childcare. Children have a tendency to exchange their possessions, which in this case increases the risk of cross infection.

<table>
<thead>
<tr>
<th>Governing Council Member's Signature:</th>
<th>________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director’s Signature:</td>
<td>________________________________</td>
</tr>
</tbody>
</table>

Two Wells Community Children’s Centre’s Common Seal

Date Reviewed: 26th July 2010
Next Review Due: July 2011
Sources: S.A. Dental Association
         Department of Health and Aging
         CAYHS