

DENTAL HEALTH POLICY

Good oral health is important for good general health and wellbeing for children. It allows children to eat, speak, socialise and learn without pain or discomfort. Early Childhood Services and Out of School Hours Care Services are ideal settings for promoting the importance of good dental health to children and families.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy Lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

EDUCATION AND CARE SERVICES NATIONAL REGULATION	
92	Food and beverages
87	Incident, injury, trauma and illness record

RELATED POLICIES

Administration of First Aid Policy Health and Safety Policy	Incident, Injury, Trauma and Illness Policy Nutrition and Food Safety Policy
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PURPOSE

We aim to promote children's general wellbeing by creating an environment that supports healthy dental and oral health habits and practices that can be maintained throughout the child's life. Our Out of School Hours Care Service will provide food and drinks with consideration to the sugar content and ensure that drinking water is always available.

SCOPE

This policy applies to children, families, staff, management and visitors of the OSHC Service

IMPLEMENTATION

We believe it is important for all children to practice a high level of dental hygiene. We follow the guidelines of the Australian Dental Association and State Government Health Departments when caring for children's teeth.

We provide information and guidelines on good dental health practices, which are implemented into the daily routine, including swish and swallow after mealtimes, providing information about brushing teeth and tooth friendly snacks and drinks, and going to the dentist.

To minimise the risk of cavities forming we encourage children to eat nutritious foods and to avoid sticky and sugary foods. All food served and prepared at our OSHC Service comply with these guidelines by providing a variety of recommended vegetables, fruit, and dairy products. Children will be encouraged to drink water.

MANAGEMENT/NOMINATED SUPERVISOR/ RESPONSIBLE PERSON WILL:

- ensure that food and drinks provided by the Service adhere to recommendations from organisations such as *Munch and Move* and *Get Up and Grow*, and recognised authorities. The Royal Children's Hospital of Melbourne recommends that children should avoid foods and drinks such as:
 - Chocolate
 - Lollies
 - Sweetened breakfast cereals
 - Biscuits
 - Fruit bars
 - Dried fruit
 - Muesli bars
 - Soft drink
 - Flavoured milk
 - Juice
 - Sports drinks
 - Cordial
 - Flavoured water
- always ensure children have access to safe drinking water
- provide information to families about the Child Dental Benefits Schedule (CDBS)

EDUCATORS WILL:

- provide opportunities to discuss dental health education and food and drink choices to support dental health with children
- provide resources to support dental health learning such as books, posters, 'giant' teeth and toothbrushes, etc.
- pay particular attention to meal and snack times to ensure healthy food is being eaten.
- provide dental care information to families through newsletters, posters, web links and brochures
- promote Dental Health Week with children and families each year.

DENTAL EMERGENCIES:

It is important for educators to be aware of how to manage dental accidents and emergencies. Our OSHC Service will:

- ensure there is an educator on duty with current first aid qualifications to follow dental accident procedures
- ensure procedures for Adminstrating First Aid are adhered to (including completing a Illness, Accident or Trauma record)
- ensure families are notified of any injury as soon as is reasonably practicable
- ensure children are supervised at all times to minimise accidents and incidents.

SOURCE

Australian Children's Education & Care Quality Authority. (2014).

Australian Dental Association <https://www.ada.org.au/Dental-Health-Week-2020>

Australian Government Services Australia Child Dental Benefits Schedule

<https://www.servicesaustralia.gov.au/individuals/services/medicare/child-dental-benefits-schedule>

Dental Health Services Victoria: <https://www.dhsv.org.au/oral-health-advice/Professionals/early-childhood>

Education and Care Services National Law Act 2010. (Amended 2018).

[Education and Care Services National Regulations](#). (2011)

Guide to the National Quality Framework. (2017). (amended 2020)

National Childcare Accreditation Council (NCAC) (2006). Ask a child care adviser: Dental health. *Putting Children First*, 18, 10-12.

Raising Children Network: www.raisingchildren.net.au

Revised National Quality Standard. (2018).

REVIEW

POLICY REVIEWED BY	Kylie Holmes	Educational Leader	19/10/21
POLICY REVIEWED	SEPTEMBER 2021	NEXT REVIEW DATE	SEPTEMBER 2022
MODIFICATIONS	<ul style="list-style-type: none"> • no major changes • sources checked for currency and updated 		

POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE
SEPTEMBER 2020	<ul style="list-style-type: none"> • additional regulations and related policies added • inclusion of First Aid requirements • inclusion information Child Dental Benefits Schedule • sources checked for currency 	SEPTEMBER 2021
SEPTEMBER 2019	<ul style="list-style-type: none"> • Points & policies irrelevant to OSHC deleted. • Sources checked and updated. • Unavailable or unrelated URLs deleted 	SEPTEMBER 2020
SEPTEMBER 2018	<ul style="list-style-type: none"> • Latest updates include terminology and grammar improvements. • Added the section displaying related policies • Added related National Regulation 	SEPTEMBER 2019
OCTOBER 2017	<ul style="list-style-type: none"> • Updated the National Quality Standard references to comply with revised standard 	SEPTEMBER 2018