04. Health procedures

**04.6 Oral health**

The setting 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.
* In partnership with parents, children that attend the setting are discouraged from using a bottle.
* Only water and milk are served with morning snacks.

**Pacifiers/dummies**

* Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old.
* Dummies that are damaged are disposed of and parents are told that this has happened

**Further guidance**

Infant & Toddler Forum: Ten Steps for Healthy Toddlers [www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/](http://www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/)