



# NARNIA EARLY LEARNING

ACN 002 919 584

(Administered by St. Philip's Christian Education Foundation Ltd.)

## DENTAL HEALTH GUIDELINES

### **Introduction:**

Conversations and information exchange on dental health should be encouraged to promote good dental hygiene practices and lifelong learning for children and their families. Dental health will be included as part of everyday practice at Narnia.

### **Goals:**

- Our Education and Care Service will promote dental health.
- The Education and Care Service will provide or encourage families to provide nutritional foods that avoid food and drink that have a sugary content.
- Water will be available at all times.

### **Implementation:**

#### **Parents:**

- Will have access to appropriate information and care in relation to oral and dental health.

#### **Educators:**

- Educators will support parents and the child in developing and maintaining their dental care routine.
- Resources will be available to educate children about dental care.
- Educators will encourage children to drink water after their meals. (eg. Swish and swallow)
- Educators will encourage children to drink water at each meal time to reduce decay through sugary drinks and foods. Eating healthy foods is encouraged.
- The centre systematically incorporates the healthy eating guidelines and dental care into the curriculum and education.
- Hygiene and dental information is provided to families in their home language.
- A dental therapist is encouraged to visit the Service annually to encourage correct dental hygiene and practice.

Refer to <https://www.careforkids.com.au/childcarenews/september08/story3.html> for a comprehensive outline of other steps Educators can do to support Good Dental Hygiene for children.

Regulation 78-79

R.78-79	STD2.1	Do you ensure that food and drinks served to children are consistent with your nutrition policy and that children can access water at any time?
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Updated July 2020

NQS 2.1.2 and 2.1.

<b>Standard 2.1</b>	<b>Each child's health and physical activity is supported and promoted.</b>	
Health practices and procedures	Element 2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
Healthy lifestyle	Element 2.1.3	Healthy eating and physical activity is promoted and is appropriate for each child.

*Adapted from Community Early Learning Australia*

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Updated July 2020