

Dental Health Policy

West Rise Nursery



October 2026

Dental Health Policy

Dental Health

At West Rise Nursery, we understand the importance of promoting good dental and oral health and as part of this we highlight the importance of making healthy choices regarding the food and drinks we consume.

We encourage good oral and dental health in the following ways:

- Oral health is included in the curriculum work and learning opportunities where appropriate e.g. in the home corner, small world, through stories, discussions and action songs.
- Visits from a dentist or hygienist or someone who can talk about oral health can be arranged.
- Snacks provided will be 'tooth friendly'
- 'Tooth friendly' snacks will be varied daily and children will be encouraged to try new foods.
- Any foods containing sugar will be restricted to lunchtimes and provided on a limited basis. We will offer healthy options from lunchbox first.
- Milk or water will be available for children at snack time.
- We will share information on healthy lunchboxes with parents/carers during parents evening and newsletters.