

POLICY – DENTAL HEALTH

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1. National Quality Standards

Quality Area 2: Children's Health and Safety		
Area	Concept	Descriptor
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.

2. Purpose

- 2.1 Baringa Child Care Centre Association Incorporated (Baringa) aims 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. Baringa will provide food and drinks with consideration to the sugar content and ensure that drinking water is always available.

3. Policy Statement

- 3.1 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.
- 3.2 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.
- 3.3 To minimise the risk of cavities forming we encourage children to eat nutritious foods, drink water, and avoid sticky and sugary foods. All food served and prepared at Baringa complies with these guidelines by providing a variety of recommended vegetables, fruit, and dairy products.

4. Implementation

4.1 Management/Nominated Supervisor/Responsible Person will:

1. Ensure that food and drinks provided by Baringa adhere to recommendations outlined in the Australian Government's Get Up & Grow resources. Baringa's food menu will be reviewed by a qualified Nutritionist as needed.
2. Always ensure children have access to safe drinking water.
3. Ensure the routine incorporates 'swish and swallow' after each mealtime.
4. Provide information to families about the Child Dental Benefits Schedule (CDBS).
5. Ensure enrolment form contains up to date information about each child's family dentist (in case of emergency).

4.2 Educators will:

1. Provide opportunities to discuss dental health education and food and drink choices to support dental health with children.
2. Provide resources to support dental health learning such as books, posters, 'giant' teeth and toothbrushes, etc.
3. Pay particular attention to meal and snack times to ensure healthy food is being eaten.
4. Encourage 'swish and swallow' after each mealtime.
5. Give children bottles before they go to bed in order to reduce tooth decay caused by the milk sitting on their teeth.
6. Arrange visits by dental professionals so that children and families can learn correct brushing techniques and oral care.
7. Provide dental care information to families through newsletters, posters, professional visits, web links and brochures.
8. 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.

4.3 Baringa will ensure:

1. There is an Educator on duty with current first aid qualifications to follow dental accident procedures.
2. Procedures for Administering First Aid are adhered to (including completing a Illness, Accident or Trauma record).
3. Families are notified of any injury as soon as is reasonably practicable.
4. The phone number of an emergency dentist is located near the office phone.
5. Children are supervised at all times to minimise accidents and incidents.

5. Feedback

5.1 Families and staff may provide feedback about this document by emailing **admin@baringa.org.au**.

6. Approval and Review Details

Approval and Review	Details
Approval Authority	Baringa Board
Administrator	Centre Director
Next Review Date	7 June 2021

History	Details
Original Approval Authority and Date	7 June 2024
Amendment Authority and Date	N/A

Appendix – Education and Care Services National Regulation

Education and Care Services National Regulation	
78	Food and beverages
87	Incident, injury, trauma and illness record

Appendix 2 - 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>

Australian Government, Department of Health, Get Up & Grow,
<https://www1.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>.
 (2015)

Dental Health Services Victoria: <https://www.dhsv.org.au/oral-health-programs/achievementprogram/early-childhood-education>

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).