

Intereach Children's Services

Dental and Oral Health Procedure



Applies to	Intereach Family Day Care (FDC)				
Policy	NQS Two Children's Health and Safety Policy				
Version	2.0	Date approved	05/07/2022	Next review date	05/07/2024

1. Objective

Dental decay is a 100% preventable disease, but prevention must begin in early childhood. Research has shown that oral health promotional messages delivered effectively to young children can create positive behaviour that results in healthy teeth and mouths for life. Children are also susceptible to dental trauma from falls.

Intereach Family Day Care will promote good dental and oral hygiene behaviour in children and families, to contribute to reducing the incidence of dental decay in children, and to facilitate the prevention and management of dental trauma in children.

Dental and Oral health is multi-faceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort, and disease of the craniofacial complex.

Objective of this procedure to ensure that:

- every child including those with special needs should have a chance to have a healthy mouth; and,
- maintain and improve the dental and oral health status of children.

2. Responsibilities

It is the responsibility of the Coordination Unit to:

- support staff and educators to access professional development and resources to enable the delivery of dental and oral health education;
- provide healthy food options where food is provided for meetings, celebrations and events;
- share the Dental and Oral Health Procedure with the whole service community (staff, educators and families) with opportunities to provide feedback, suggestions and input;
- review the Dental and Oral Health Procedure every two years;
- establish partnerships with relevant organisations and health professionals to support oral health practices, where appropriate. Staff may organise a local dentist or dental health worker to visit the service to promote dental care. Families may be invited to attend these visits where correct brushing techniques and dental care will be discussed;
- participate in and support the participation of Victorian based educators in, the 'Smiles 4 Miles' program, for Victorian Services;
- include dental and oral health Information and procedure information in the educator orientation/ induction process; and,
- provide educators and families with dental and oral health information such as accessing local dental service and how to create healthy and nutritious meals. Wherever possible this information is to be available to families in their home language.

It is the responsibility of the educators to:

- establish partnerships with relevant organisations and health professionals to support oral health practices, where appropriate;
- facilitate group and individual discussion with children about oral hygiene practices;
- encourage children and families to understand the value of good oral health and tooth brushing;
- encourage and promote healthy eating for all children;
- participate in dental and oral health professional development trainings,
- participate in the 'Smiles 4 Miles' dental health program (Victorian based educators);
- where meals are provided, ensure that the daily menu contains nutritionally balanced foods; and,
- support families in understanding the importance of good dental health and eating nutritious, healthy meals in accordance with the dietary requirements of children.

3. Definition

- **Dental caries** - Also known as tooth decay, is caused by bacteria in the oral cavity.

4. Procedure

4.1. Implementing effective dental and oral practices

4.1.1. Food and beverages

- Children are encouraged to drink water after eating and before rest times, to rinse their mouths. Drinking water is offered and fresh water (preferably tap) is available for children to access throughout the day.
- Healthy food options are made available when celebrating an event such as a birthday.
- Provision of discretionary foods and drinks to children are minimised.
 - Discretionary foods and drinks are foods and drinks high in saturated fat, added sugar, and/or added salt. They typically have very little nutritional value and are often processed or packaged. Examples of discretionary food and drinks include chocolate, confectionary, sweet biscuits, cakes/slices high in fat and sugar, deep fried foods, some processed meats, soft drinks, cordial, sport drinks and fruit juice.
- Infants and children will not be put to sleep with a bottle.
- Children from around 6 months are encouraged to use a cup to teach them the skill of sipping drinks from a cup.

4.2. Integration with program

- Educators encourage discussion with the children about correct dental care and use routine times (e.g. snacks and lunch) to talk with children about dental health.
- Dental health resources are provided to children to explore.
- Dental health practices are included within in the program. Children are supported to access dental health resources for research, exploration, and identification. These resources may be available through books, posters, and visual aids.

- Where children are in care for extended hours, including overnight or early morning, individual toothbrushes will be provided or the request for families to provide children's own toothbrush will be made to ensure tooth brushing occurs.

4.3. Information and support to families

- Parents will be provided with information on dental care principles and practices so that correct dental care can be encouraged at home. Wherever possible this information is to be available to families in their home language.
- Parents will be informed of any sign of dental caries, any accident, injury or suspected injury to teeth and gums, gum swelling, infection of the mouth, or problems, pain or discomfort the child has with chewing, eating or swallowing. All incidents will be managed according to *Intereach Risk and Incident Policy* and *Children Services Incident, Injury, Trauma and Illness Procedure*.

5. National Quality Standard

Element	Description
2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest, and relaxation
2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy eating and physical activity are promoted and appropriate for each child
2.2.2	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented
4.1.1	The organisation of educators across the service supports children's learning and development
5.1.2.	The dignity and rights of every child are maintained
5.2.2.	Each child is supported to regulate their own behaviour, respond appropriately to the behaviour of others and communicate effectively to resolve conflicts
7.1.2	Systems are in place to manage risk and enable the effective management and operation of a quality service

6. Context

6.1. Legislation or other requirements	Education and Care Services National Regulations 2011(Cth)
6.2. Standards or other external requirements	Smiles for Miles – website
6.3. Internal documents	Children's Health and Safety Policy Intereach Risk and Incident Policy Children Services Incident, Injury, Trauma and Illness Procedure.

7. Document control			
Version	Date approved	Approved by	Next review date
1.0	19/10/2019	R. Phillips, Acting Senior Manager, Children and Family Services	19/10/2022
1.1	15/4/2021	T. Mercer, Program Manager, Quality (minor changes)	19/10/2022
2.0	05/07/2022	M.Tai, General Manager Operations	05/07/2024