

# DENTAL HEALTH POLICY

Good oral health is important for good general health and wellbeing for children. It allows children to eat, speak, socialise and learn without pain or discomfort. Education and Care Services and Out of School Hours Care (OSHC) Services are ideal settings for promoting the importance of good dental health to children and families.

## NATIONAL QUALITY STANDARD (NQS)

| QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY |                                 |                                                                                             |
|----------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------------|
| 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.           |

| EDUCATION AND CARE SERVICES NATIONAL LAW AND NATIONAL REGULATION |                                             |
|------------------------------------------------------------------|---------------------------------------------|
| 78                                                               | Food and beverages                          |
| 87                                                               | Incident, injury, trauma and illness record |

## RELATED POLICIES

|                                                                |                                                                                 |
|----------------------------------------------------------------|---------------------------------------------------------------------------------|
| Administration of First Aid Policy<br>Health and Safety Policy | Incident, Injury, Trauma and Illness Policy<br>Nutrition and Food Safety Policy |
|----------------------------------------------------------------|---------------------------------------------------------------------------------|

## PURPOSE

We aim 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. Our Out of School Hours Care (OSHC) Service will provide food and drinks with consideration to the sugar content and ensure that drinking water is always available.

## SCOPE

This policy applies to children, families, staff, educators, approved provider, nominated supervisor, students, volunteers and visitors of the OSHC Service.

## IMPLEMENTATION

Our OSHC Service believes it is important for all children to practice a high level of dental hygiene. We follow the recommendations from the [Australian Dental Association](#) NSW Department of Health

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.

To minimise the risk of cavities forming we encourage children to eat nutritious foods and to avoid sticky and sugary foods. All food served and prepared at our OSHC Service comply with these guidelines by providing a variety of recommended vegetables, fruit, and dairy products. Children will be encouraged to drink water.

### THE APPROVED PROVIDER/MANAGEMENT/ NOMINATED SUPERVISOR WILL:

- ensure that obligations under the Education and Care Services National Law and National Regulations are met
- ensure educators, staff, students and volunteers have knowledge of and adhere to this policy and associated procedure
- ensure that food and drinks provided by the OSHC Service adhere to recommendations from organisations such as [Munch and Move](#) (NSW) and the Department of Health and Age Care program [Get Up and Grow](#), and other recognised authorities. The Royal Children's Hospital of Melbourne recommends that children should avoid foods and drinks such as:
  - Chocolate
  - Lollies
  - Sweetened breakfast cereals
  - Biscuits
  - Fruit bars
  - Dried fruit
  - Muesli bars
  - Soft drink
  - Flavoured milk
  - Juice
  - Sports drinks
  - Cordial
  - Flavoured water
- always ensure children have access to safe drinking water

- ensure the routine incorporates 'swish and swallow' after each meal or snack time
- provide information to families about the [Child Dental Benefits Schedule \(CDBS\)](#)
- ensure enrolment form contains up to date information about each child's family dentist (in case of emergency).

### EDUCATORS WILL:

- provide opportunities to discuss dental health education and food and drink choices to support dental health with children
- provide resources to support dental health learning such as books, posters, 'giant' teeth and toothbrushes, etc
- pay particular attention to meal and snack times to ensure healthy food is being eaten.
- encourage 'swish and swallow' after each mealtime
- provide dental care information to families through newsletters, posters, web links and brochures

### DENTAL EMERGENCIES

It is important for educators to be aware of how to manage dental accidents and emergencies. Our OSHC Service will:

- ensure there is an educator on duty with current first aid qualifications to follow dental accident procedures
- ensure procedures for *Administering First Aid* are adhered to (including completing an Illness, Accident or Trauma record)
- ensure families are notified of any injury as soon as is reasonably practicable
- ensure that the phone number of an emergency dentist is located near the office phone
- ensure children are supervised at all times to minimise accidents and incidents.

### CONTINUOUS IMPROVEMENT/REFLECTION

Our *Dental Health Policy* will be reviewed on an annual basis or earlier if there are changes to legislation, ACECQA guidance or any incident related to our policy. Feedback will be requested from children, families, staff, educators and management and notification of any change to policies will be made to families within 14 days.

## CHILDCARE CENTRE DESKTOP- RELATED RESOURCES

|                                                                  |                                           |
|------------------------------------------------------------------|-------------------------------------------|
| Administration of First Aid Procedure<br>Dental Health Procedure | Incident Injury Trauma and Illness Record |
|------------------------------------------------------------------|-------------------------------------------|

## SOURCES

Australian Children’s Education & Care Quality Authority. (2025). [Guide to the National Quality Framework](#)  
 Australian Government Services Australia Child Dental Benefits Schedule  
<https://www.servicesaustralia.gov.au/individuals/services/medicare/child-dental-benefits-schedule>  
 Dental Health Services Victoria: <https://www.dhsv.org.au/oral-health-advice/Professionals/early-childhood>  
 Education and Care Services National Law Act 2010. (Amended 2023)  
[Education and Care Services National Regulations](#). (Amended 2023)  
 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](http://www.raisingchildren.net.au)

## REVIEW

|                    |                                                                                                                                                                                                    |                  |                  |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------|
| POLICY REVIEWED BY | Libby Haines                                                                                                                                                                                       | Director         | September 2025   |
| POLICY REVIEWED    | SEPTEMBER 2025                                                                                                                                                                                     | NEXT REVIEW DATE | SEPTEMBER 2026   |
| VERSION NUMBER     | V9.09.25                                                                                                                                                                                           |                  |                  |
| MODIFICATIONS      | <ul style="list-style-type: none"> <li>annual policy review</li> <li>updated links to Dental Health Week and links to recommendations</li> <li>sources checked and repaired as required</li> </ul> |                  |                  |
| POLICY REVIEWED    | PREVIOUS MODIFICATIONS                                                                                                                                                                             |                  | NEXT REVIEW DATE |
| SEPTEMBER 2024     | <ul style="list-style-type: none"> <li>policy maintenance - no major changes to policy</li> <li>minor formatting edits within text</li> <li>hyperlinks checked and repaired as required</li> </ul> |                  | SEPTEMBER 2025   |