

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, including 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 REGULATIONS	
S. 2A	Paramount consideration—safety, rights and best interests of children
S. 3A	Paramount consideration [NSW]
77	Health, hygiene and safe food practices
78	Food and beverages
87	Incident, injury, trauma and illness record
172	Notification of change to policies or procedures

RELATED POLICIES

Administration of First Aid Policy Health and Safety Policy	Incident, Injury, Trauma and Illness Policy Nutrition and Food Safety Policy
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PURPOSE

We aim to promote children's general wellbeing by creating an environment that supports healthy dental hygiene and oral health habits and practices that can be maintained throughout the child's life. Our OSHC Service will provide food and drinks that support good oral health, with consideration given to the sugar content when planning meals 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 is committed to supporting children's health, wellbeing, safety, rights and best interests by promoting positive oral health practices and healthy eating habits from an early age.

Our OSHC Service believes it is important for all children to develop and practice good oral hygiene habits. We follow the recommendations from the [Australian Dental Association](#), the Australian Dietary Guidelines and the applicable NSW health department.

We provide information and guidelines on good oral health practices, which are incorporated into daily routines, including rinsing with water (swish and swallow) after mealtimes, providing information about brushing teeth, 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 limit sticky and sugary foods and drinks. All food and drinks served and prepared at our OSHC Service comply with these guidelines by providing a variety of recommended vegetables, fruit, dairy products and other nutritious foods. Children will have access to drinking water throughout the day and will be encouraged to drink water regularly.

THE APPROVED PROVIDER/MANAGEMENT/ NOMINATED SUPERVISOR WILL:

- ensure that obligations under the Education and Care Services National Law and National Regulations are met
- ensure children's safety, health, wellbeing and best interests are the paramount consideration when implementing this policy
- 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 Service adhere to recommendations from organisations such as the Australian Dietary Guidelines, [Munch and Move](#) (NSW), the Australian Government's [Get up & Grow resources](#) and other relevant health organisations

- ensure food and drinks provided by the Service support good oral health by limiting foods and drinks high in added sugar, particularly sticky and sugary foods and drinks such as lollies, biscuits, fruit bars and sweetened drinks
- always ensure children have access to safe drinking water throughout the day
- ensure the Service's routine incorporates rinsing with water (swish and swallow) after mealtimes
- provide information to families about the [Child Dental Benefits Schedule \(CDBS\)](#), how to support their child's oral health and healthy habits at home, including healthy food and drink choices
- ensure each child's enrolment form contains up-to-date information about their family dentist to support responses to dental incidents or emergencies
- ensure dental incidents, injuries or emergencies are responded to appropriately and managed in accordance with the Service's *Incident, Injury, Trauma and Illness Policy* and related procedures.

EDUCATORS WILL:

Support all children to develop oral health habits by:

- providing opportunities to discuss oral health education and food and drink choices with children
- providing resources to support oral health learning
- promoting healthy food and drink choices during meal and snack times
- encouraging children to rinse their mouths with water (swish and swallow) after each mealtime
- providing dental care information to families through newsletters, posters, professional visits, web links and brochures
- arranging visits from dental professionals so that children and families can learn more about oral health, correct brushing techniques and dental care

DENTAL ACCIDENTS AND EMERGENCIES

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

- ensure there is at least one educator on duty at all times with current approved first aid qualifications to respond to dental accidents and emergencies in accordance with the *Dental Health and Dental Accident Procedure*
- ensure the *Administration of First Aid Procedure* is adhered to, including completing an *Incident, Injury, Trauma and Illness Record*
- ensure families are notified of any oral injury, dental incident or emergency as soon as is reasonably practicable

- ensure educators report any concerns about a child's oral health, including signs of pain or discomfort to families and management as appropriate
- ensure relevant dental contact details are available to educators, including emergency dental services where applicable
- ensure children are adequately supervised at all times to minimise the risks of accidents and injuries.

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.

RELATED RESOURCES

Administration of First Aid Procedure Dental Health and Dental Accident Procedure	Incident, Injury, Trauma and Illness Record
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SOURCES

Australian Children's Education & Care Quality Authority. [Approved learning frameworks](#)

Australian Children's Education & Care Quality Authority. (2026). [Guide to the National Quality Framework](#)

Australian Dental Association. [Mob Smiles: Resources and articles created for Aboriginal and Torres Strait Islander Australians](#)

Australian Government. Services Australia. (2026). [Child Dental Benefits Schedule](#)

[Education and Care Services National Law Act 2010](#)

[Education and Care Services National Regulations 2011](#)

Healthdirect Australia. [Looking after your baby or child's teeth](#).

REVIEW

POLICY REVIEWED BY	Libby Haines	Director	September 2026
POLICY REVIEWED	SEPTEMBER 2026	NEXT REVIEW DATE	SEPTEMBER 2027
VERSION NUMBER	V10.09.26		
MODIFICATIONS	• annual policy review • updated and standardised oral health terminology • improved guidance on healthy eating, water and daily oral health routines • checked and updated references		

PREVIOUS MODIFICATIONS	
SEPTEMBER 2025	• annual policy review • updated links to Dental Health Week and links to recommendations • sources checked and repaired as required