

Dental Health

Policy Statement

The Centre promotes good dental habits, and is also committed to minimising any risk to children's dental health from food and drink consumed at the Centre. We follow the recommendations from the [Australian Dental Association](#) NSW Department of Health

Links Education and Care Centres National Regulations 2018, National Quality Standard 2018

Regs 77 Food and Beverages

87 Incident, injury, trauma and illness record

QA 2.1 Each child's health and physical activity is supported and promoted.

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.

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
- promote Dental Health Week with children and families each year.

Procedures

- The *Dental Health Policy* is made available to parents when they enrol their child in the Centre. Parent's responsibilities are explained to them when required.
- The oral health message is promoted amongst families through notice boards, newsletters, pamphlets.
- Children are encouraged to drink water after meal times and are able to freely access it through a bubbler and water station throughout the sessions.
- Parents are asked to provide healthy foods in their children's lunchboxes, particularly fruit and vegetables for morning and afternoon tea during vacation care days. Children are discouraged from bringing in foods high in sugar.
- Children are encouraged to drink water or rinse their mouth out after eating.
- Educators use opportunities that arise during children's play and at meal and snack times to talk to the children about dental health issues. The Centre resources include plastic 'healthy food'. When appropriate to children's interest and the program, educators intentionally teach children about looking after their teeth through activities such as: games; food preparation; and, cooking experiences.
- The centre ensures children are provided highly nutritious and with minimum sugar content snacks for afternoon tea and breakfast cereals in the morning.

Dental emergencies

It is important for Educators to be aware of how to manage dental accidents and emergencies.

Our 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 a 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.
- Ensure any serious incidents that required the attendance to a medical practitioner are reported to ACECQA on the centres serious incident notification form within 24hours of the incident occurring.

Responsibilities of parents

- To provide nutritious foods and drinks according to information contained in the [Dental Health Policy](#) and in the [Nutrition, Food and Beverages Policy](#). Food and drinks brought from home should be nutritious, provide variety and follow current dietary guidelines.

Sources, further reading and useful websites

Sources

NSW Government Health- Oral Health

<http://www.health.nsw.gov.au/oralhealth/pages/default.aspx>

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

Comments:

