

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. 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.

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

Regs

- 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

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.

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 state or territory health department. [insert applicable state/territory 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
- 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 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
- promoting [Dental Health Week](#) with children and families each year.

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.

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 Adminstrating 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.

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.

Sources, further reading and useful websites

- 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](#).

Comments:

Date Created: October 2015
Date Reviewed: September 2026

