

The setting provides care for children and promotes health through promoting oral health and hygiene, encouraging healthy eating, healthy snacks and tooth brushing.

- Fresh drinking water is available at all times and easily accessible.
- Sugary drinks are not served.
- Only water and milk are served with morning and afternoon snacks.
- Children are offered healthy nutritious snacks.
- Parents are asked to refrain from sending in confectionary as part of their packed lunch..

Where children clean their teeth when at the setting

This is not applicable to this setting.

Pacifiers/dummies

- Parents are *advised* to stop using dummies/pacifiers once their child is 12 months old or when still using after this time frame.

Further guidance

Infant & Toddler Forum: Ten Steps for Healthy Toddlers
www.infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/ten-steps-for-healthy-toddlers/