



P.O. Box 1050, Woden, ACT, 2606
 Ph: 6281 3121 Fax: 6281 7077
 Email: wodenecc@tpg.com.au

DENTAL HEALTH POLICY

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

<i>Document number:</i>	QA2-D1	<i>Version:</i>	6
<i>Date of issue:</i>	July 2013	<i>Contact:</i>	Reesha Stefek
<i>Date of review:</i>	August 2016 May 2018		
<i>Updated:</i>	Aug 2019		

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

Introduction

Conversations and information exchange on dental health should be encouraged to promote good dental hygiene practices and lifelong learning for children and their families. Dental health will be included as part of everyday practice at Woden Early Childhood Centre (WECC).

Good oral health is vital to general wellbeing. Early childhood dental hygiene is a key factor in the development of healthy adult teeth. Encouraging and establishing sound oral health practices early in a child's life will assist in maintaining good oral health and preventing oral disease and other related diseases over their lifetime.

Scope

This policy applies to children, families, educators, staff, management and visitors of the Service.

Goals – What are we aiming to do?

We believe it is important for all children to have a high level of dental hygiene. We follow the guidelines of the Australian Dental Association and the State Government Health Departments when caring for children's teeth. We integrate information and guidelines on good dental health practices into the daily routine, including swish and swallow after meal times, providing information about tooth brushing, tooth friendly snack and drinks and going to the dentist.

To prevent cavities forming, or other adverse dental outcomes, we encourage children to eat nutritious foods and to avoid sticky and sugary foods. All food served and prepared at our Service complies with these guidelines. Children are encouraged to drink water to quench their thirst and remain hydrated throughout the day.

Strategies – How will it be done?

The Nominated Supervisor or Director will:

- ensure that the daily menu contains a nutritional balance of foods
- minimise the provision of sugary foods
- ensure access to safe drinking water at all times

Educators will:

- include dental health practices in the daily program
- support children to access dental health resources for research, exploration and identification. These resources will be available through books, posters and visual aids
- talk with children about dental health during the day. This can be done by encouraging children to drink water throughout the day
- pay particular attention to meal and snack times where children will be encouraged to drink water after eating and before rest times, to rinse their mouths
- give children bottles before they go to bed. Tooth decay can be reduced by allowing the child to finish the bottle before going to bed and not letting milk settle on the teeth
- arrange visits by dental health professionals as part of the program. Families and children will be encouraged to attend these visits, at which correct brushing techniques and dental care will be discussed

Dental emergency

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

- follow a dental accident procedure – Appendix 1
- ensure there is an Educator on duty with current first aid qualifications
- ensure children are supervised at all times to minimise accidents and incidents

Evaluation

Children are provided with nutritional food and drink to reduce exposure to tooth decay. Dental health practices are role modelled and encouraged at WECC and information on dental health is made available to families.

Related policies /documents

- *Bottle safety and preparation*
- *Nutrition, food, beverages and dietary requirements*

Statutory legislation and considerations

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations 2011
- The National Quality Standard (2) ACECQA

Sources and references

- Raising Children Network – www.raisingchildren.net.au
- Health Direct – www.healthdirect.gov.au
- Health and Safety in Children’s Centres: Model Policies and Practices (2nd Edition) – www.cccnsw.org.au/wp-content/uploads/CCModelPoliciesFinal.pdf
- Extract from Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 18 June 2006 (Page 10-12)
- Revised National Quality Standards

Authorisation

John Rothwell
President
2017-18 WECC Management Committee

Dental Accident Procedure

In the event a child has a dental injury educators' will ensure they follow current first aid recommendations to protect the tooth/teeth. The parent or emergency contacts will be contacted and informed of the injury immediately. An incident form will be completed and signed by parent/guardian within 24 hours of the incident. If a serious injury occurs the Nominated Supervisor, Director or senior educator will notify the Australian Children's Education and Quality Care Authority.

In the unlikely event of a knocked out or chipped tooth, educators will:

- remain calm, apply gloves and manage the bleeding
- ask another educator to try and find the tooth. It is important to know if the tooth or tooth fragments have been inhaled. Inhaled teeth are a medical emergency and the child must be taken to the Emergency Department at Canberra Hospital
- do not attempt to put the tooth back in the socket, especially if it is a baby tooth, as this can damage any underlying adult teeth. Children 0 – 5 years of age are more likely to have baby teeth. If unsure, treat as adult tooth
- if a tooth has been knocked out, place the tooth in milk or saline immediately to avoid dehydrating and damaging delicate cells of the root. Do not rinse or scrub dirt off the tooth and do not allow the tooth to remain dry at any stage.
- Package the tooth with the family for when they seek medical advice.