



Dental Health Policy

Aim

At Sutherland Presbyterian Church Preschool we aim to provide children and families with information that will assist them in understanding the importance and implementation of appropriate dental health practices from a young age.

Sutherland Presbyterian Church Preschool prioritises the safety, wellbeing and welfare of our enrolled children over all others. The aim of this policy is to allow us to support positive outcomes for all children through our approaches.

Implementation

Families

We see our role as to support families in their parenting and caregiver roles, and as such have a responsibility to share information that may support the health and wellbeing of their children. Dental health guidelines are shared with the families throughout their time at the preschool through newsletters, documentation around the program, general discussions, and the passing on of any information that may be issued to the preschool on this matter by relevant authorities.

We encourage families to provide meals and snacks for the children that are supportive of their dental health and advise on the types of foods to be avoided, such as those high in sugar, and the reasons for this.

Any concerns about children's individual dental health, or following an incident involving the mouth, families will be communicated with and provided with as much information as possible to allow them to follow this up adequately. This may include information on local dentists and orthodontic specialists, or information on dental first aid.

Children

Through the curriculum in meaningful and child-focused ways, we provide opportunities to discuss dental health practices and the importance of these. This may be in response to a child's visit to a dentist, through a story on the topic, by offering a dentist area in home corner etc.

We encourage children during meal times to drink water at the end of the meal to rinse their mouth out of any food particles to protect their teeth.

Children are encouraged to avoid using their teeth as tools to open packages etc as this can cause damage to the teeth. We also encourage children to keep their hands out of their mouths so that they have good oral hygiene.

To support children's awareness of dental care we purchase resources that allow us to provide both planned and spontaneous discussions around this with the support of these resources.



Sutherland Presbyterian Church Preschool

Staff

Staff will be encouraged to engage with children and families about dental health as they see fit, and in meaningful ways.

Staff will be encouraged to attend any professional development opportunities that may exist to support their knowledge around dental health and hygiene practices.

Staff are expected to role model safe and hygienic dental practices at all times to support the children's understanding of this

Community

Where possible professionals with dental knowledge will be engaged with to support children's and educator's understanding of dental health and hygiene through incursions and excursions. Educators may also choose to access online videos that are age-appropriate and relevant to build on children's knowledge from external sources.

Source

Top 10 oral health tips for preschool children

<https://www.dhsv.org.au/dental-health/general-dental-advice/preschool-children#:~:text=Encourage%20children%20to%20spit%20out,the%20mouth%20which%20protects%20teeth.>

Compliance evidence

Education and Care Services National Regulations (2025) 77, 86

National Quality Standards 1.2, 1.2, 2.1, 4.2, 6.1, 6.2, 7.1, 7.2

Date of current review: May 2025

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Date of next review: Sept 2021