



DENTAL HEALTH POLICY

Early childhood is an important time for developing good oral health and dental hygiene practices. From the time a baby's first tooth appears, keeping gums and teeth clean can safeguard against cavities in primary ('baby') teeth and support the healthy development of the permanent teeth underneath. Our Service promotes the importance of good dental health and oral hygiene to children and families.

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.

EDUCATION AND CARE SERVICES NATIONAL LAW AND NATIONAL REGULATIONS	
S.2A	Paramount consideration – safety, rights and best interest 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

RELATED POLICIES

Administration of First Aid Policy Bottle Safety and Preparation Policy Health and Safety Policy	Incident, Injury, Trauma and Illness Policy Nutrition and Food Safety Policy
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PURPOSE

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 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.

SCOPE

This policy applies to children, families, staff, educators, management, approved provider, nominated supervisor, students, volunteers and visitors of the Service.

IMPLEMENTATION

Our 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 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 Victorian State Government Health Department when caring for children's teeth.

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 and education 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 Service comply with these guidelines by providing a variety of recommended vegetables, fruit, dairy products and other nutritious foods. Children have access to drinking water throughout the day and are encouraged to drink water regularly.

THE APPROVED PROVIDER/ MANAGEMENT/ NOMINATED SUPERVISOR WILL:

- ensure that obligations under the Education and Care Services National Law and Education and Care Services 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.
- ensure food and drinks provided by the Service support good oral health by limiting foods and drinks high in added sugar, in particular sticky and sugary foods and drinks such as lollies, biscuits, fruit bar and sweetened drinks
- 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 \(CDBS\)](#), and 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 good 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, such as books, posters, 'giant' teeth and toothbrushes
- promoting health 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.

Support younger children and families by:

- giving children their milk bottles *before* they go to bed and ensuring children do not fall asleep with a milk bottle, as milk sugars remaining on teeth during sleep can increase the risk of tooth decay

- never dipping dummies in sweet foods such as honey or jams as this could cause severe tooth decay
- providing information to families about the potential impacts of prolonged dummy use and thumb sucking on children's oral health, particularly as children get older

DENTAL ACCIDENTS AND EMERGENCIES

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

- ensure there is an educator on duty at all times with current approved first aid qualifications to respond to dental accidents and emergencies in accordance with dental accident procedures
- 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.

CONTINUOUS IMPROVEMENT/REFLECTION

Our *Dental Health Policy* will be reviewed on an annual basis or earlier if there are changes to legislation or ACECQA guidance, or any incident related to our policy. Feedback will be requested from children, families, staff, educators and management. All families will be notified 14 days before any policy change that may have a significant impact on the provision of education and care to any child enrolled at the Service or the family's ability to utilise the Service.

CHILDCARE CENTRE DESKTOP- RELATED RESOURCES

Administration of First Aid Procedure Dental Health and Dental Accident Procedure	Incident, Injury, Trauma and Illness Record
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SOURCES

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. [Pregnancy, Babies and Children Resources](#).
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](#).

REVIEW

POLICY REVIEWED	SEPTEMBER 2026	NEXT REVIEW DATE	SEPTEMBER 2027
VERSION NUMBER	V13.09.26		
MODIFICATIONS	• annual policy review • updated and standardised oral health terminology • improved guidance on healthy eating, water and daily oral health routines • added clearer guidance for babies, young children and families • checked and updated references		
PREVIOUS MODIFICATIONS			
SEPTEMBER 2025	• policy maintenance - no major changes to policy • hyperlinks checked and repaired as required • minor formatting edits within text		
SEPTEMBER 2024	• policy maintenance - no major changes to policy • hyperlinks checked and repaired as required • minor formatting edits within text		