

Oral Health Policy

At Harvey Bears we see that children's oral health is important. We try and offer health advice to parents when it is requested.

At snack time we offer fresh fruit, prepared by the children, and discuss with them the benefits to their teeth.

We offer them freshly cooked toast and plant based margarine.

On a forest school day, they are offered rice based crackers (gluten free) and bread sticks (milk free)

We understand the importance of cutting down on free sugars found in food and drink, ie cakes, biscuits some flavoured yogurt, baby pouches and fruit juices.

Free sugars are not contained in fresh fruit and vegetables, some yogurts and water.

The Government advises that sugary drinks should only be offered to children at a mealtime.

Babies should only be offered breast or formula milk and preboiled water.

An open cup is advised from 6 months to encourage the swallowing reflex, this encourages children to bite chew and talk in the long run.

From 12 months all children should be drinking from an open cup.

All parents should be encouraged to help their children brush their teeth from the appearance of the first tooth, with fluoride toothpaste.

Adults should assist children under 7 to brush their teeth correctly.