



Dental Health

Objective:

Stepping Stones Child Care Centre is committed to promoting good dental habits and minimising risk of dental decay from food and drink provided at the centre. However, children at the Centre will not have access to toothbrushes because they cannot be hygienically washed and stored, and that therefore the potential of cross-infection is great.

Definitions:

Caries- dental decay characterised by erosion of tooth enamel

Cariogenic- the potential to cause caries

Policy:

Good oral hygiene will be promoted through sound dietary practices rather than toothbrushing at the Centre. Whilst Stepping Stones Child Care Centre acknowledges the importance of toothbrushing in caries prevention, the centre feels that the storage and handling of multiple toothbrushes poses too great a hygiene and cross-infection risk. Also, it is assumed that children will be encouraged to brush their teeth twice daily at home, before and after attending the centre.

Confectionary, softdrink and fruit juice will not be served at the Centre. The exception might be special occasions.

Fresh fruit will be offered at most snack times (fruit offered at morning tea mostly, if baked beans etc is for morning tea, fruit will be offered for afternoon tea). While fruit also contains natural sugars and food acids which have cariogenic potential, chewing of whole fruit stimulates saliva production, thus balancing the risk.

Sugary snacks and foods which coat the teeth will be minimised on the menu.

Children will be encouraged to drink or rinse their mouth out with water after all meals and snacks. Our weekly programs includes Dental Health topics.

Milk is offered as a drink at morning tea. The milk sugar lactose is believed to have less cariogenicity than other sugars, and the risk is further minimised by providing it in a cup. Bottle-fed infants, however, are at more risk. They will not be put to sleep with milk or formula in their bottles.

Sugary foods (eg. jam, honey) will not be used on dummies. Jam and honey will not be served to children under 12 months of age, as recommended by ACT Health.

In the ACT, the Children and Youth Dental Services provide free dental care from Community Based Clinics for children under 5. Please see www.health.act.gov.au for more details.

Source:

- Children, Youth and Women's Health service.
- www.healthinsite.gov.au
- Australian Dental Association Inc www.ada.org.au

This policy links to the following CCQA Principles:

Quality Practices Guide (2005) - Principle 6.3 & Principle 6.5

Developed: August 2006

Last Reviewed: 26th May 2009

To be Reviewed: May 2010

Reviewed in consultation with staff and parent committee members, current at May 2009.

Dental Services

Canberra

In the A.C.T, Child and Youth Dental Services provides 1 free dental health check for children under 5 years of age (this is a one off service).

For general appointments:

Moore Street Health Building
Crn Moore & Alinga Street-Civic

Belconnen Health Centre
Crn of Benjamin Way & Swanson
Court-Belconnen 02) 6205 1541 or 02) 6205 1202

Phillip Health Centre
Crn of Corinna & Keltie St-Woden
02) 6205 1463 or 02) 6205 1695

Tuggeranong Health Centre
02) 6205 2768 or 02) 6205 0585

Children must be accompanied by a parent or guardian who can sign relevant consent forms.

Victoria

For general appointments:

Ocean Grove Dental Clinic
74 The AVE
Ocean Grove Victoria 3226
03) 5255 5282

Drysdale Family Dental Clinic
41 High Street
Drysdale, Victoria 3222
03) 5253 1555