

Good oral health in early years

See our top tips for good oral health in early years to support your nursery children.

- Save cakes, biscuits and puddings for mealtimes and add nutritional value where you can. For example, serve fruit with ice cream
- Avoid 'low sugar' or 'no added sugar' foods that often contain artificial sweeteners and can encourage children to prefer sweeter foods and drinks. Pure fruit juice is a good source of vitamin C but it's also sugary – dilute at least half and half with water and reserve it for mealtimes
- Avoid all squashes, fizzy drinks, energy drinks and flavoured waters as they can contribute to tooth damage and provide little nutritional value
- Introduce cups and beakers for babies as soon as possible and discourage feeding bottles from 12 months
- Find alternatives to offering food as rewards. Consider stickers, badges, choosing a story or song, being a special helper, a certificate, card or a reward jar
- Consider following an occasional sugary treat with a glass of milk to wash it down and neutralise the acid
- Encourage parents to take their child to visit the dentist regularly. Provide resources in provision (such as a puppet with teeth and a toy toothbrush) to support children to talk about good dental hygiene.



Find out more

Contact our training team for more information to support your setting on 01484 407070 or email training@ndna.org.uk