



## **Supervised Tooth Brushing Programme**

Katey's Nursery and Pre-school is a 'tooth friendly' Nursery.

Our lunch time routine includes brushing teeth after the meal is finished.

When each child joins out Pre-school, they are encouraged to take part with their friends after lunch.

All toothbrushes, toothpaste etc are supplied by Katey's Nursery and Pre-school. In addition, we are committed to ensuring that our menus are free from unnecessary added sugar.

For more information, please visit. [www.stop-the-rot.co.uk](http://www.stop-the-rot.co.uk).

This initiative is endorsed by the National Day nursery Association.

### **Method**

All staff will be given appropriate training.

Cross infection procedure will be followed.

A consent letter and information leaflet will be given to the parent/guardian informing them of the programme and asking them to return the form if they want their child to take part.

Written consents will need to be obtained before the child can take part in the programme.

Consents can be withdrawn at any time by the Parent/Guardian.

### **Procedure for tooth brushing**

Children should be always supervised.

Toothpaste is to be applied by a designated supervisor.

If the same tube of toothpaste is to be used then toothpaste should be applied on a clean napkin then placed on the child's brush, ensuring there is enough space between the quantities of dispensed toothpaste to allow collection without cross contamination.

Children aged 0-3 years use only a smear amount of family fluoride toothpaste, between 1000-1450ppmf. (Dept of Health, 2007)

Children aged 3 years and older use a pea sized amount of family fluoride toothpaste, between 1000-1450ppmf. (Dept of Health, 2007)

Supervisors should encourage each child to brush all accessible tooth surfaces, to the best of child's ability.

'The precise technique is less important than the result, which is the effective removal of plaque without causing damage to the teeth and gums.' (Levine & Stillman-Lowe, 2004)

Encourage children to spit out after tooth brushing and discourage rinsing, as this will wash away the topical benefits of fluoride.

'Care should be taken to ensure that younger children do not eat toothpaste directly from the tube or swallow excessive amounts from the toothbrush.' (Levine & Stillman-Lowe, 2004)

Toothbrushes are to be changed every three months.

If the child is uncooperative then don't force them, try another day. If it persists inform the parent or guardian and a note made on the child's records.

After brushing, each toothbrush is to be individually rinsed thoroughly under hot running water and bristles shook to remove excess water, then stored correctly.

### **Storage and cleaning of the brushes – Cross Infection procedure**

Toothbrushes can become contaminated with bacteria, blood, saliva, and oral debris.

Toothbrushes should not be shared or left in contact with each other.

Toothbrushes should be stored in the brush bus that is provided in an up-right position allowing the bristles to dry.

A permanent marker is to be used on the buses to enter the child's name. The brushes have animal or vegetable codes on them, these match up to the brush bus. It is recommended that the brush buses are cleaned after every use with hot water and household detergent and inverted for drainage to remove excess water from the base to avoid any stagnation. Ensure dry before replacing any toothbrushes.

Toothbrushes to be cleaned individually with hot water and bristles shook to remove excess water after every use if not used, daily. The toothbrush should then be placed back in the correct holder to avoid cross contamination.

If the buses become cracked or damaged, they need changing immediately.

Any toothbrushes dropped on the floor should be discarded.

Brush buses should be stored out of reach of the children in a designated area in a dry clean cupboard or room. **N.B:**

**Buses should not be stored in a toilet.**

The brush bus should not be placed next to the child whilst brushing their teeth as they will become contaminated via aerosol.

The designated staff are responsible for the cleaning of the sink after use and disposing of all tissue and paper towels. Liquid soap and alcohol gel in dispensers should be made available for hand hygiene.

### **Supporting information**

Teeth should be brushed twice a day at home using family fluoride toothpaste; **this is in addition participation in the supervised tooth brushing programme.**

Care should be taken to ensure that younger children do not eat toothpaste directly from the tube or swallow excessive amounts from the toothbrush.

Toothbrushes should have a small head with medium synthetic fibres.

Brushing straight after eating food and drinks containing sugar **may** result in spreading the acid around the mouth and causing further damage. For this reason, it is advised that 30 minutes pass before tooth brushing takes place.

Some children will need lots of encouragement to brush their teeth.

Some children will just chew the brush, and this must be discouraged.

Food and drink containing sugar should be restricted to mealtimes only.

If snacks are going to be given between meals, then they should be sugar free. It is recommended that everyone visits the dentist at least once a year.

*All our Policies & Procedures are crafted to ensure the highest possible standards at our setting and will be reviewed every 3 years or sooner, if necessary, in light of specific events or relevant statutory changes.*