

Guidelines for supervised toothbrushing programme

Brushing programme

1. Staff are responsible for the toothbrushing programme on a daily basis and all staff should be familiar with the Core Standards.
2. Toothbrushing programmes must be supervised by a member of staff.
3. Each child will be allocated their own toothbrush which corresponds to the colours/symbol on the brush rack.
4. A member of staff will be responsible for placing the fluoride toothpaste onto a paper towel/plastic plate before transferring it to a dry toothbrush. **Only children aged 2 and above are permitted to take part in the supervised toothbrushing programme.** Children over the age of three should use a pea-sized amount of toothpaste. Please do not put an excess amount of toothpaste on the paper towel/plate. (1450ppm fluoride toothpaste will be used for children aged three and above).
5. Children should be asked to swallow any saliva in their mouth prior to commencing toothbrushing and should be encouraged to use the paper towels to wipe away any excess toothpaste afterwards. Rinsing out should be discouraged.
6. Toothbrushes should be rinsed thoroughly under cold running water before replacing them in the brush rack. Brushes should not be soaked in Milton diluted solution.
7. The brush racks require regular cleaning once a week, using only warm water and soap. Alternatively, the brush racks can be placed safely in the dishwasher.

Thank you for your help and co-operation.

Core standards for supervised toothbrushing programme

Toothbrushing in a dry area

1. The supervisor or child is responsible for collecting the toothbrush from the toothbrush rack.
2. An unfolded disposable paper towel/plastic plate is placed on the desk in front of the child and the appropriate amount of toothpaste (see point 3 in guidelines) is dispensed onto the paper towel/plastic plate by the supervisor.
3. Children may be seated or standing whilst toothbrushing takes place.
4. After toothbrushing is completed, children can wipe away excess toothpaste into the disposable paper towel.
5. Tissues/paper towels must be disposed of immediately after use in a refuse bag.
6. Toothbrushes can either be:
 - a) Returned to the brush rack by each child and taken to an identified sink area by the supervisor who is responsible for rinsing each toothbrush individually under cold running water.
 - b) Rinsed at a designated sink area where each child is responsible for rinsing their own toothbrush under running water. If children are unable to do this themselves a member of staff must undertake this activity.
7. After the rinsing of the toothbrushes is complete, the child or the supervisor is responsible for shaking off excess water into the sink.
8. Toothbrushes are returned to the brush rack by the supervisor or child and allowed to dry.
9. Disposable paper towels/wipes should be used to clean any drips visible on the brush rack and the lid must be replaced after the brushes have air dried for one hour. The brush racks should be cleaned once a week using warm soapy water then allowed to air dry.
10. Toothbrushes do not need to be soaked in Milton or other cleaner/disinfectant.
11. Cleaning must be carried out by an appropriate adult who is also responsible for rinsing sinks after toothbrushing is completed.