

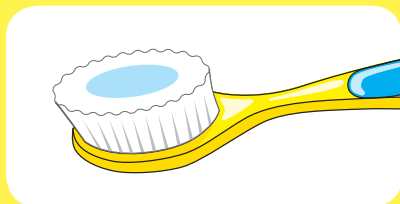


Supervised Toothbrushing Scheme  
for 3–5 year olds (3+ SEND schools)

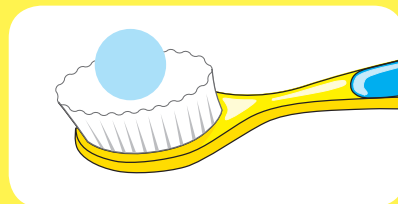


# Quick Guide to Supervised Toothbrushing for Staff Toothbrushing

- all children are closely supervised when brushing their teeth
- family toothpaste containing 1450 parts per million fluoride is used unless higher strength has been prescribed by the dentist for an individual child
- the correct amount of fluoride toothpaste is used as below:



Smear for up to 3 years



Pea size for 3 years and above

- after brushing, children should be encouraged to spit out and not rinse

## Infection Control

- surfaces/tables should be cleaned with household detergent prior to brushing
- staff and children (under supervision) wash hands with soap and water or decontaminate their hands using hand sanitiser before and after brushing - disposable gloves (and additional relevant PPE) can be worn for toothbrushing
- if single use disposable gloves are used these should be changed and hands should be washed or decontaminated prior to assisting another child
- toothpaste is dispensed directly onto a paper towel or plastic plate
- all disposable items should be placed in a waste bag for disposal immediately after toothbrushing
- care is taken when removing and replacing toothbrushes from the toothbrushing storage system so that they do not touch each other
- dropped toothbrushes are replaced
- household gloves are used when cleaning toothbrushing storage systems, surfaces and sinks
- toothbrushing storage systems and storage areas are cleaned at least weekly, with warm water and household detergent

*Full guidance can be found in the Brilliant Brushers Toolkit.*

*Developed by the Healthy Smile Team, Shropshire Community Health NHS Trust 2025.*