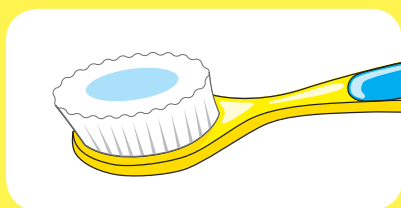


Supervised Toothbrushing Scheme
for 3–5 year olds

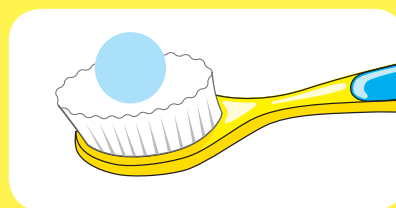
Quick Guide to Supervised Toothbrushing for Staff

Toothbrushing

- all children are closely supervised when brushing their teeth
- family toothpaste containing 1450 parts per million fluoride is used
- the correct amount of fluoride toothpaste is used as below:



Smear for 0-2 years



Pea sized amount for those aged 3 years and over

- 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
- toothpaste is dispensed directly onto a paper towel or plastic/paper plate
- there is sufficient space between individual amounts of toothpaste
- disposable items such as tissues/paper tissues/towels are put into a waste bag for disposal 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 when necessary, at least weekly, with warm water and household detergent

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