

Tooth Brushing Procedure

Purpose

This document explains how to manage the tooth brushing process in the classroom.

Procedure

When to brush teeth

1. Brush teeth once a day immediately after a meal or snack.
2. Sit as a group and brush at the same time if possible.

How to brush teeth

1. Label each child's toothbrush with their name.
2. For children birth to 1 year, clean infants' gums using a damp, clean gauze pad or washcloth. After the baby's first tooth comes in, use a small smear of fluoridated toothpaste on a soft infant toothbrush to brush the front and back of the tooth and gum line.
3. Help children from 1 to 3 years with tooth brushing.
4. For children aged 1 or above, use gloves and remove and replace the toothbrush from the holder to prevent contamination. Only touch the toothbrush handle. Staff member place small, ½ split pea sized smear of fluoridated toothpaste on a plate or inside rim of a cup
5. Apply toothpaste from the plate or cup.
6. Supervise tooth brushing while brushing own teeth at the same time. Or brush the model teeth, demonstrating proper technique for the children.
7. Tooth brushing should last for 2 minutes. It's not necessary for children to rinse their mouth after brushing. It's beneficial to leave the fluoride on the teeth.
8. Thoroughly rinse toothbrushes under cold running water after brushing. Children may rinse the brushes with adult supervision, but the teacher should return the brushes to the holder.

How to care for tooth brushes and holder

1. Store toothbrushes in holders that prevent the bristles between different toothbrushes from touching.
2. A two-inch distance between the brushes is recommended.
3. Allow toothbrushes to completely dry between uses.
4. Sanitize the toothbrush holder daily, after the toothbrushes have been removed from the holder.
5. Disinfect the toothbrush holder once a week.
6. Replace toothbrushes - do not attempt to sanitize tooth brushes. Never spray toothbrushes directly with sanitizing solution.
7. Replace toothbrushes every three months, when visibly worn, after illnesses, when dropped on the floor or when contaminated.