

## Auchinairn Early Years Centre



### Toothbrushing Policy

Auchinairn EYC is a 'tooth friendly' Nursery. When each child joins our nursery, they are encouraged to take part with their friends. All toothbrushes, toothpaste etc are supplied by Auchinairn EYC. In addition, we are committed to ensuring that our menus are free from unnecessary added sugar.

By introducing a tooth brushing programme, it is the aim of Auchinairn EYC to promote and improve each child's oral health. Dental disease can cause severe pain and affect eating, speaking and the positioning of permanent teeth.

Parents will be given an information letter which has an opting out clause allowing their child to participate in the programme which will be part of the daily nursery routine.

This will encourage the children to brush their teeth at home and raise awareness of the importance of good oral hygiene throughout wider family and community.

The nursery policy of providing healthy snacks and lunches along with this tooth brushing programme will help reduce the incidence of dental disease in young children.

Please see attached the National Standards for nursery and school tooth brushing programmes.

#### Method

All staff will be given appropriate training.

Cross infection procedure will be followed.

An opt out letter and information leaflet will be given to the parent/guardian informing them of 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Consents can be withdrawn at any time by the Parent/Guardian.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/plate 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 picture 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 passes before tooth brushing takes place. Due to nursery routine we may at times brush teeth before or after food.
- 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 dentists at least once a year.

Realising the Ambition: 3.4 & 5.3  
National Care Standards: 3.3, 3.4  
HGIOELCC: 2.12.4 2.5  
Quality Framework: 1.1, 2.1  
UNCRC: Article 24

This policy has been reviewed and updated in consultation with staff and parents

Signed: .....  
May 24