

## Appendix 5:

### Supervised Toothbrushing Programme

#### Patient information factsheet Frequently Asked Questions and School Brushing Routine

**Q: If my child is going to brush in school, does he / she need to brush their teeth at home in the morning?**

A: Yes! Don't stop your child brushing in the morning or at night, the toothbrushing at school is an additional toothbrushing session. Also, the school may not be able to brush every day and during weekends, term breaks and holidays.

**Q: How long should my child brush their teeth for?**

A: Two minutes. Spit the toothpaste but do not rinse.

**Q: We are advised not to brush immediately after a meal at home, whereas at nursery staff will be supervising brushing straight after lunch/snack time. Why is this?**

A: It is good practice to wait for 30-60 minutes after eating before brushing. However, in a nursery or school setting, it is more convenient to have them brush straight after their lunch /snack so that their activities are not disturbed. After brushing, avoid eating or drinking for at least 30 minutes so that the fluoride in the toothpaste can stay longer on the tooth surface.

**Q: How will my child's toothbrush be stored in the school / nursery?**

A: Your children's brushes will be stored either in a colour and number coded rack to keep them separate. They are all clearly labelled for each child so that they don't get mixed up.

**Q: Do staff supervising the programme receive any training regarding the programme?**

A: Staff supervising the programme would have received training in protocols, infection control -strict cleanliness and the correct way to help the child brush.

**Q: In the absence of regular staff how would the new teacher /staff know what protocols to follow?**

A: The oral health promotion team will be regularly visiting and observing the programme to make sure that standards are maintained. This ensures that staff training is up to date.

### School Brushing Routine

**Step 1:** Teachers wash/sanitize hands and cover any cuts/abrasions and then put gloves on.

**Step 2:** Children to wash/sanitize hands.

**Step 3:** Children to receive or pick up their allocated numbered toothbrush from the rack /train.

**Step 4:** Teachers will then give each child pea sized amount of toothpaste on a paper towel or tissue

**Step 5:** Children apply toothpaste from tissue/paper towel onto their own brush.

**Step 6:** Children will brush their own teeth under supervision of their teacher for 2 minutes

**Step 7:** Children are encouraged to spit excess toothpaste into tissue/paper towel

**Step 8:** Once brushing is finished, supervising staff or children will wash their own toothbrush under cold running water and then place their toothbrush in the allocated space on the rack.

**Step 9:** Children will wash hands and return to class work.

**Step 10:** Teachers will place the rack/train lid and put it back in allocated storage area and wash hands.

If a child drops their toothbrush on the floor or it accidentally gets dirty, the teacher will replace the brush with a new one. All toothbrushes will be replaced termly.

**Further information:** Public Health England Guidance for Supervised toothbrushing programmes in early years and school setting.