

Abbreviated National Standards for Nursery and School Tooth brushing Programmes

Supervised tooth brushing programmes in nurseries and schools help improve the oral health of children. Children should also be encouraged to brush their teeth at home twice a day, preferably once in the morning and once before bed. Parents and carers should be encouraged to ensure their child brushes their teeth thoroughly twice a day at home.



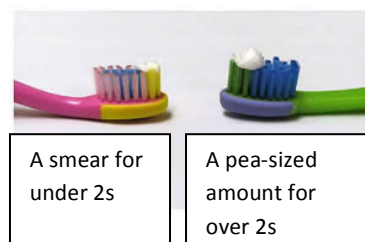
The toothbrushing programme in nurseries or schools should be organised in an effective and hygienic way and have clear reporting and accountability arrangements as follows:

Organisation

- All nurseries and primary schools involved in the toothbrushing programme have a designated lead person who is responsible for the programme.
- Staff training is recorded and monitored.
- Performance against the Standards is monitored at least once a term and discussed with the designated lead person in each establishment.
- All children are consented to participate in the toothbrushing programme.

Toothbrushing

- Fluoride toothpaste containing at least 1000 ppm (parts per million) is used in the toothbrushing programme.
- A smear of fluoride toothpaste (0–2 years) or small pea-sized amount (over 2 years) is used.



Effective practice

- All children are supervised when toothbrushing.
- Where a tube of toothpaste is shared, a supervisor dispenses it onto a clear surface such as a clean plate or paper towel.
- Every child brushes their teeth daily or weekly in the toothbrushing programme
- Each child has their own identifiable toothbrush.
- Toothbrushes should be replaced at least once a term, or sooner if required, when the bristles become splayed.

Infection control

- Staff wash their hands before and after each toothbrushing session.
- Toothbrushes are stored in the upright position in the storage system to avoid contact with each other.
- All storage systems or cases must have manufacturers' covers and be stored at adult height or in a suitable cupboard or trolley.
- All equipment is washed weekly with warm soapy water and replaced if cracks, scratches or rough surfaces develop.
- Toothbrushes should always be discarded and replaced if dropped onto the floor.

For a copy of the full National Standards for Nursery and School Toothbrushing Programmes and further information on oral health, and help to register with a dentist, contact the Food Net Team (0121 446 1021) or go to www.childsmile.org or www.nhs.uk.