

Tooth brushing Procedure

Regulations

EHS/HS: 1302.43

ECEAP: ENV-14

WAC: 110-300-0180

Purpose

Regular tooth brushing with fluoride toothpaste is encouraged to reinforce oral health habits and prevent gingivitis and tooth decay.

Guidance

Tooth brushing and the use of fluoride are discussed at enrollment. Parents/guardians are provided information about the benefits of fluoride and how and where to obtain fluoride if home water supplies are not fluoridated.

When to Brush Teeth

- Brush teeth once a day immediately after a meal or snack.
- Sit as a group and brush at the same time, if possible.
- Tooth brushing is always supervised by an adult.

How to Brush Teeth

- Label each child's toothbrush with their name.
- Staff use gloves to remove and replace the toothbrush from the holder to prevent contamination. Only touch the toothbrush handle.
- Help children with tooth brushing as needed, wash hands between brushing for each child, and wear a new pair of gloves for each child you are helping.
- **For EHS children:** After the baby's first tooth comes in, use a small smear (rice-size amount) of fluoridated toothpaste on a soft infant toothbrush to brush front and back of the tooth and gum line.
- Staff should place no more than a pea-sized smear (EHS children-small smear-rice size amount) of fluoridated toothpaste on an individual plate, paper, or inside rim of a cup, and have the children scoop the toothpaste from their cup or paper onto their toothbrush.
- Supervise tooth brushing while brushing own teeth at the same time or brushing the model teeth to demonstrate the proper technique for children.
- Tooth brushing should last for 2 minutes.
- After brushing, children may spit the remaining toothpaste into a cup (NOT THE SINK) but do not have to rinse. Then have the children wipe their mouths with a napkin and throw away their cups and napkins.
- Staff rinse each toothbrush under running water after brushing (never touch the bristle-to avoid cross contamination). Children may rinse their own brushes with adult supervision, but the adult must return the brushes to the holder.
- Toothbrushes are never gathered up all together or allowed to touch-even when they are about to be rinsed.
- Wash hands after brushing

How to Care for Toothbrushes and Holder

- Store toothbrushes in holders that allows them to dry (no toothbrush covers) in a position which prevents the bristles between different toothbrushes from touching.
- Allow toothbrushes to completely dry between uses.
- Disinfect the sink after all the toothbrushes are rinsed and put away.
- Sanitize the toothbrush holder daily, after the toothbrushes have been removed.
- Disinfect the toothbrush holder once a week.
- Do not sanitize the toothbrushes. Never spray toothbrushes directly with sanitizing solution. Do not use dishwasher to sanitize toothbrushes.
- Replace toothbrushes every three months, when visibly worn, after illnesses, when dropped on the floor, or when contaminated.