

Tooth Brushing Policy

Health and Social Care Standards: 1.24

Statement

The aim of the policy is to establish good oral hygiene with children at a young age and teach, promote and encourage appropriate tooth brushing practices. By focussing on tooth brushing within Hillside School Nursery, children should be able to develop their understanding of the importance of hygiene procedures, which should become a normal part of a child's daily routine. By implementing tooth brushing at nursery, in partnership with *Child Smile*, Hillside School Nursery are also supporting the development of Experiences and Outcomes featured within the *Curriculum for Excellence*:

I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth.

Curriculum for Excellence, Health and Wellbeing, Safe and Hygiene Practices, HWB 0-33a

Tooth Brushing at Hillside School Nursery

Hillside School Nursery will:

- Provide children within the setting with dental support and guidance.
- Follow guidance and recommendations set by NHS Scotland.
- Invite our *Child Smile* Coordinator to monitor tooth brushing once per term; monitoring will include observation of the tooth brushing session, feedback and arrangements of a follow up visit.

Toothbrushes will be stored in tooth brushing storage containers with lids provided by *Child Smile*. These will be cleaned using disinfectant wipes provided by *Child Smile* and toothbrushes will be changed regularly. Brushing techniques may be differentiated to suit to needs of individual children.

Information forms about tooth brushing will be provided by *Child Smile* and sent home to parents/carers before their child is enrolled onto the tooth brushing programme. Toothbrushes and toothpaste will be supplied directly by *Child Smile*.

Tooth brushing will take place daily **just after morning and afternoon drop off.**

Tooth Brushing Procedure

Staff will follow the steps below when completing tooth brushing.

1. The supervising staff member will wash their hands with hot soapy water and wear a disposable apron before beginning tooth brushing.
2. The supervising staff member will take out the tooth brushing storage containers and children will be asked to come to the designated tooth brushing zone. The designated tooth brushing zone will be located just outside the children's toilets. The tooth brushing storage containers will be stored in the classroom cupboard just outside the children's toilet area when not in use.
3. Children will be taken in group of no more than **8** to wash hands (under supervision) and to prepare for toothbrushing.
4. Each child will be supervised by staff selecting their own toothbrush from the storage container making sure children hold the brush by the plastic handle and not the bristles.
5. Children will stand at an allocated spot within the tooth brushing zone.
6. The supervising staff member will put on a blue glove (supplied by *Child Smile*) and put pea sized amounts of toothpaste onto the plate making sure each piece is not touching (one piece for each child present).
7. The supervising staff member will go round each child individually and will support them with taking a piece of toothpaste.
8. Once each child has toothpaste, children will begin brushing for **2 minutes**. A timer or song will be used to ensure children are brushing for the allocated time.
9. The supervising staff member will encourage the children to brush their teeth independently but will provide continued support and encouragement where appropriate.
10. Once 2 minutes has concluded, children will be asked to deposit excess toothpaste into the sink (**if wet brushing**) or into a designated paper towel (**if dry brushing**)
11. Children will rinse their toothbrush under running water and use a paper towel to dry their toothbrush.
12. Children will then be supervised putting their own toothbrushes away.
13. **The supervising staff member will clean all sinks after every use if wet brushing.**
14. These steps will be repeated until all children have completed tooth brushing.