

# Childsmile Nursery and School toothbrushing programme



Nursery/school and class: \_\_\_\_\_

Person (within nursery/school) responsible for the toothbrushing programme: \_\_\_\_\_

Childsmile daily supervised toothbrushing programmes in education settings improve the oral health of children in Scotland. The daily supervised toothbrushing programme in nurseries or schools is organised to meet the Toothbrushing Standards. Childsmile also provides free dental packs with a toothbrush and fluoride toothpaste for children to encourage toothbrushing at home.

**These are the abbreviated Toothbrushing Standards (the full Standards can be found at: [www.healthscotland.com/documents/5040.aspx/](http://www.healthscotland.com/documents/5040.aspx/))**

## Organisation

- Children brush their teeth daily in the toothbrushing programme. (1.3)
- All toothbrushing supervisors have received training in effective toothbrushing and infection control procedures. (1.6)
- Performance against the Standards is monitored twice per school year by a member of the Childsmile team, and discussed with the responsible person in the establishment. More frequent visits should be undertaken when appropriate. (1.8 and Appendix 1: 1.10)
- Arrangements for consent are in place. (1.9)

## Effective practice

- Toothpaste, provided by the programme, containing at least 1000 ppm (parts per million) fluoride is used. (2.1)
- A smear of toothpaste is used for children under 3 years and a pea-sized amount for children 3 years and over. (2.2)

- Where toothpaste is shared, a supervisor dispenses it onto a clean surface such as a plate or paper towel. (2.3)
- Toothbrushes are individually identifiable for each child (2.10)
- Children are supervised when brushing their teeth. (2.11)
- After toothbrushing, brushes are rinsed thoroughly and individually under cold running water and replaced in the storage system to allow them to air dry. (2.15)
- Toothbrushes are replaced once a term, or sooner if required – for example when the bristles become splayed. (2.9)

## Prevention and control of infection

- Staff wash their hands before and after each toothbrushing session. (Appendix 2)
- Toothbrushes are stored in the upright position in the storage system and contact with each other avoided. (3.2 and 3.3)
- Storage systems which do not have covers are stored within a designated trolley or in a clean, dry cupboard. (3.5)
- Dedicated household gloves should be worn when cleaning storage systems and sinks. (3.8)
- Storage systems, including trolleys, are washed weekly with warm soapy water and replaced if cracks, scratches or rough surfaces develop. (3.9, 3.12 and Appendix 1: 1.4 and 1.5)
- Any toothbrushes dropped onto the floor are discarded. (3.13)

A copy of the National Standards for Nursery and School Toothbrushing Programmes is available in this establishment for reference.

For further information on oral health or help to register with a dentist, contact your local Childsmile team or go to:

[www.child-smile.org](http://www.child-smile.org)



Details of local Childsmile contact: