

Brushing Teeth at CSI Head Start

Dispensing toothpaste

- The Adult places a pea- sized amount of toothpaste per child on a paper towel or paper plate.
- The adult removes the toothpaste from the plate with the child's toothbrush and hands it to the child.

Brushing

Children should brush for about a minute.

The adult demonstrates how to brush teeth while giving the children directions.

- Place the brush against the teeth and wiggle gently back and forth.
- Brush the front, back and chewing surfaces of each tooth.
- Repeat for each side of the mouth
- Don't forget to brush your tongue!

Toothbrush rinsing

- Make sure brushes are rinsed well.
- *Children should be taught to rub their own toothbrush bristles with their thumbs (4 times) to get toothpaste off.*
- *Children tap their own brushes to get water off.*
- Children hand their brush back to the adult.
- The adult places the toothbrush in the toothbrush holder.

Encourage children to wash hands and face to remove excess toothpaste.

Toothbrush labeling

- Use a non toxic marker to write the name of each child on the handle of his/ her toothbrush; or
- Use masking tape with a marker or ballpoint pen

Toothbrush care

Rinse each child's tooth brush after use

Store tooth brushes in the plastic tooth brush holder. (wooden holders are not recommended because they are porous and harbor bacteria)

- Ensure that toothbrushes don't touch
- Air dry tooth brushes before covering with plastic cover. (No need to use the cover if stored in a cabinet).

Replace toothbrushes:

- when the child has been ill (absent for two days or more due to illness)
- when bristles have become frayed and worn
- every three months

Ensure that tooth brush holder is cleaned with soap and water first, and then spray with bleach water with the concentration of 1 tablespoon bleach to one gallon water mixed daily and kept in a labeled spray bottle

This recommendation from Health Advisory Committee was presented to Policy Council for approval.

Plan approved: 2/18/2010.

H-Dental-ToothbrushCarePlan