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Ref #: 1302.43	Policy Council Approval Date: 01/22/19

COMPONENT: CHILD NUTRITION

SUBJECT: TOOTH BRUSHING

PERFORMANCE OBJECTIVE: To ensure staff promote effective dental hygiene among children in conjunction with meals on daily with toothpaste containing fluoride.

POLICY AND PROCEDURE:

- Each child/staff will have his/ her own toothbrush, labeled by name, so that toothbrushes are never shared.
- Each classroom will have a toothbrush holder that is open to circulating air, so that the bristles do not touch any surface including another toothbrush.
- Tooth brush holders will be cleaned and sanitized at least once weekly
- Toothbrushes will be replaced every three months (at minimum) and/or when the bristles become bent or worn, and/or when an outbreak of an infectious contagious disease has occurred such as strep throat, thrush, mono, etc. (Notify Health Services for toothbrushes.)
- The sink area must be sanitized before and after tooth brushing activities.
- To prevent cross contamination of the toothpaste tube, teaching staff will ensure that a pea-sized amount of toothpaste is always dispensed onto something other than the toothbrush first (wax paper, paper cups, etc.) Do not use toothpaste tube to directly dispense toothpaste onto toothbrushes.
- Children will be taught proper tooth brushing techniques by teaching staff:
 - Staff will serve as role models by brushing their own teeth after a meal.
 - Teaching staff will assist children with tooth brushing when needed. (gloves are to be worn when assisting children and changed between each child)
 - Teaching staff will encourage children to use the horizontal scrub technique. The tooth brush is placed horizontally on the teeth along the gum line and moved back

and forth with a scrubbing motion, ensuring to scrub all sides of their teeth the inside, outside, and eating surface.

- After brushing, children will be encouraged to rinse their mouth with water as well as their toothbrushes
 - Teaching staff will be responsible for ensuring children do not share the sink when brushing, in an effort to prevent cross contamination.
 - Teaching staff will ensure that toothbrushes are rinsed and stored properly after use.
- Family Advocate will work in collaboration with families to provide support, assistance, guidance, and resources regarding dental health.