

# 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.

Scan the QR code to go to the full Toothbrushing Standards:



- Where toothpaste is shared, a supervisor dispenses it onto a clean surface such as a plate or paper towel. (2.3)
- Toothbrushes are replaced once a term, or sooner if required – for example if a toothbrush is dropped, or the bristles become splayed. (2.9)
- Toothbrushes are individually identifiable for each child. (2.10)
- Children are supervised when brushing their teeth. (2.13)
- After toothbrushing, brushes are rinsed thoroughly and individually under cold running water and replaced in the storage system to allow them to air dry. (2.17)

## Organisation

- Children brush their teeth daily in the toothbrushing programme. (1.2)
- All toothbrushing supervisors have received training in effective toothbrushing and infection control precautions. (1.5)
- Arrangements for consent are in place. (1.7)
- 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. (Introduction and Appendix 1: 1.10)

## Effective preventive practice

- Toothpaste, provided by the programme, containing 1,450 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)



## Infection prevention and control

- 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)
- Storage systems should be washed with household detergent (for example, dishwashing soap) and warm water, as per local cleaning protocols. (3.8)
- Storage systems, including trolleys, are washed weekly with warm soapy water and replaced if cracks, scratches or rough surfaces develop. (3.9, 3.13 and Appendix 1: 1.4 and 1.5)
- Any toothbrushes dropped onto the floor are recycled through Recycle and Smile. (3.14)

A copy of the National standards for nursery and school toothbrushing programmes is available electronically in this establishment for reference.

For further information on oral health contact your local Childsmile team or go to:

[www.childsmile.nhs.scot](http://www.childsmile.nhs.scot)

Details of local Childsmile contact: