

Model A : Toothbrushing at a Sink



Toothbrushing is a safe and effective way to prevent tooth decay.

The Toothbrushing Standards have been reviewed by Public Health Scotland, The Care Inspectorate and the Chief Dental Officer.

Cleaning Advice

- Use the storage systems provided, these allow brushes to stand in an upright position and allow sufficient distance between brushes to avoid cross-contamination.
- Use the covers provided, if the storage system does not have a cover it should be stored in a designated trolley in a clean dry cupboard.
- Storage systems should be cleaned at least once per week, more if they are dirty using warm water and household detergent.
- Any toothbrushes which fall on the floor should be recycled.



If you have any questions, contact your local Childsmile team:



Wet Toothbrushing Step by Step

1



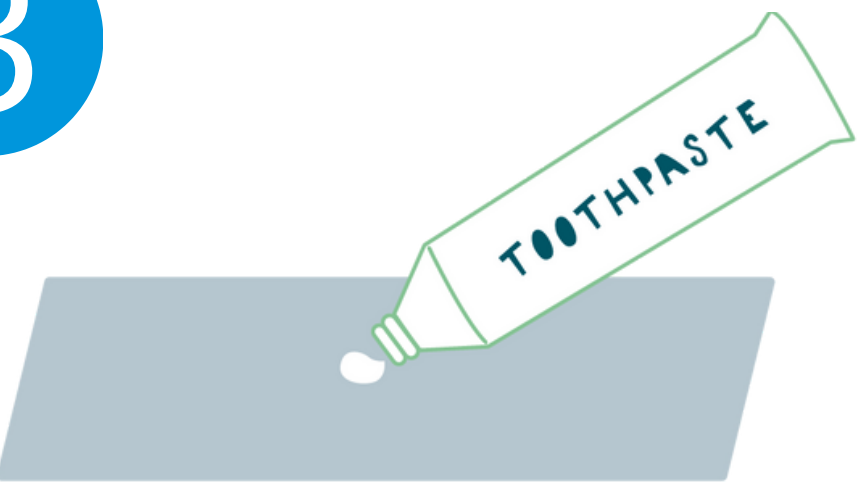
Supervisors should clean their hands with warm soapy water, before and after toothbrushing.

2




Staff supervising should cover any cuts or abrasions on the skin.

3



Dispense toothpaste onto a clean surface for each child to apply to their brush.



0-3 Years = Smear of Toothpaste
3 Years and Over = Pea Sized

4



Child collects toothbrush and applies toothpaste.

5



Child brushes their teeth.

6



Spit excess toothpaste into sink.

7




Children should rinse their toothbrushes at the sink.

8



Child should return their clean toothbrush to the rack.

9



Staff should then clean the sink area.