

## **Oral Health Improvement team**

### **Supervised tooth brushing programme for children in an early years setting**



# What is a supervised tooth brushing programme?

It is a programme to help improve young children's oral health and stop them developing tooth decay.

The tooth brushing activity will take place in the nursery or school setting they attend.

The tooth brushing activity is just the same as you would do at home.

## Why are you offering a supervised tooth brushing programme?

It is important children learn to brush their teeth at an early age to stop tooth decay.

## How will this help my child?

Research has shown that children who start tooth brushing when they are very young are less likely to develop tooth decay.

It will give your child another chance to brush their teeth each day with a fluoride toothpaste.

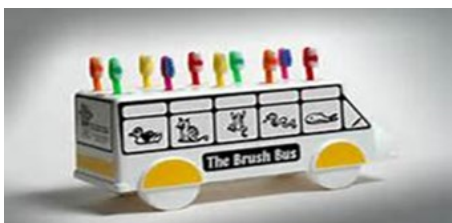
## When will the programme start?

The tooth brushing activity will start as soon as you have signed and returned the consent form.

## How does the supervised tooth brushing programme work?

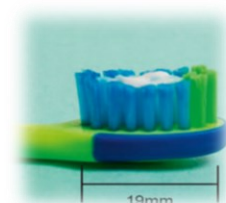
Your child will be given their own toothbrush and toothpaste.

Their toothbrush will be stored safely in a storage unit similar to one pictured below:

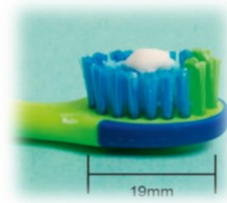


Staff will place the correct amount of toothpaste on your child's toothbrush.

A smear of toothpaste will be used for children under three years of age. A pea sized amount will be used for children over three.



A smear of toothpaste



A pea sized amount

## **What is fluoride?**

Fluoride is a naturally occurring mineral. It is used in many dental products to strengthen teeth against decay.

## **Can fluoride cause white spots on teeth?**

White spots on the teeth (fluorosis) can be caused by many things; one of these is eating or drinking too much fluoride.

The staff supervising your child will follow strict guidelines on the amount of toothpaste to use.

Your child will be taught to spit out after brushing and not to rinse, as rinsing reduces the benefits of the fluoride toothpaste.

## **Key points to remember**

This programme should not replace your child's tooth brushing routine at home.

Your child should:

- Brush their teeth before bedtime and once during the day, as well as the supervised tooth brushing programme
- Spit out after brushing and not rinse
- Be supervised when cleaning their teeth until the age of seven
- Have regular dental check-ups.

**For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.**

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