



# Little Monkeys Day Nursery & Pre School

## Tooth Brushing Procedure

The following procedure must be used to help prevent infection.

The practitioner must:

1. Clean the tooth brushing sink using anti-bacterial spray
2. Wash their hands
3. Prepare toothpaste (a pea size amount for +3yrs or a smear for -3yrs) on a paper towel
4. Assist the children to locate their toothbrush
5. Allow each child to apply the toothpaste to their toothbrush
6. Supervise children and encourage them to brush their teeth correctly
7. Encourage children to brush the inside surfaces, outside surfaces and the chewing surfaces of their teeth, and their tongue.
8. The adult should sing the tooth brushing song with the children.
9. Encourage children to spit excess toothpaste into the sink
10. Encourage children to rinse toothbrushes under cold water tap
11. Take toothbrushes to Mini Monkeys to be sterilised
12. Clean the sink using anti-bacteria spray

Try to discourage children from rinsing their mouth after spitting - this will wash away the concentrated fluoride in the remaining toothpaste, thus diluting it and reducing its preventative effects.

This procedure was adopted on:

December 2018

Signed on behalf of the nursery:

Laura Fradsham

Date for review:

December 2019