

## Useful information

- This programme should not replace your child's tooth brushing routine at home
- Brush teeth last thing at night and on one other occasion (this is in addition to the tooth brushing programme)
- Your child should spit out after brushing and not rinse
- Your child should be supervised when brushing their teeth until the age of seven/eight years
- Take your child to the dentist from an early age
- Choose milk and plain water to keep your child's teeth healthy
- Reduce the amount of sugary foods and drinks and keep them to mealtimes.

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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reviewed by Bridgewater Lay Reader Panel

## Oral Health Improvement Team

### Supervised tooth brushing programme



## Introduction

It is important that children learn to brush their teeth at an early age, as research shows that they are less likely to develop tooth decay. Tooth brushing with family fluoride toothpaste has also been shown to reduce tooth decay.

We are inviting your child to take part in the supervised tooth brushing programme which takes place at their school/nursery.

The supervised tooth brushing programme is an ideal opportunity for your child to learn how to brush to keep their teeth healthy.

During the tooth brushing programme your child will be helped to brush their teeth and will be closely supervised by school/nursery staff at all times to make sure they are doing this properly.

All staff involved in the tooth brushing programme have been appropriately trained to supervise your child and ensure it is carried out safely.

Staff will follow standards that include how to encourage your child to brush, the amount of toothpaste to be used and important cleaning routines to prevent infection.

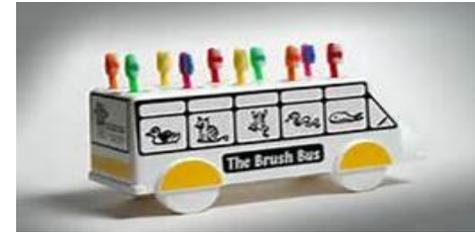
As soon as you have signed and returned the consent form your child will be able to start on the tooth brushing programme. You can withdraw your child from the programme at any time.

**It is important to understand that the tooth brushing programme does not replace your child's tooth brushing routine at home.**

## What happens if my child takes part?

The tooth brushing programme will take place once a day, at a time which is convenient for the school/nursery timetable.

Your child will be given a toothbrush which will match a picture on the toothbrush container. e.g. 'The Brush Bus'.



Staff will put the correct amount of toothpaste on your child's toothbrush; a smear will be used for children under three years and a pea-sized amount for children three years and over.

A smear



A pea-sized amount



Tooth brushing activity will be carried out for two minutes. Every effort will be made by the staff to make the tooth brushing activity fun and enjoyable for your child.

As there is no fluoride in the local public water supply the likelihood of your child getting too much fluoride is very low because staff follow strict guidelines on the amount of toothpaste to use for each child.

Your child will be encouraged to spit out after brushing if possible and not rinse, as rinsing reduces the benefits of the fluoride that helps to keep teeth strong.