



Toothbrushing Policy

Mid Annandale Playcare take part in a national programme designed to improve the oral health of children in Scotland, Childsmile. Regular daily toothbrushing with an appropriate fluoride toothpaste is highly effective in preventing dental decay. Good oral hygiene practice should be established at an early stage in a child's life and become an integral part of normal daily hygiene.

All staff read and follow the National Toothbrushing standards, and there is an abbreviated version available for parents to see. Dental support and guidance is available and our performance is monitored against the standards once a term by a member of the Childsmile team. We also have a lead person who is responsible for the toothbrushing programme within the nursery. We have appropriate arrangements for consent in place using Childsmile toothbrushing consent forms.

Mid Annandale Playcare ensure that:

- Each child, whether full or part time, only brushes once a day at M.A.P.
- Effective hand washing procedures are in place
- Children are closely supervised when brushing their teeth
- Storage systems supplied by the NHS are used, stored in a clean dry cupboard and replaced if broken.
- Children are given their own toothbrush showing a symbol, which matches a corresponding symbol on a storage system and wall chart.
- The storage systems are washed once a week with hot soapy water and the toothbrushes are replaced often (once a term or sooner if bristles become splayed).
- A pea sized amount of toothpaste will be used and is only dispensed at the time the children are ready to brush. Staff will ensure there is sufficient spacing between dispensed toothpaste to allow collection without cross-contamination.
- Children are discouraged from swallowing toothpaste during or after brushing their teeth. Discretion will be used if a child has special care needs.
- After toothbrushing, brushes are rinsed thoroughly and individually under cold running water and replaced in the storage system to allow them to air dry.
- Any toothbrushes that touch or are dropped on the floor are binned and replaced.