

# Toothbrushing at Table

*Every site is unique and instructions below may need to be modified.*

## Prepare

- ◆ Each child has their own toothbrush with **their name clearly labeled on the handle**. No sharing or borrowing is allowed.
- ◆ Children and teachers assisting with activity **wash hands before brushing** teeth. Teachers may also put on disposable gloves. (If toothbrushing occurs after meal, children do not need to rewash hands before brushing.)
- ◆ Clean, rinse and sanitize tables before toothbrushing. (If toothbrushing takes place directly after a meal, table does not need to be re-sanitized before brushing.)
- ◆ Fill a pitcher with water from a clean water source (for example, a food preparation sink or water dispenser).
- ◆ To avoid cross-contamination, **teacher dispenses dots of fluoridated toothpaste around rim of cup or plate** (as pictured).
  - Under 3 yrs old → rice-sized dot
  - 3-6 yrs old → pea-sized dot

**Replace toothbrushes every 3-4 months, or sooner if it comes in contact with another child's toothbrush or an unclean surface, or is used by a different child, or when bristles become frayed or worn out.**



## Supervise Toothbrushing

- ◆ Teacher takes child's toothbrush from rack, puts a single dot of already-dispensed toothpaste on brush from plate, then hands child their toothbrush along with a paper cup containing a small amount of clean water.
- ◆ Child begins brushing on the biting surface, then around the mouth from left-to-right and top-to-bottom. **Brushing continues for 2 minutes.** (*Exposure to fluoridated toothpaste is beneficial even with unsatisfactory brushing technique.*)
- ◆ Child takes small sip of water from paper cup and spits water and toothpaste residue back into cup.
- ◆ Child holds the toothbrush over the designated rinse container or handwashing sink and the teacher pours water from the pitcher over toothbrush to rinse it. (**Never use water from a handwashing sink to rinse toothbrush.**)



## Clean up

- ◆ Child gives toothbrush to the teacher, who puts it in the child's designated spot on drying rack.
- ◆ Child throws away the paper cup.
- ◆ Children wash their hands after brushing.
- ◆ Table is cleaned with the 3-step process (clean, rinse, disinfect).