

## **Supervised tooth brushing programme for early years settings**

Supported by the Special Care Dental Service

NHS England and NHS Improvement



# The purpose of the programme

- Tooth decay in Torbay and parts of Devon is worse than the national average
- Tooth decay affects children's ability to sleep, eat, speak, play and socialise
- Tooth decay is preventable with effective toothbrushing and dietary habits

## The aim

- To reduce children's experience of tooth decay
- Reduce the need for days off school/work and need for general anaesthetics

### **Evidence shows this can be achieved by:**

- ✓ Brushing daily in the learning environment
- ✓ Using fluoride toothpaste
- ✓ Supervision by trained staff

Your establishment has been selected by NHS England and NHS Improvement to participate in the fully funded supervised tooth brushing programme pilot, this will initially run for two years.

The programme will be managed by Torbay and South Devon NHS Foundation Trust's Special Care Dental Service.

# Demonstration of supervised toothbrushing

To view a supervised toothbrushing session visit 'You tube' and search for 'School/Nursery Toothbrushing Demonstration- Dental Buddy'

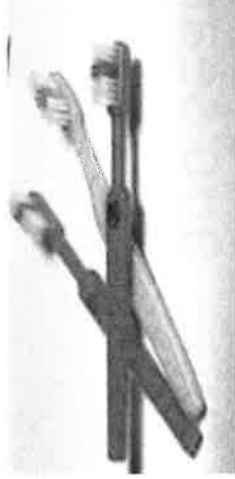


<https://youtu.be/PZIAutCGbb4>

# Equipment



The brush bus with healthy snack symbols and name stickers comes with a lid to protect brushes.



**Toothbrushes** have corresponding symbols to buses

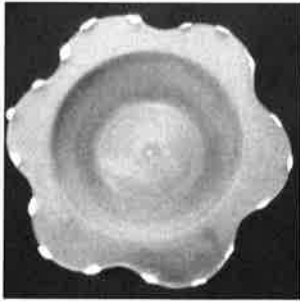
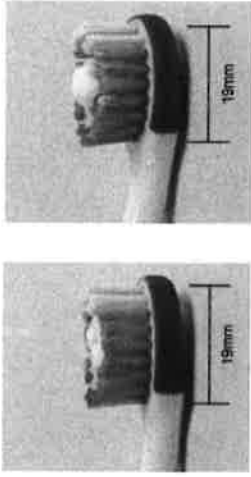


**Toothpaste** is specially formulated for supervised toothbrushing programmes with 1450ppmf (amount of fluoride)

# Toothbrushing

Smear for under 3 years old

Pea size for over 3 years old



Toothpaste is dispensed by supervisor to avoid contamination



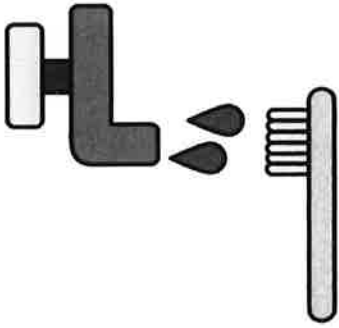
2 minutes of brushing is supervised by trained adult



spit

Spit don't rinse with water

# After Brushing



Toothbrushes to be rinsed individually



Brushes returned to correct bus & slot  
If brushes are dropped they should be replaced

Brush buses and supplies should be stored in a suitable location (not accessible to the children)

# Cleaning Procedures



Supervisors should hand wash before & after brushing.

Sinks should be cleaned after each brushing session.



Wearing gloves buses should be cleaned once a week with a mild detergent (no bleach products).

At no point should the brushes touch each other.

# Consent and auditing

Torbay and South Devon   
NHS Foundation Trust

## Supervised Tooth Brushing Consent Form



Once after the initial training we email you to complete a short survey



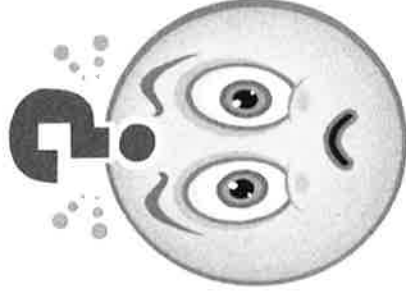
Once a term the quality assurance checklist is completed by supervisor at nursery/school. Then a feedback form is also completed (by a short survey link)



Parental feedback is obtained at the end of the spring term by a survey link provided for parents



# Questions?



For example . . . .

How do we clean the toothbrushes?

Is rinsing the toothbrushes enough?

What to do if toothpaste has hardened on bristles?

How do we clean the Brush Bus?

Should brushes be drained or wiped before going back in the trolley?

# Contact us



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**Supervised Tooth Brushing Program**

**Special Care Dental Service**

**Brunel Dental Centre & Castle Circus Health Centre**

**Main reception 01803 217777 (please leave a message if lines are busy)**

**Best contact please email us: [tsdft.stbinfo@nhs.net](mailto:tsdft.stbinfo@nhs.net)**