

Tooth Brushing

POLICY:

Classrooms will have supervised tooth brushing daily.

This policy relates to [Head Start Performance Standards 45 CFR Part 1302.43](#)

PROCEDURE:

1. Each child will have his/her own toothbrush labeled with his/her name.
2. Toothbrushes will be stored with the head of each brush upright in an appropriate toothbrush holder, not touching.
3. Toothbrushes and toothbrush holders will be kept clean and sanitary.
4. Toothbrushes must be kept out of the reach of children in a place where contamination will not occur. They should not be kept inside a bathroom or near a sink where children could splash water on them.
5. When toothbrushes become worn, they are discarded and replaced (approximately every 3 months).
6. Classroom schedules should be developed so children will be able to brush their teeth within 1 hour after breakfast.
7. Only toothpaste with fluoride is to be used.
8. To eliminate contamination when one large tube of paste is used, place a small dab (pea size) of the paste on the inside of the child's rinsing cup just prior to the child brushing. The child will use his/her toothbrush to scoop the paste off the cup onto their toothbrush. This will avoid transferring germs from one child's brush to another.
9. Teachers will provide group activities that allow for children to learn proper brushing techniques.