

Tips for a healthy smile

- Brush teeth at least twice a day.
- Limit sugary foods and drinks to meal times.
- Use a fluoride toothpaste. For children under 3 use a smear of paste of at least 1000ppm fluoride. For children over 3 use a pea sized amount of 1350 – 1500ppm fluoride (ppm stands for parts per million).
- Visit your dentist regularly.



County Durham and Darlington **NHS**

NHS Foundation Trust



Office for Health
Improvement
& Disparities

Tooth Brushing

in Preschools and Schools



Why are preschools and schools taking part in the tooth brushing programme?

Preschools and schools are involved in the supervised tooth brushing programme to encourage children to develop good skills and dental routines.

Does this replace brushing at home?

No, children still need to brush twice a day at home. Tooth brushing in preschools/schools should be in addition to tooth brushing at home. Brushing last thing at night is the most important time.

How does the programme work?

The Storage

The children are supervised to brush their teeth on a daily basis. Free tooth brushes and paste are provided for each child and replaced regularly. Toothbrushes have their own symbol and are stored in a holder which prevents them from touching other brushes.



The Tooth brushing activity

A small amount of paste (either smear or pea depending on age) is applied to each brush separately. Staff use a 2 minute timer or song whilst children are brushing to make sure children brush all their teeth. Children are encouraged to spit out excess toothpaste. At the end of the activity toothbrushes are rinsed separately and then put back in the holder.

