



Teeth Cleaning

Date: December 2025

Review: December 2026

Policy intention

This policy is in place to promote good oral health. It is well recognised that oral health is an important part of general health and wellbeing. Finch Nest Preschool is in support of this and delivers the tooth brushing programme.

Our lunch time routine includes brushing teeth after the meal is finished. When each child joins our preschool, they are encouraged to take part with their friends after lunch. All toothbrushes, toothpaste and other equipment required for teeth cleaning are supplied by Finch Nest Preschool. In addition, we are committed to ensuring that our menus limit unnecessary added sugar.

We follow the Public Health England- Improving Oral Health Toolkit.

Method

All staff are given appropriate training and cross infection procedures are followed. A consent letter is given to the parent/carer, informing them of the programme and asking them for permission for their child to take part. Written consents need to be obtained before the child can take part in the programme. Consents can be withdrawn at any time by the Parent/Carer.

Procedure for tooth brushing

- Practitioners will wash their hands and put gloves on before the session and wash their hands after the session.
- Children will always be always supervised.
- Toothpaste is to be applied by a designated practitioner.
- If the same tube of toothpaste is used then toothpaste will be applied on a clean napkin then placed on the child's brush, ensuring there is no cross contamination.
- Children aged 0-3 years use only a smear of fluoride toothpaste and children aged 3 years and older use a pea sized amount of fluoride toothpaste, between 1350-1500 parts per million fluoride.
- Practitioners should encourage each child to brush all accessible tooth surfaces, to the best of the child's ability.
- If the child is uncooperative we will not force them and try another day. If it persists we will inform the parent or carer.
- After brushing, each toothbrush is individually rinsed thoroughly under cold running water and bristles shaken to remove excess water.
- The toothbrush is stored correctly in a toothbrush storage system to avoid cross contamination.
- The storage system is cleaned at least once a week, more if soiled, using warm water and household detergent.
- Toothbrushes are replaced termly or at first signs of damage.

We follow Public Health England infection prevention and control.

Storage and cleaning of the brushes and toothbrush storage system

Toothbrushes can become contaminated with bacteria, blood, saliva, and oral debris.

- Toothbrushes will not be shared or left in contact with each other.
- Toothbrushes will be stored in the toothbrush storage system that is provided in an up-right position, allowing the bristles to dry.
- A permanent marker is used on the handle of the brushes to write the child's name and initials are written on the tooth brush storage system to avoid cross contamination.
- Toothbrushes are cleaned individually with cold water and bristles shaken to remove excess water after every use. The toothbrush should then be placed back in the correct holder to avoid cross contamination.
- If the toothbrush storage system becomes cracked or damaged, it will need changing immediately.
- Any toothbrushes dropped on the floor will be discarded.
- The toothbrush storage system will be stored out of reach of the children in a designated area in a dry, clean cupboard.
- The designated staff are responsible for the cleaning of the sink after use and disposing of all tissue and paper towels.
- Anti-bacterial liquid soap and gloves will be made available for hand hygiene.