



Introduction

It is the policy of Godshill Primary School to actively promote high standards of oral health by actively encouraging tooth friendly eating and good habits of personal and oral hygiene. This forms part of the EYFS framework and curriculum offered by Godshill Primary School.

Food and Snacks

- Snacks will be varied and all children encouraged (never forced) to try new foods
- Generally children are provided with tooth friendly snacks (i.e. foods with low sugar content) Foods with high sugar content will be provided on a very limited basis (i.e. Special occasion)
- All foods served in the nursery will be provided or supervised by nursery staff in accordance with this Oral Health Policy Drinks Milk and water only will be offered to the children as a drink with their snack or at other times throughout the day.
- If juice/squash is served to the children as an activity such as a food tasting activity or maths measuring activity this will be diluted 1 part juice to 10 parts water.
- No fizzy drinks will be served in the nursery at any time.
- Sweets and chocolates will not be used as a reward for good behaviour but may on occasions be used as a gift or as part of a planned activity such as a treasure hunt or on special occasions such as exploring festivals or birthday traditions.

Tooth brushing

At Home

- Parents/ Guardians will be encouraged to continue regular brushing at home (i.e. holiday brushing charts) Parents and guardians can access information about tooth brushing or oral health from nursery staff.
- Parents and guardians will be encouraged to read and feedback on oral health policy and classroom practice
- The policy will be available online through the Godshill Primary School website and discussed in parent/staff meetings.

At School

- Children Oral health will be included in the curriculum and in any learning opportunities where appropriate
- Staff will arrange visits from the dentist/ oral health professionals regularly (at least once a year).
- Dental health will feature as a theme prior to or after these visits, (e.g. dentist's corner, stories, songs, etc)
- Good oral hygiene will be promoted at all times.



CHALLENGE ACHIEVE RESPECT ENJOY

- After a visit from a dental practitioner the children will have tooth brushing embedded into their daily routine (permission will be taken from parents/carers)

Effective Preventive Practice Rationale:

- Toothbrushing is carried out to maximise effectiveness and compliance by integrating into normal settings and home routines.
- Each child, whether full-time or part-time, brushes once a day as part of the supervised toothbrushing programme. In addition, parents and carers are encouraged to brush with their child at home.
- Toothbrushing takes place at a time which is most suitable for each setting.
- Toothbrushing takes place in groups or individually with children seated or standing.
- The supervised toothbrushing programme uses one of two models outlined
- Children are closely supervised when brushing their teeth.
- Toothpaste containing 1,350 – 1,500 ppm (parts per million fluoride) is used.
- Specific non-foaming toothpastes can be used for children with swallowing difficulties.
- Toothpaste is dispensed by a supervisor.



A smear of toothpaste is used for children under three



A pea-sized amount for children aged three to six years

- Children should be discouraged from swallowing toothpaste during or after brushing their teeth.
- Toothpaste is not reapplied if swallowed.
- After brushing, children spit out residual toothpaste and don't rinse.
- A small headed toothbrush with medium texture bristles is recommended.
- Toothbrushes are replaced termly or as soon as they appear damaged, the bristles are splayed, or if the toothbrush has fallen on the floor.
- For those who need assistance with tooth brushing, toothbrushes are available with adaptations.



Dry method

1. The supervisor should wash their hands before and after the tooth brushing session and cover any cuts, abrasions or breaks in the skin with a waterproof dressing to prevent cross infection.
2. The children under supervision collect their toothbrushes from the storage system. Discretion should be used if a child has additional support needs.
3. Toothpaste is dispensed by the supervisor following the appropriate methods as described above.
4. Children may be seated or standing while tooth brushing takes place.
5. After tooth brushing is completed, children should spit excess toothpaste into a disposable tissue, disposable paper towel or a disposable cup.
6. Tissues/paper towels must be disposed of immediately after use in a refuse bag.
7. Toothbrushes can either be: returned to the storage system by each child and taken to an identified sink area by the supervisor, who is responsible for rinsing each toothbrush individually under cold running water rinsed at a identified sink area where each child is responsible for rinsing their own toothbrush under cold running water
8. Toothbrushes should be rinsed straight away. The toothpaste should not be allowed to dry on the brush.
9. After rinsing of the toothbrushes is complete, the child or the supervisor is responsible for shaking off excess water into the sink. Toothbrushes should not come into contact with the sink or tap.
10. Each child, under supervision, is responsible for returning their own toothbrush to the storage system to air dry. Discretion should be used if a child has additional support needs. Storage system lids should be replaced at this stage provided that there is sufficient air circulation.
11. Paper towels should be used to mop up all visible drips on the storage system.
12. Supervisors are responsible for cleaning sinks with neutral detergent or wipes after toothbrushing is completed.



Sink method

- The supervisor should wash their hands before and after the tooth brushing session and cover any cuts, abrasions or breaks in the skin with a waterproof dressing to prevent cross infection.
- The children under supervision are responsible for collecting their toothbrush from the storage system. Discretion should be used if a child has additional support needs.
- Toothpaste is dispensed following the appropriate methods see above.
- Tooth brushing takes place at the identified sink area. Children should be closely supervised and encouraged to spit excess toothpaste into the sink.
- Tissues/paper towels must be disposed of immediately in a refuse bag.
- Toothbrushes can either be: returned to the storage system by each child and taken to an identified sink area by the supervisor, who is responsible for rinsing each toothbrush individually under cold running water rinsed at an identified sink area where each child is responsible for rinsing their own toothbrush under cold running water
- Toothbrushes should be rinsed straight away. The toothpaste should not be allowed to dry on the brush.
- After rinsing of the toothbrushes is complete, the child or the supervisor is responsible for shaking off excess water into the sink. Toothbrushes should not come into contact with the sink or tap.
- Each child under supervision or the supervisor is responsible for returning their own toothbrush to the storage system to air dry. Discretion should be used if a child has additional support needs. Lids (covers) should be replaced at this stage provided that there is sufficient air circulation.
- Paper towels should be used to mop up all visible drips on the storage system.
- Supervisors are responsible for cleaning sinks with neutral detergent or wipes after tooth brushing is completed.



Infection Prevention and Control Rationale:

Toothbrushes are a possible source of cross infection. Good hygiene practice should be an essential part of childcare in nursery and school settings. Toothbrush storage systems comply with best practice in the prevention of cross-contamination.

- Supervisors should wash their hands before and after the session and cover any cuts, abrasions or breaks in their skin with a waterproof dressing before commencing a tooth brushing session.
- When a toothpaste tube is shared, the toothpaste must not be dispensed directly onto the toothbrushes. Supervisors should dispense the toothpaste onto a clean surface such as a plate or paper towel.
- There must be sufficient spacing between the quantities of dispensed toothpaste to allow transfer to each child's brush without cross-contamination.
- Toothbrushes are individually identifiable enabling each child to be able to recognise their own brush.
- After tooth brushing, brushes are rinsed thoroughly and individually under cold running water and replaced in the storage system to allow them to air dry. Toothbrushes should not be washed together in the sink and should not touch the taps or sink when being rinsed.
- Toothbrushes must not be soaked in bleach or other cleaner/disinfectant.
- Toothbrushes which are dropped on the floor should be discarded.
- Toothbrushes are stored in appropriate storage systems or individual ventilated holders which enable brushes to stand in the upright position ensuring that toothbrushes are not in contact to avoid cross contamination.
- Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.
- Storage systems should allow air-flow around the toothbrush heads to enable the toothbrushes to dry. Covers should only be used once brushes have dried or if they allow sufficient ventilation to allow drying.
- Storage systems are stored within a designated toothbrush storage trolley or in a clean, dry cupboard. Storage systems in toilet areas must have manufacturers' covers which allow the free flow of air, be stored at adult height or in a suitable toothbrush storage trolley.
- Dedicated household gloves should be worn when cleaning storage systems and sinks. After tooth brushing, sinks should be cleaned with neutral detergent or wipes.
- Storage systems, trolleys and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) by staff using warm water and household detergent. Manufacturers' guidelines are followed when cleaning and maintaining storage systems including dishwasher cleaning where appropriate.



Godshill

Primary School

Oral Hygiene Policy

Early Years Foundation Stage

CHALLENGE ACHIEVE RESPECT ENJOY

- The storage system should not be placed directly beside where tooth brushing takes place or beside the toilet area to avoid contamination via aerosol spread.
- Storage systems are replaced if cracks, scratches or rough surfaces develop.