

Wonder House Early Learning Centre Tooth Brushing Program “The Big Brush “

At Wonder House ELC, we prioritise establishing early and effective oral hygiene habits in children. Recognising the importance of dental care, we have innovatively integrated a tooth brushing routine into our daily schedule.

Tooth Brushing Routine: Each day, children participate in a supervised tooth brushing session. This routine is designed to be engaging and educational, fostering positive dental habits from a young age. We provide all necessary dental hygiene supplies, including age-appropriate toothbrushes and fluoride toothpaste, ensuring compliance with dental health standards.

- **Preventive Care:** Brushing can help remove plaque and bacteria, reducing the risk of acid attacks on teeth during mealtime.
- **Educational Opportunity:** This routine serves as an educational moment, teaching children about the importance of oral hygiene in relation to eating.
- **Habit Formation:** Establishing a routine of brushing can instill lifelong dental care habits.

Parental Engagement and Consent: Detailed information and consent forms are provided to parents upon enrolment. These include an overview of our tooth brushing routine and the significance of early dental care. Consent is mandatory for participation and can be withdrawn anytime.

Brushing Methodology:

- **Staff Training:** Staff are trained in oral hygiene and cross-contamination prevention.
- **Supervised Brushing:** Children are monitored to ensure proper technique and comfort.
- **Toothpaste Application:** A sterile method is used to apply toothpaste to brushes, preventing cross-contamination.
- **Age-Appropriate Guidelines:** Adhering to Department of Health recommendations for toothpaste quantity.
- **Focus on Technique:** Emphasis on effective plaque removal and gentle care of gums.
- **Procedure for tooth brushing** Children should be always supervised. Toothpaste is to be applied by a designated supervisor. If the same tube of toothpaste is to be used then toothpaste should be applied on a clean napkin then placed on the child’s brush, ensuring there is enough space between the quantities of dispensed toothpaste to allow collection without cross contamination. Children aged 0-3 years use only a smear amount of family fluoride toothpaste, between 1000-1450ppmf. (Dept of Health, 2007) Children aged 3 years and older use a pea sized amount of family fluoride toothpaste, between 1000-1450ppmf. (Dept of Health, 2007) Supervisors should encourage each child to brush all accessible tooth surfaces, to the best of child’s ability. ‘The precise technique is less important than the result, which is the effective removal of plaque without causing damage to the teeth and gums.’ (Levine & Stillman-Lowe, 2004) Encourage children to spit out after tooth brushing and discourage rinsing, as this will wash away the topical benefits of fluoride. ‘Care should be taken to ensure that younger children do not eat toothpaste directly from the tube or swallow excessive amounts from the toothbrush.’ (Levine & Stillman-Lowe, 2004). If the child is uncooperative then don’t force them, try another day. If it persists inform the parent or guardian and a note made on the child’s records. After brushing, each toothbrush is to be individually rinsed thoroughly under hot running water and bristles shook to remove excess water, then stored correctly

Hygiene and Maintenance:

- **Toothbrush Hygiene:** Brushes are rinsed and stored hygienically after each use.
- **Respecting Comfort Levels:** Children are encouraged but never forced to participate.

Supporting Dental Health Education:

- **Home Care:** Families are encouraged to maintain proper oral care routines at home.

- **Dietary Guidance:** Advice on healthy eating habits and sugar intake is provided.
- **Regular Dental Check-Ups:** Annual dental visits are recommended for all children.

Policy Review and Adaptation: Our policies are rigorously reviewed every three years or sooner if required, ensuring alignment with the latest pediatric dental health research and practices.

For more information on our dental health, please visit : www.wonderhousenursery.com

Endorsements: This initiative is endorsed by leading dental health organisations, underscoring our dedication to the highest standards of child care and oral hygiene.

Dr
Darko Ilioski
Director
Wonder House ELC