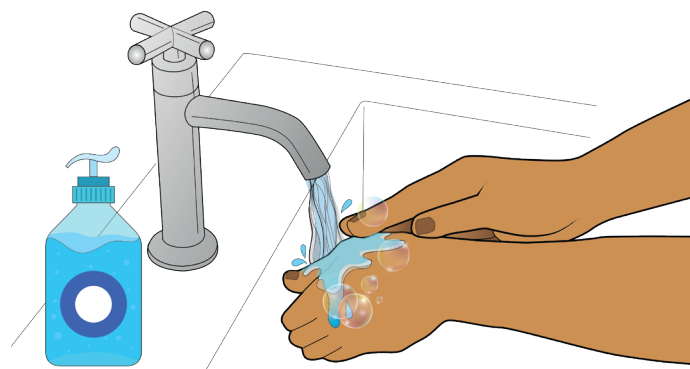


Toothbrushing



GIG
CYMRU
NHS
WALES

STEP 1



Everyone wash their hands before and after toothbrushing.

STEP 2



Supervisors dispense toothpaste for each child to put on their brush.

STEP 3

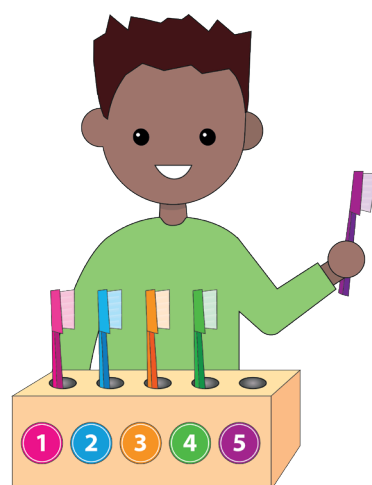


Children under 3 should have a smear of 1000ppmF paste.

Children over 3 should have a pea-sized amount of 1450ppmF paste.



STEP 4



Each child collects their own toothbrush from the storage rack.

STEP 5



Children scoop the paste onto their dry brush. Brush for 2 minutes!

STEP 6



Wipe excess paste away with the paper towel.

STEP 7



Dispose of paper towel in a lined, lidded bin.

STEP 8



Brushes should be individually rinsed under cold running water.

STEP 9



Staff are responsible for cleaning the sinks and equipment.