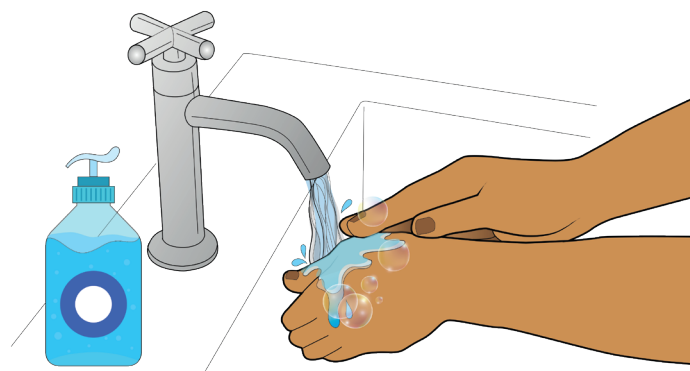


# Toothbrushing



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

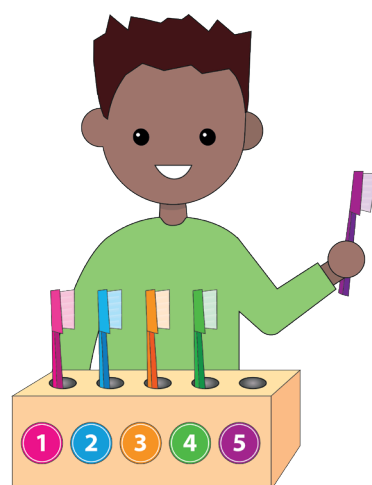


Children under 3 should have a smear of 1000ppmF paste.

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.