No Water Toothbrushing in Your Child Care Program

Build good oral health habits and reduce the risk of cavities by ending meal or snack time with this simple toothbrushing routine. *This method does not require spitting into a sink or rinsing with water.*

**GATHER**
- Small paper cups
- Fluoride toothpaste
- Soft bristle child-sized toothbrush labeled with the child’s name
- Paper towels

**SET UP**
- Seat children in chairs at a table.
- Set a cup, the child’s toothbrush, and a paper towel at each child’s place.
- Place a dab of fluoride toothpaste (pea sized for children ages 3 years and up, rice grain sized for toddlers) on the rim of each child’s cup.

**BRUSH**
- Children pick up the dab of toothpaste with their toothbrush.
- Encourage children to brush making small circles or using a back and forth motion.
- Encourage children to brush all tooth surfaces and tongue gently and thoroughly.

**CLEAN UP**
- Children spit any extra toothpaste into their cups. No rinsing is needed.
- Children wipe their mouths with their paper towels, and place the paper towels in their cups.
- Children put their toothbrushes in their cups.

**STORE**
- Wear gloves to rinse each of the toothbrushes separately with running water. Throw away the paper cup and paper towel.
- Place toothbrushes upright in a holder with at least two inches of space between slots so that toothbrushes do not touch each other. Remove gloves. Wash hands.

*Note: Label each child’s toothbrush with their name. Replace toothbrushes every three months or sooner if bristles are frayed, used by a sick child, or dropped on the floor.*