

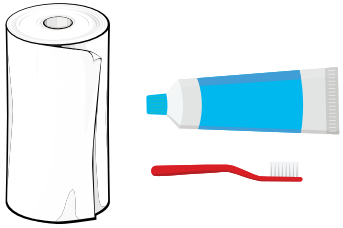


**STOP
DENTAL
DISEASE**

TOOTHBRUSHING

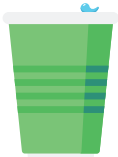
No Water Toothbrushing in Your Child Care Program

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.

