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Tooth Brushing Program

Introduction

One of the best ways for children to keep their teeth and mouths healthy is at day care or school. The goal of a daily tooth brushing program is to reduce dental disease, and promote good oral habits that will last a lifetime.

Daily tooth brushing will benefit children by teaching that healthy teeth and gums are essential for proper chewing, speech and appearance. This will lead to improved diet, self-esteem and overall health.

This document was prepared by:

Jude Lewis, Territorial Dental Coordinator

Ashley White, Dental Consultant

Leslie Leafloor, Early Childhood Development Manager

Section One

Day cares and schools that participate in this program will have a daily supervised tooth brushing activity that teaches good oral hygiene and prevents the transfer of harmful bacteria between children, toothbrushes and toothpaste.

All day cares and schools should have a designated lead person responsible for the supervision of the daily tooth brushing program. Dental support and guidance is available through Dental Programs and Services, a division of the Department of Health and Social Services.

Dental supplies required per child:

- One labeled toothbrush
- One labeled tube of fluoride toothpaste {for children age three and up}
- Children under the age of three should use toothpaste without fluoride, or brush their teeth with water
- One labeled cup

Toothpaste and toothbrushes will be provided by Dental Programs Department. Please complete the attached Dental Supplies Requisition Form (see Appendix B) to request the number of toothbrushes required for your facility. The toothbrushes will be replaced every three months.

The cup should be provided by the day care, school or child. Should you wish to use paper cups for your tooth brushing program, you must supply the cups at the cost of your facility.

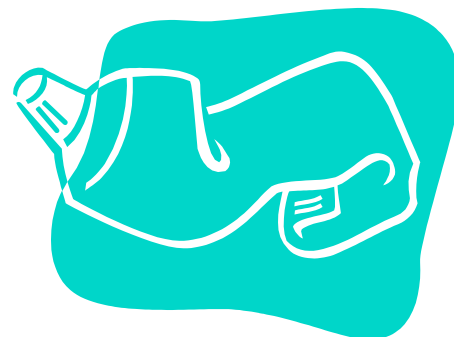
Facilities will need a clean, dry place to store supplies when not in use. The storage system for toothbrushes should allow for sufficient distance between toothbrushes to avoid the spread of harmful bacteria. It should also enable brushes to stand upright when positioned.



Section Two- Toothpaste

Fluoride toothpaste strengthens teeth and helps to prevent cavities.

- Infants **under the age of one** should have their gums gently wiped with a moist gauze or soft cloth. The gauze or wash cloth must be used **ONLY** for mouth care and not shared with other children.
- Use a soft tooth brush when a baby gets his/her first teeth.
- Children **under the age of three** should have their teeth brushed by an adult with non fluoride toothpaste unless parents can be sure that the children can spit out the fluoridated tooth paste.
- Children **over the age of three** should brush with a smear (pea sized amount) of fluoride toothpaste.
- Children require assistance brushing their teeth until they are able to write their own name.



Section Three- Tooth Brushing Steps

Choose a consistent time, daily, to run the brushing program, such as after snack or lunch.

- Leader and children wash hands.
- Leader or children get the toothbrushes,
- Leader gets toothpaste and cups that are stored in a cupboard out of children's reach.
- Leader distributes two tissues or paper towel to each participant.
 - Toothpaste is dispensed by the leader onto a paper towel, for children **over the age of three**. If children over the age of three have their own individual toothpaste, they can dispense their own toothpaste under the supervision of the leader, to ensure they are using an appropriate amount of toothpaste.
 - Toothpaste is not to be shared between children.
 - Have the children seated at their desks or around tables, as this allows for better observation of tooth brushing techniques, than standing by a sink.
 - Instruct and encourage children not to swallow or eat toothpaste.
- A proper tooth brushing takes two minutes to complete. Use a watch, egg timer or special song to motivate children to brush their teeth for the appropriate amount of time (see Appendix B for examples).
- After tooth brushing, instruct children to carefully spit into their cup and wipe their mouth with the tissue or paper towel.



- Dispose of the tissues or paper towels immediately into the garbage.
- Children over the age of three are responsible for rinsing their own toothbrushes and cups at the sink individually under the supervision of the program leader.
- After all the toothbrushes and cups are rinsed, ensure they are dried with the second paper towel or tissue. Dispose of the second tissue or paper towel in the garbage once the toothbrushes and cups are rinsed.
- Place toothbrushes on wall rack or storage container. Toothbrushes must not touch each other to avoid the transfer of harmful bacteria.
- Place cups and toothpaste in a cupboard out of children's reach. If children have their own individual toothpaste, store the toothpaste in the appropriate cup.
- Children re-wash hands.
- Leader wears rubber gloves to disinfect sink.
- Leader re-washes hands.



IMPORTANT!

- Tooth brushing should always be supervised by the program leader.
- The leader should always brush with the children to model and monitor the above guidelines.
- **Do not** share toothbrushes under **ANY** circumstances.
- Throw away toothbrushes if they come into contact with another toothbrush, or if they fall on the floor.
- Replace a toothbrush if a child has been sick with a cold or flu.
- Children under the age of three should **NOT** use toothpaste with fluoride.

Section Four - Storage and Cleaning

- Each child will have his/her own labeled toothbrush. Toothbrushes will be kept out of reach of children when not in use.
- Each daycare/school will be provided with new toothbrushes three to four times a year, depending on length of the program/school year.
- To avoid the spread of harmful bacteria, the program leader and children should thoroughly wash their hands before and after handling any of the tooth brushing supplies.
- Toothbrushes, cups and individual toothpaste are **not** to be shared
- Disinfect the sink daily after all toothbrushes and cups have been rinsed at the end of brushing.

- Have children or leader return toothbrushes to the rack or storage system after each brushing so that no toothbrush touches anyone else's toothbrush.
- Toothpaste and cups should be kept in a cupboard out of reach of children. The cups should not to be used for any other purpose but for the daily tooth brushing program. Should you wish to use paper cups for your tooth brushing program, they will not be provided by Dental Programs and Services.
- Do not cover wet toothbrushes, or store them in a closed container. This can promote bacterial growth, which can be harmful.
- Dishwashers and microwaves should **not** be used to disinfect brushes as this can damage them.
- If a toothbrush becomes contaminated through contact with another brush, or used by another child, **it should be thrown away immediately and replaced.**
- If a child has had a cold, or the flu, the toothbrush should be thrown away and replaced.
- Toothbrushes becoming worn out sooner than three to four months may indicate that the child is using too much pressure when brushing. Encourage children to use less pressure if you observe this behavior.
- Wear rubber gloves when cleaning storage systems and sinks.
- Clean, rinse and dry storage systems and storage areas at least once a week (or more frequently if the area is dirty) using warm water and a general purpose neutral detergent.
- Ensure that toothbrushes do not come into contact with one another when being removed or replaced in storage systems. Throw out any toothbrushes that are dropped during this process.
- Do not keep storage systems **next to a sink or in a bathroom** where toothbrush and cup rinsing takes place to prevent the spread of harmful bacteria.
- Replace storage systems that are cracked or broken as rough surfaces rough can encourage the growth of bacteria.



If you have any questions or concerns about your daily tooth brushing program, please contact the Regional Dental Coordinator. Thank you for your participation in improving the oral health of the children who attend your day care and school.

Contact information by region:

Baffin Region	(867)979-7650
Kivalliq Region	(867)645-4801
Kitikmeot Region	(867)983-4080

Appendix A



Dental Supplies Requisition Form

Request Date: ___ / ___ / ___ Requested by: _____

Facility Address: _____

Item	Type	Qty
Toothbrush - Child	6 toothbrushes/box	
	Stage 1 (4 - 24 months)	
	Stage 2 (2 - 4 years)	
	Stage 3 (5 - 7 years)	
	Stage 4 (Older Children)	
Toothbrush - Adult	12 toothbrushes/box	
Toothpaste - Adult and Child	20 mL (36 tubes/box)	
	85 mL (24 tubes/box)	
	130 mL (24 tubes/box)	

Please use the space below for extra items you would like to request:

Please fax completed forms to **Baffin (867) 979-1646, Kivalliq(867) 645-4802, Kitikmeot (867)983-4063.**

Office Use Only	
Date Received : ___ / ___ / ___ MM DD YY	Date Sent : ___ / ___ / ___ MM DD YY

Appendix B

Sample Tooth Brushing Technique



Start with the top of your teeth (chewing surfaces) using simple back and forth movements. Brush the top right side first, then the top left side, the bottom right side, and finally the bottom left side. Start at the back and brush slowly towards the front of the mouth.



Make small circles on the front surfaces of the back teeth with the brush with your mouth slightly open. Once again, start at the back and brush slowly towards the front. To brush the front teeth, close your mouth. This makes it easier to make small circles with your toothbrush.



Clean the back of your teeth by putting the toothbrush in an upright position and moving from the gums to the tooth.

Note: This is one way to brush your teeth properly, but there are many suitable brushing techniques. Please use what works best for your facility.

Appendix C

Sample Tooth Brushing Song Lyrics

Are your teeth clean and white?

(To the tune of "Do Your Ears Hang Low")

Are your teeth clean and white?
Do you brush them left and right?
Do you brush them in the morning?
Do you brush them every night?
Do you brush them up and down?
Do you brush them round and round?
Are your teeth clean and white?

Do you floss between your teeth
Removing food from places tight?
Do you floss them in the morning?
Do you floss them every night?
Do you floss them in the front?
Do you floss them in the back?
Do you floss them right?

Oh When my Teeth Come Marching In

(To the tune of "Oh when the saints go marching in")

Oh when my teeth come marching in
Oh when my teeth come marching in
I'm gonna brush and floss and rinse
Oh when my teeth come marching in

Oh when the plaque goes marching out
Oh when the plaque goes marching out
I'm going to sing, and laugh and be proud
Oh when the plaque goes marching out.

Brushing Teeth

(To the tune of "Twinkle, Twinkle, Little Star")

Here's my toothpaste
Here's my brush
I won't hurry, I won't rush.
Working hard to keep teeth clean
Front and back and in between
When I brush for quite a while
I will have a happy smile.

Brush Brush your Teeth

(To the tune of "Row, Row, Row your Boat")

Brush, brush, brush your teeth
Brush them every day.
We put toothpaste on our brush
To help stop tooth decay

Floss, floss, floss your teeth.
Floss them every day!
Using the string to clean between
Keeps the plaque away!

Clean, clean, clean your teeth.
Clean them every day!
Your teeth will sparkle for years to come
In the most beautiful way!

Brush, brush, brush your teeth.
Brush them every day!
Happy, healthy teeth you'll have
If it's done this way.

Sparkle, Sparkle Little Teeth

(To the tune of "Twinkle, Twinkle Little Star")

Sparkle, sparkle little teeth,
Some above and some beneath.
Brush them after every meal.
Clean and fresh they'll always feel.
Sparkle, sparkle little teeth,
Some above and some beneath.

Floss them, floss them, in between.
Cavities will not be seen.
See your dentist twice a year.
Your teeth will shine from ear to ear.
Floss them, floss them, in between.
Cavities will not be seen.

Snacking, snacking, it's okay.
But do it in the proper way.
Eat raw veggies, fruit and cheese.
They will make your mouth say please.
Snacking, snacking, it's okay.
But do it in the proper way.

Brush, Brush, Brush your Teeth

(To the tune of "Row, Row, Row your Boat")

Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning,
cleaning,
Fighting tooth decay.

Floss, floss, floss your teeth
Gently around your gums.
Merrily, merrily, merrily, merrily,
Flossing can be fun.

Rinse, rinse, rinse your teeth.
Keep them clean and bright.
They'll be healthy, they'll be strong
If you treat them right.

Wiggle- Jiggle Tooth

(To the tune of "Old Macdonald")

In my mouth I have some teeth
E- i-e-i-o
And in my mouth I put my brush
E- i-e-i-o
With a wiggle-jiggle here, and a wiggle
jiggle there,
Here a wiggle, there a jiggle
Everywhere a wiggle-jiggle
In my mouth I'll keep my teeth
E- i-e-i-o





#1 Wash hands



#2 Get tooth brush, tooth paste and cup



#3 Use tooth paste properly



#4 Brush teeth (2 minutes)



#5 Clean up and wash hands

