

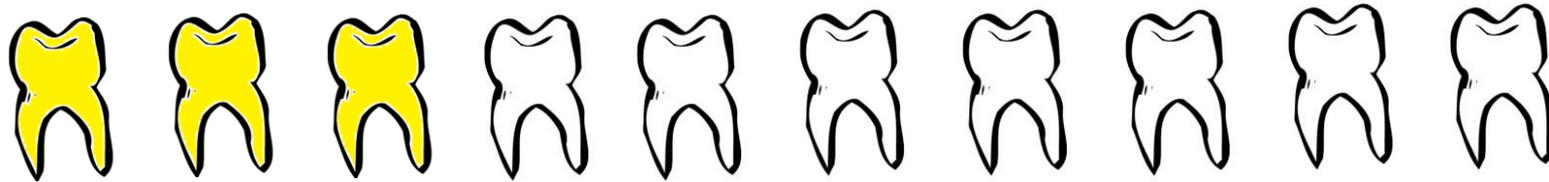
Tooth brushing pilot



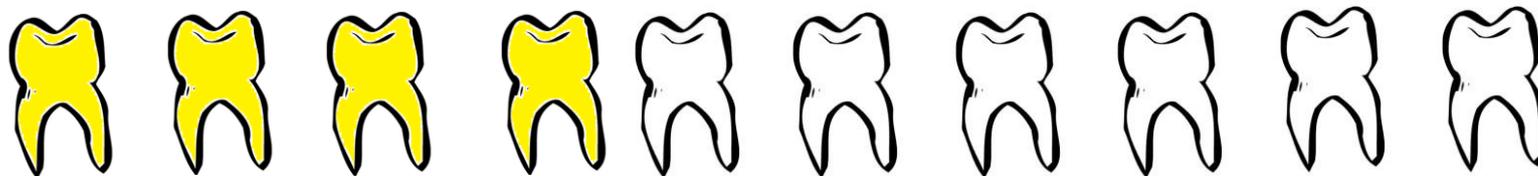
Background

- * Oral health is part of general health and wellbeing and contributes to the development of a healthy child and school readiness
- * Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable
- * 1 in 4 five-year olds suffer from tooth decay
- * Dental problems are the most common reasons for children under five to undergo general anesthetic

Proportion of 5 year olds in Bristol with dental decay
(similar to England average)



Proportion of 12 year olds in Bristol with dental decay
(worse than England average)



**Each child with tooth decay will have on average 3 to 4
teeth affected**

Risk Factors for Poor Oral Health

- * Low exposure to fluoride (in mains water, toothpaste and fluoride varnish)
- * Frequency of toothbrushing
- * Access to dental care
- * High sugar consumption



Why does decay matter in pre-school children?

- * Habits are formed in early years
- * It Hurts. If you have toothache it affects concentration and, therefore, learning
- * It can affect speech if teeth are removed
- * Permanent teeth are more likely to come into the wrong place if milk teeth are removed
- * Too many children are having general anaesthetic for a preventable disease

Children's Teeth

- * 20 Deciduous or Baby Teeth
- * Start to erupt between 4 & 6 months
- * Usually all through by 2½ – 3 years of age

- * Children do not have the **manual dexterity** to brush their teeth properly until **7 or 8**
- * Supervise or check regularly
- * Last thing at night is most important



When should you brush your teeth?

DO

Brush your teeth carefully last thing at night and at least one other time during the day, with a fluoride toothpaste.



DONT

Don't have sugary or acidic foods or drinks too often.



Do you brush your teeth straight after breakfast?

DO

Brush your teeth until at least one hour after eating. This will give enough time to the enamel on your teeth to recover.



DONT

Don't brush your teeth straight after eating or drinking foods because tiny particles of tooth enamel will be brushed away.



The plan

- * Permission letter and surveys will be sent to families before and after the trial period
- * Toothbrushes and paste will be provided to the settings for the trial period
- * Supervised tooth brushing will begin for 2, 3, and 4-year olds
- * Each child will brush their teeth once a day within the setting for 2 minutes using the proper technique
- * Suggest dental registration is included in info pack for parents (to be provided and sent out after permission slips received)



* Childsmile Tooth brushing Programme Film

Infection Control

- * Supervisors should wash their hands before and after the session and cover any cuts, abrasions or breaks in their skin with a waterproof dressing before commencing a toothbrushing session.
- * 3.2 When a toothpaste tube is shared, the toothpaste must not be dispensed directly onto the toothbrushes. Supervisors should dispense the toothpaste onto a clean surface such as a plate or paper towel.
- * 3.3 There must be sufficient spacing between the quantities of dispensed toothpaste to allow transfer to each child's brush without cross-contamination.
- * 3.4 Toothbrushes are individually identifiable enabling each child to be able to recognise their own brush.
- * 3.5 After toothbrushing, brushes are rinsed thoroughly and individually under cold running water and replaced in the storage system to allow them to air dry. Toothbrushes should not be washed together in the sink and should not touch the taps or sink when being rinsed.
- * 3.6 Toothbrushes must not be soaked in bleach or other cleaner/disinfectant.
- * 3.7 Toothbrushes which are dropped on the floor should be discarded.
- * 3.8 Toothbrushes are stored in appropriate storage systems or individual ventilated holders which enable brushes to stand in the upright position ensuring that toothbrushes are not in contact to avoid cross contamination.
- * 3.9 Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.

Infection Control

3.10 Storage systems should allow air-flow around the toothbrush heads to enable the toothbrushes to dry. Covers should only be used once brushes have dried or if they allow sufficient ventilation to allow drying.

- * 3.11 Storage systems are stored within a designated toothbrush storage trolley or in a clean, dry cupboard. Storage systems in toilet areas must have manufacturers' covers which allow the free flow of air, be stored at adult height or in a suitable toothbrush storage trolley.
- * 3.12 Dedicated household gloves should be worn when cleaning storage systems and sinks. After toothbrushing, sinks should be cleaned with neutral detergent or wipes.
- * 3.13 Storage systems, trolleys and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) by staff using warm water and household detergent. Manufacturers' guidelines are followed when cleaning and maintaining storage systems including dishwasher cleaning where appropriate.
- * 3.14 The storage system should not be placed directly beside where toothbrushing takes place or beside the toilet area to avoid contamination via aerosol spread.
- * 3.15 Storage systems are replaced if cracks, scratches or rough surfaces develop.

Toothpaste and Brushes

Under 3 years of age

A smear of toothpaste containing a **minimum 1000 parts per million (ppm) fluoride**



Over 3 years of age

A pea sized amount of toothpaste containing **1350-1500 parts per million (ppm) fluoride**



- Do not reapply if paste is swallowed
- Apply to a dry brush

We are using 1450ppm toothpaste for all children

How to dry brush

- * No water needed.
- * Place the head of the toothbrush against the teeth, tilting the bristle tips to a 45 degree angle against the gum line.
- * Move the brush in small circular movements, several times, on all the surfaces of every tooth
- * Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gum line.
- * To clean the inside surfaces of the front teeth, tilt the brush vertically and make several small circular strokes with the front part of the brush.
- * Spit out after brushing and do not rinse, so that the fluoride stays on the teeth longer.

Practical Exercise

- * Wash hands
- * Dispense toothpaste onto paper towel
- * Collect correct amount of toothpaste onto toothbrush
- * Demo dry brushing technique on large mouth/puppet

- * Toothbrushing books & story pack
- * Toothbrushing songs!

Setting to discuss:

- * Logistics e.g. time of day for brushing
- * Lead person for tooth brushing
- * Weekly cleaning of brushes
- * Start and completion dates
- * Distribution of letters/information to families
- * Collation of consent forms and survey responses

Information for families

All families will be given the following:

Before the trial

- * Letter with consent slip about how tooth brushing will be carried out in the setting (must have these back before you start brushing, must be kept by setting and children without permission must be known to all staff as per allergy management etc.)

Once trial has started

- * Info pack suggesting dental registration
- * Leaflet on dental health for young children
- * Information sheet about dry brushing technique and songs that the children will be learning with you
- * Termly themes e.g. Oral Health Snack Guidance; Sugar Smart;
- * Holiday brushing charts & stickers

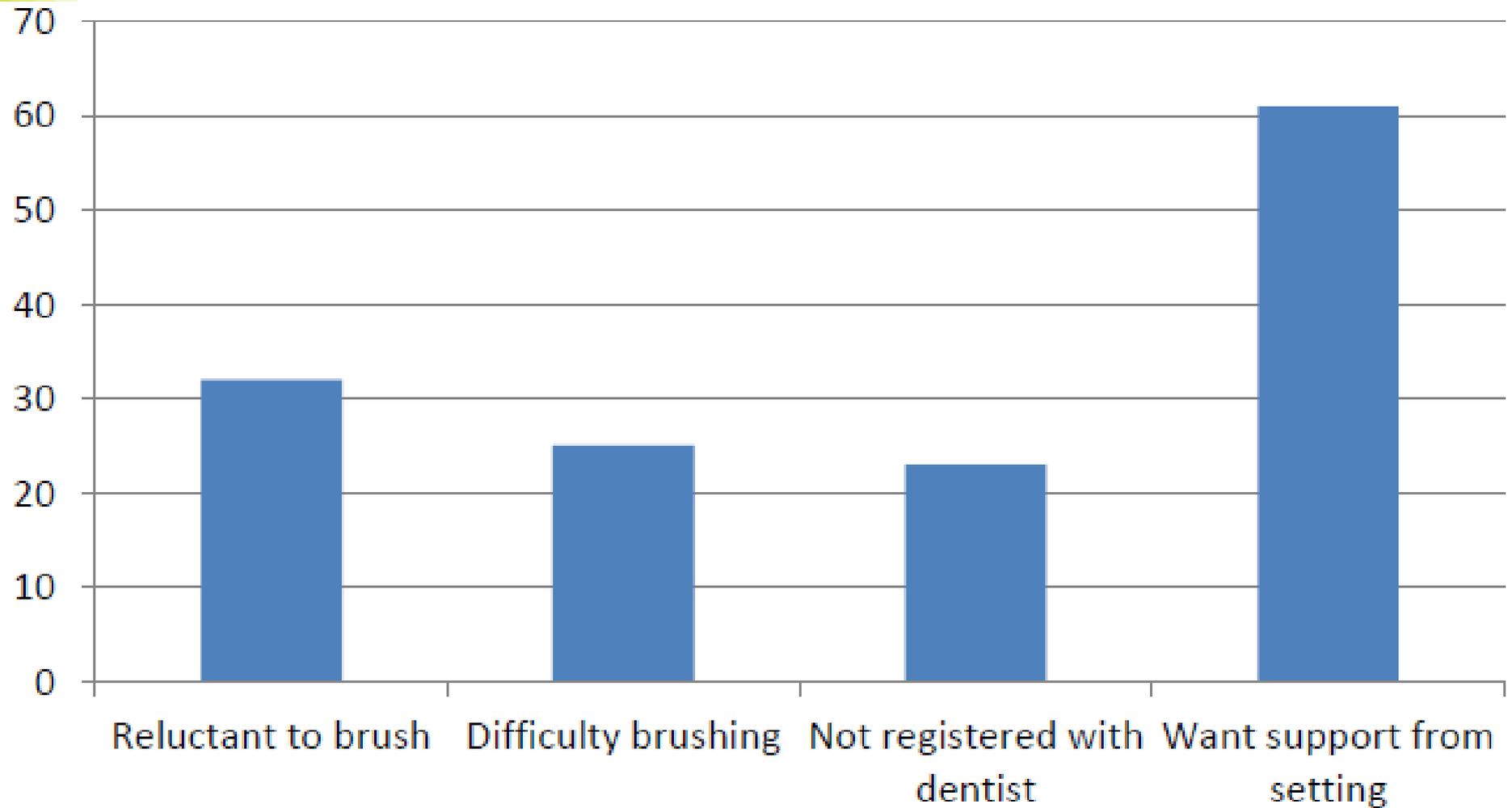
After the trial period

- * Information about continuing brushing

Impact of other trials

- * Positive feedback from families
- * Increase in families who have registered their child with a dental surgery **and** made an appointment
- * Regular tooth brushing routine established both at nursery and at home
- * Children's improved understanding of oral hygiene
- * Staff knowledge linked to improved oral health
- * Strong basis for parental engagement
- * Community involvement
- * Links to healthy eating and lifestyle

Parents Survey



Feedback from families

- * One parent reported she is no longer stressed about her child cleaning his teeth because he is doing it at nursery*
 - * Families report that their children are teaching the family how to brush their teeth
 - * Families report their children are a lot less reluctant to brush teeth at home because of input at nursery
 - * “My child disliked brushing his teeth, now he loves it. I am a very happy mummy”
 - * Families proud to share with Ofsted inspectors
 - * High parental uptake
 - * Increase in parents who have registered their child with a dental surgery and made an appointment
 - * Children are more willing and excited to brush teeth at home
- *Mindful that families don't see this as a replacement to tooth brushing at home**

What we have learnt from others

- * Despite concerns it's actually not a lot of work
- * Clever storage solutions help with limited space
- * No water needed so can be done anywhere
- * Simple training input to increase adults knowledge on technique, paste, brushes
- * Able to support families at home with the above
- * Children are willing to be involved in brushing at nursery with friends
- * Fit around daily routines & linked to EYFS
- * Able to make it fun and use various resources to support the messages – books, songs, puppets etc.

Links with EYFS

- * PSED – Independence, self-motivation, self-confidence, collaboration, positive self-image
- * Physical Development – motor skills, self care
- * Mathematical Development – sense of time, one to one correspondence, counting, problem solving, sequencing
- * Literacy – Reinforcing name recognition
- * Enjoyment of songs and having fun!
- * Introducing toothbrushing into baby rooms as an exploratory activity
- * Equal benefits of circle brushing and mirror brushing

Key Messages

- * Start toothbrushing when first teeth appear or when child starts weaning, whichever comes first
- * Use correct amount of fluoride toothpaste(1000ppm 0-3, 1450ppm from 3)
- * Correct amount of paste
- * Spit only, dry brush
- * 2 min brushing TWICE a day (especially last thing at night and at least one other time during the day)
- * Register child with dental surgery and visit at around 1 year old. Regularly attend appointments every 6 months
- * Give milk or water only to drink – especially between meals
- * Foods (and drinks) containing sugar should be kept to a minimum and are best given at mealtimes
- * <https://campaignresources.phe.gov.uk/resources/campaigns/69-top-tips-for-teeth/resources>

Contacts

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