

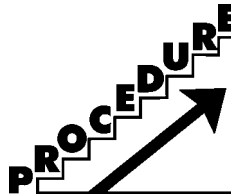
## **ORAL CARE FOR CHILDREN POLICY**



### **POLICY**

All children over the age of 2 will brush their teeth after lunch.

All children over the age of 2 will “Sip, Swish and Swallow” after breakfast, snack and dinner.



### **TOOTH BRUSHING AFTER LUNCH:**

1. Wash your hands and have child wash their hands.
2. Put on gloves.
3. Remove each individually labeled toothbrush from the container.
4. Place a pea-sized dab of tooth paste on each toothbrush.

**NOTE!** This facility will only use soft tooth brushes that are recommended for children by the American Dental Association.

**NOTE!** When using one tube of toothpaste for the group, place a pea-sized dab of toothpaste on a popsicle stick and then on the toothbrush. Make sure to use one popsicle stick per toothbrush.

5. Throw the popsicle stick in the trash can after smearing each individual toothbrush.
6. Hand the toothbrush to the child.
7. Supervise the children as they brush their teeth.

### **HOW TO BRUSH:**

1. Use gentle circular motion.
2. Hold toothbrush at an angle against the gumline.
3. Brush the tongue from side to side.
4. Spit the toothpaste out.
5. Rinse with water from individual paper cup.



Continued

8. Have child hand the toothbrush back.
9. Hand child paper towel to wipe mouth and hands and have child throw away towel.
10. Rinse toothbrush and pat dry with a new paper towel.
11. Throw away paper towel.
12. Place toothbrush in individual toothbrush holder with bristles up to air dry.
13. Remove gloves and throw them away.
14. Wash your hands.

\_\_\_\_\_ will wash and sanitize storage containers and  
staff title/name  
trays used to store toothbrushes daily. See *Cleaning and Sanitizing Policy*  
page K11.

**RINSING AFTER BREAKFAST, SNACKS AND DINNER:**

1. Wash your hands and have children wash their hands.
2. Give each child a disposable cup half full of water.
3. Supervise children as they “Sip, Swish and Swallow”.

**How To SIP, SWISH and SWALLOW**

- a. Take a sip of water.
- b. Swish water around in mouth.
- c. Swallow water or spit into sink.



4. Have child throw cup away.
5. Hand child a paper towel to wipe mouth and hands and have child throw away towel.
6. Wash your hands.