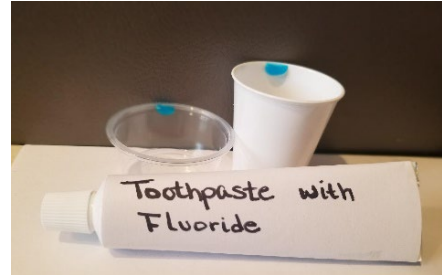


# Toothbrushing at the Table

## Step 1: Gather Supplies

- A pitcher filled with water from a water dispenser or food prep sink, **not from a handwashing sink**
- Gloves for the teacher handling toothbrushes
- A child-sized toothbrush for each child with their name written on the handle
- Toothpaste with fluoride
- Small disposable paper or plastic cup for each child
- Paper towels



## Step 2: Prepare and Prevent the Spread of Germs

- Teacher cleans, rinses, and **sanitizes** tables before toothbrushing (see note below).
- Children and teachers **wash hands before brushing** teeth.
- Teacher puts age-appropriate sized dots of fluoridated toothpaste around the rim of each cup.
- Teacher gives each child a cup with toothpaste on it and a paper towel.
- Teacher puts on gloves before handing each child their toothbrush from the drying rack.

**Note:** If brushing teeth directly after a meal, the table does not need to be re-sanitized and children do not need to re-wash their hands before toothbrushing begins.

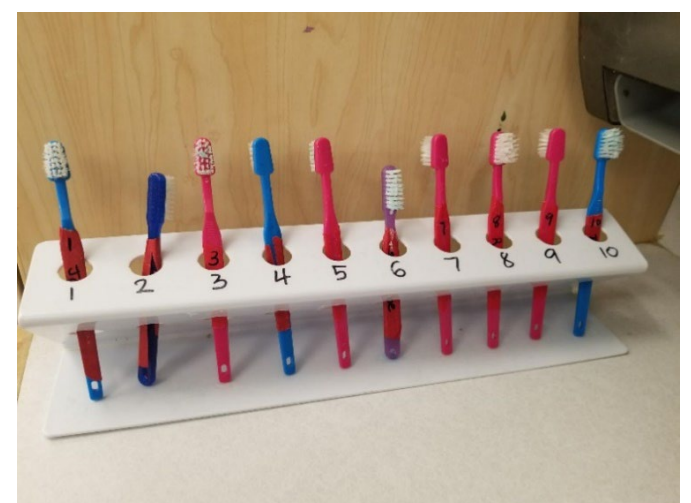
## Step 3: Brush Teeth as a Group Activity

- Children use the toothbrush to scoop up the dot of toothpaste from the cup.
- Children brush using small circular motions on all sides of the teeth – the inner, outer, and biting surfaces. Remind children to brush their tongue. Teacher can use a timer or sing a song to encourage **brushing for 2 minutes**.
- Children spit any extra toothpaste into the cup. No rinsing is needed. This allows fluoride from the toothpaste to stay on the teeth and provide added protection against bacteria.
- Children can use the paper towel to wipe their faces if needed.

**Tip:** Having the teacher sit at the table and brush teeth with children is a great way to model this activity.

## Step 4: Clean Up and Store Toothbrushes

- Each child gives their toothbrush to the teacher and throws away their cup and paper towel.
- Children **wash hands after brushing**.
- Using water from the pitcher, teacher rinses each toothbrush over a handwashing sink. **Never use water from a handwashing sink to rinse toothbrushes.**
- Teacher puts toothbrush in the child's space on the drying rack (see note below).
- Teacher cleans, rinses, and **sanitizes** the tables then washes their hands.



**Note:** Store toothbrushes upright in a drying rack with slots at least 2 inches apart so brushes do not touch while they are drying. Both the toothbrushes and the drying rack slots should be labeled with a number so the toothbrush is always stored in the same slot. Replace toothbrushes every 3-4 months, or sooner if needed.