



Did you know?

According to the National Health and Safety Standards:

- Studies have shown that oral health care improves with education for both children and adults.
- Oral care should begin when the first tooth emerges.
- A dental home should be established within 6 months of the first tooth emerging.
- Studies have shown that there is no significant change in oral health if infants' gums are wiped with gauze.

How Much Toothpaste?

For children under the age of 2, an amount the size of a grain of rice is enough.

For children over the age of 2, an amount the size of a pea is enough.

Something to think about:

If your classroom doesn't have a sink that is easy accessible, children can rinse and spit into a cup. If children have brushed their teeth before arrival, rinsing with water after eating is an acceptable alternative.

Points to consider:

Tooth brushing ability varies by age. Generally, until a child reaches the age of 6, they will not have acquired the skills to thoroughly brush all areas and will need adult assistance.

Adult assistance improves the removal of decay causing plaque.

Sipping liquids other than water between feedings or meals encourages tooth decay.

All children with teeth benefit from regular oral health care education.

Putting an infant's pacifier or bottle nipple into an adult's mouth to clean them puts the infant at risk of coming into contact with any **bacteria** present in the adult's mouth.

If possible, all children should have the opportunity to brush their teeth **at least once** during the day.

The most effective time for teeth brushing is **after a meal**.

If brushing teeth in your setting is not possible:

- During circle time talk about the importance of tooth brushing.
- Demonstrate proper technique.
- Make a "tooth brushing chart," Have children place a sticker for each day they remembered to brush their teeth before coming to school and/or going to bed.
- Put up posters or children's art promoting tooth brushing.
- Write articles for your newsletter that promotes good oral hygiene.