

Health and Wellbeing

Tooth brushing Club Policy

Background

30% of 5-year-olds in Barnsley have experience of tooth decay, with each of these children having around 4 teeth affected. This is worse than for most 5-year-olds in England. Poor oral health can cause pain and infection which can affect sleeping, eating, speaking, playing and socialising with other children.

Every time we eat sugary food and drink, bacteria in dental plaque produce acid which attacks the teeth. If we eat or drink sugary foods frequently throughout the day these acid attacks can lead to holes developing in the teeth - tooth decay.

Tooth decay can be prevented by tooth brushing with a toothpaste containing fluoride. Fluoride strengthens teeth and makes them more resistant to the acid attacks.

Early years providers have a responsibility to promote the health of children in their setting, as set out in the Early Years Foundation Stage Strategic Framework. Good oral health can form a part of this.

Supervised Tooth brushing Programs

Family centres provide a supportive environment where children can take part in a supervised tooth brushing programme. Tooth brushing clubs can help to teach children to brush their teeth with fluoride toothpaste from a young age and encourage brushing at home.

Purpose of the Policy

The purpose of the policy is to ensure the tooth brushing club is being delivered according to best practice as outlined in guidance written by Public Health England (2016) called *Improving Oral Health: A toolkit to support commissioning of supervised tooth brushing programmes in early years and school settings*. This document has been used to write the *Barnsley **Toothbrushing Club Toolkit*** which is a guide for setting up and running tooth brushing clubs in early years settings in Barnsley

Aim

Provide a daily supervised tooth brushing club which is evidence-based with clear accountability and reporting arrangements

Objectives

Detailed information about the tooth brushing club may be found in the Barnsley ***Toothbrushing Club Toolkit***

In summary:

- Every child will be provided with their own toothbrush which will be kept in a covered storage unit to keep it clean, and replaced every term (or sooner if needed).
- The toothbrushes will display symbols on them (pictures and names) which correspond to those on the storage system.
- Each child will brush once a day as part of the supervised tooth brushing club using fluoride toothpaste containing 1350-1500ppm fluoride. Children under 3 years old have a smear of toothpaste applied to their brush and children over 3 have a pea-sized amount applied.
- The tooth brushing club will follow the correct infection prevention and control procedures as described in the Barnsley ***Toothbrushing Club Toolkit*** as toothbrushes are a possible source of cross infection.
- The equipment will be checked regularly, and stored and looked after appropriately as described in the Barnsley ***Toothbrushing Club Toolkit***
- The quality of the tooth brushing club will be monitored through a quality assurance assessment carried out by staff in the Family Centre once a term, and by the BMBC Healthy Lifestyles Coordinator who manages the tooth brushing programme once a year.

What parents should do:

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- Read the information letter about the tooth brushing club and give consent by completing a consent form so their child can be part of the tooth brushing club.
- Support their child to prevent tooth decay by continuing to brush their child's teeth at least twice a day with fluoride toothpaste at home. For maximum prevention of tooth decay for children aged 0-6 years, use toothpastes containing 1350-1500 ppm fluoride; a smear-sized amount for under 3's and a pea-sized amount for 3-6 year olds.
- Support their child to prevent tooth decay by reducing sugar in the diet.
- Reduce the amount and frequency of having foods and drinks that contain sugar, and only give sweet foods including dried fruit at mealtimes.
- Avoid squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks
- Limit the amount of fruit juice and/or smoothies the child drinks to a maximum of 150 mls (one portion) per day, and drink it with meals to reduce the risk of tooth decay.
- Ask for sugar-free medicines
- Take their child to the dentist regularly from when their first tooth comes through. NHS dental care is free for children. All children aged 3-16 can have fluoride varnish painted on their teeth by the dentist at least twice a year to strengthen teeth and prevent decay.

What we will do:

- Follow the Barnsley ***Toothbrushing Club Toolkit*** which describes: setting up a tooth brushing club; effective preventive practice; infection, prevention and control; carrying out the tooth brushing club; how to order resources; and how to seek advice
- Ensure there is a named tooth brushing club lead in the Family Centre
- Complete and sign an agreement outlining responsibilities for the Family Centre and the Barnsley Metropolitan Borough Council (BMBC) Healthy Lifestyles Coordinator who manages the tooth brushing programme.

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- Ensure that all staff involved with the tooth brushing club have read and understood the Barnsley ***Toothbrushing Club Toolkit***
- Ensure all staff supervising the tooth brushing club have completed the e-learning (Tooth brushing Club 2017) and on-site training.
- Ensure that all training is recorded and monitored, and that any new starters are trained.
- Provide parents/carers with information about the tooth brushing club and gain written consent for children to take part.
- Ensure permission/consent forms are kept by the setting in the child's personal file and staff are aware of those children not taking part
- Ensure the toothbrush club follows the correct infection prevention and control procedures described in the Barnsley Tooth brushing Club Toolkit as toothbrushes are a possible source of cross infection.
- Ensure equipment is checked regularly, and stored and looked after appropriately as described in the Barnsley ***Toothbrushing Club Toolkit***
- Ensure quality assurance assessments are carried out by staff in the Family Centre once every term, using the checklist in the Barnsley ***Toothbrushing Club toolkit***.
- Undergo a quality assurance assessment by the BMBC Healthy Lifestyles Co-ordinator once a year.