

He Aratohu mō te Paraihe Niho -Toothbrushing Guidelines



For ECE/schools to start their own daily toothbrushing programme

Toothbrushing at ECE/school supports consistent oraka niho - oral health messages and practises at kāinga - home. Good oral hygiene practices should be established at an early stage in a child's life and become an integral part of normal daily hygiene. For the toothbrushing programme to be successful all kaiako and whānau involved need to support the programme.

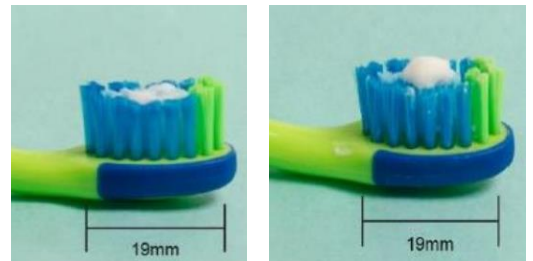
Fluoride Toothpaste

Regular daily paraihe niho - toothbrushing with a fluoride toothpaste twice a day is highly effective in preventing tooth decay.

Use of fluoride toothpaste at an ECE/school includes:

- Use fluoride toothpaste as recommended by the [Ministry of Health](#).
- A smear of toothpaste is used for all tamariki 5 years and under and a pea-size for over 6 years. (Image 1)
- Where toothpaste is shared, kaiako or a pakeke – adult should put it onto a clean surface such as a plate or tray. (Image 2)
- There is enough spacing between the quantities of toothpaste to allow kaiako/pakeke to put it on the toothbrushes without cross-contamination.
- Toothpaste must only be given out at the time tamariki are ready to brush.
- Closely supervise tamariki who have their own tubes of toothpaste to use.

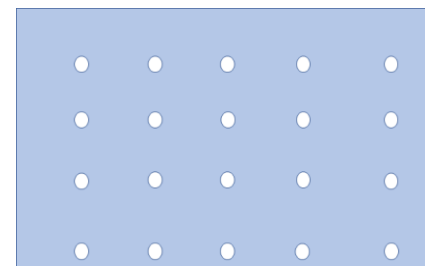
Image 1: Amount of toothpaste



Smear

Pea-size

Image 2: Toothpaste on tray/plate

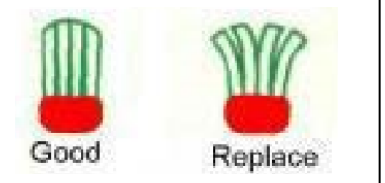


Paraihe Niho - Toothbrushes

The size and shape of a toothbrush is important for brushing a child's niho - teeth correctly. A small, soft toothbrush is recommended.

- Toothbrushes are the right size for the age and ability of tamariki.
- Toothbrushes are replaced every 6 months, or sooner if required (for example, when the bristles become splayed, Image 3).
- Toothbrushes are individually identifiable (numbered) for tamariki. Clear nail polish can be used to ensure marker doesn't rub off.

Image 3: Replacing toothbrushes



Storage system for Toothbrushes

Toothbrushes are a potential source of infection. Storage systems need to prevent cross-contamination.

Toothbrushes need to be stored in appropriate storage systems.

- Toothbrushes should stand in the upright position or in individual ventilated holders/racks.
- Storage systems should allow sufficient distance (i.e. at least 2.5cm) between toothbrushes to avoid cross-contamination.



- Storage systems should display symbols or numbers that match with those on the toothbrush, so they can easily identify their toothbrush.
- Storage systems which do not have covers are stored within a specific container or in a clean, dry cupboard.
- Do not store toothbrushes in toilet areas, store away from tamariki, at adult height or in a suitable trolley.

Toothbrushing process

- Toothbrushing takes place at a time which is most suitable for each setting.
- Kaiako/pakeke wash or sanitise hands thoroughly at the beginning and end of every toothbrushing session and as often as necessary during sessions.
- Kaiako/pakeke should cover any cuts, abrasions or breaks in their skin with a waterproof dressing.
- Tamariki are supervised when brushing their niho. It may be helpful to have a mirror in front of tamariki when brushing.
- Kaiako/pakeke dispenses toothpaste for each tamaiti onto a dishwasher-safe plate/tray or paper plate.
- Kaiako/pakeke gets toothbrush from the toothbrush rack for the tamariki
- Kaiako/pakeke picks up the toothpaste off the plate/tray with the toothbrush
- Tamariki 'dry brush' their niho (i.e. brushing without water)
- After brushing is completed, tamariki carefully spit excess toothpaste/bubbles into a sink or spits/wipes mouth with a paper towel. The mouth should not be rinsed after brushing to allow some of the fluoride to remain in contact with niho.
- After toothbrushing, tamariki rinse their toothbrush thoroughly under cold running water, shakes the brush gently and gives it to the kaiako/pakeke, who puts it back into the toothbrushing rack in the appropriate slot to be air dried.
- Once the toothbrushes are air dried, the toothbrush racks are moved into a covered container or a clean, dry cupboard.
- The sink area and plates/trays used for dispensing toothpastes are washed daily with soap/detergent after each session.



Cleaning and Prevention and Control of Infection

Appropriate cleaning procedures are in place to ensure that cross-contamination is reduced:

- Storage systems, containers, trays and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) by kaiako/pakeke using warm water and soap/detergent.
- Care is taken to make sure toothbrushes do not cross-contaminate when being removed from or replaced in storage systems. While racks are being cleaned, toothbrushes are placed on a larger, clean tray or paper towels and spaced at least 2.5cm apart. Replace toothbrushes back into the clean rack and into their correct numbered slot.
- To avoid cross-contamination from saliva while toothbrushing, the storage system should not be placed directly beside the tamariki while they brush their niho.
- Storage systems are replaced if cracks, scratches or rough surfaces develop.
- Any toothbrushes dropped onto the floor are thrown out and replaced.
- Toothbrushes must not be soaked in bleach, other cleaner/disinfectant or placed in boiling water
- Tubes of toothpaste can be cleaned with a damp tissue or a clean cloth.

Ensure tamariki are enrolled with the Community Dental Service **0800 TINY TEETH** (846 983) and getting their niho checked every year www.cdhb.health.nz/cd.

For further information on toothbrushing and oraka niho, please visit:
www.health.govt.nz/your-health/healthy-living/teeth-and-gums
www.wavesouthcanterbury.co.nz/health-topics/oraka-niho-oral-health
www.healthysmiles.org.nz

