

Springwell Child Care

Health and Hygiene

Teeth Brushing Programme

Springwell Childcare offers a teeth brushing programme to children who's childcare session runs over meal times.

Following professional oral hygiene advice:

- Children are encouraged to brush their teeth half an hour after eating a main meal.
- A routine of 'brush and spit' with a pea size amount of toothpaste is encouraged in order for fluoride to remain working within the mouth.
- Children are encouraged to brush their own teeth with adult support.
- Parents provide their child with their own toothbrush, which is stored in an airtight container, and a fluoride toothpaste.
- Children's toothbrush and toothpaste are brought to Springwell Childcare and taken home after each session in the child's personal bag.

Parents are advised to sterilise their child's toothbrush on a weekly basis.