

Toothbrushing Policy

At **Brentwood Day Nursery**, we encourage good oral hygiene habits as part of our daily routine. We provide children with the opportunity to brush their teeth at nursery under safe and supervised conditions. We have an Oral Hygiene Officer (displayed on the team board)

How it works

- Toothbrushing is offered for children aged 2–5 years, typically after snacks or meals.
- Children use **individual toothbrushes** (replaced termly or before if necessary) and age-appropriate **fluoride toothpaste**.
- Staff **supervise** brushing to ensure it is done safely and effectively, but children are not forced to brush.
- Toothbrushes are rinsed and stored hygienically after use.

Parental Consent

- We **must have written consent** from parents/carers before a child can participate in the toothbrushing routine.
- Parents will be informed about the toothpaste used and the brushing routine.
- Parents can **opt out** of toothbrushing for their child/ren at any time.

Hygiene and Safety

- Staff wash hands before and after assisting with toothbrushing.
- Children are encouraged to **spit out toothpaste** and not swallow it.

Toothbrushes are stored upright and kept separate from others to maintain hygiene.

Toothbrushing at nursery is part of our commitment to promoting **healthy habits** and supporting children to develop lifelong oral care skills.

Signed on behalf of the nursery
<i>RL Austin</i>