



## **Dunnottar Nursery**

### **Oral Health Policy**

#### **Policy Statement**

As part of our Health & Wellbeing curriculum that promotes independence, self-care skills and a balanced diet. All factors that contribute to our children learning about what a healthy lifestyle is and what that looks like to them as part of their daily life. We work in partnership with Childsmile (NHS healthcare department) who provide support, resources and visits to our nursery to educate our children to maintain high levels of oral health.

*Health and Social Care Standards My support, My life 2017, Scottish Government.*  
As part of being registered with the Care Inspectorate, we must comply with this document and illustrate the standards within our nursery.

1.28 I am supported to make informed lifestyle choices affecting my health and wellbeing, and I am helped to use relevant screening and healthcare services.

#### **Aims**

To promote oral health and how a balanced diet can contribute to this.

To work in partnership with other organisations to ensure that staff are knowledgeable and that our children receive the professional services of health care providers.

To support children to become independent with their personal care.

*Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy. Rich countries should help poorer countries achieve this.*  
(United Nations Conventions on the Rights of the Child - Article 24)

### **Procedure (general information)**

- As part of the induction process the parent/carer will be given information on the Toothbrushing scheme. Children will be automatically enrolled for toothbrushing in nursery unless parent/carer state otherwise.
- Toothbrushes are replaced once a term, or sooner if required (for example, when the bristles become splayed, if the toothbrush falls on the floor or becomes contaminated)
- Toothbrushes are individually identifiable for each child.
- Toothbrushes are stored in appropriate storage systems.
- Storage systems (buses) have covers and will be stored beside the toothbrushing sink for the duration of the toothbrushing session.
- Storage systems, trolleys and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) using detergent and disinfectant as per our enhanced cleaning schedule for Covid-19.
- Staff will follow the toothbrushing guidelines set out by Childsmile. These have been updated to account for enhanced infection prevention and control measures due to Covid-19.
- The toothbrushing procedure (created from Childsmile guidance) is displayed at the toothbrushing sink. The procedure follows the updated Covid-19 advice from Childsmile.

### **Procedure (toothbrushing process)**

1. Adult to wash hands and then put on a disposable apron, gloves, IIR medical grade mask and goggles. All cuts, abrasions and breaks in the skin will be covered with a waterproof dressing before toothbrushing and cleaning is undertaken.
2. Adult to clean the toothbrushing sink and immediate area using detergent and disinfectant.
3. Adult to remove and dispose of gloves used for cleaning. Adult will then wash their hands with soap and warm water for at least 20 seconds, and thoroughly dry them before putting on a clean pair of disposable gloves.
4. Adult will collect the toothbrushing bus from the storage unit and place beside the toothbrushing sink/area. Lid on bus to remain in place until child has washed their hands and is ready to select their brush. Adult responsible for removing/replacing the lid as appropriate to prevent cross contamination.

5. Adult will dispense the toothpaste onto an individual paper towel to allow each child to apply toothpaste to their brush. A pea-sized amount for children 3 years and over.
6. Children will be supervised washing their hands before and after toothbrushing. Only one child will be accessing the toothbrushing at a time.
7. Staff member will issue the child with their own toothbrush to prevent cross contamination. The child will collect their toothpaste from the paper towel to place on their brush.
8. After toothbrushing is completed, children will spit excess toothpaste into either a disposable tissue or disposable paper towel. Children will be reminded to raise the tissue to their mouths before spitting out the toothpaste.
9. Tissues and paper towels will be disposed of immediately after use into a lined bin with a lid.
10. Staff will observe each child in turn rinsing their own toothbrush and its handle at a sink under cold running water. When rinsing brushes, the water will be left running to avoid each child touching the tap. Toothbrushes will be rinsed straight after use. Toothbrushes will not come into contact with the sink. If this happens the toothbrush will be replaced.
11. Staff will return the cleaned toothbrush to the storage system to air dry. Lids will be replaced at this stage if there is sufficient air circulation.
12. After toothbrushing is complete the sink and immediate area will be cleaned with detergent and disinfectant.
13. Adult will wipe over the bus with detergent and disinfectant before returning it to the storage unit.
14. Toothbrush bus to be thoroughly cleaned once a week or when it is visibly dirty.

## **Training**

All staff have reviewed and discussed the updated guidance from Childsmile in relation to Covid-19.

All staff have viewed the Covid Guard cleaning video.

All staff have viewed and discussed the training materials in relation to the use of PPE.

A copy of the toothbrushing process procedure is displayed in the toothbrushing area.

## **Policy Review**

This policy will be reviewed regularly and in response to accident, incident or change in National or Local policy or guidance.

Date of Issue: November 2020

Date of Review: March 2021

Policy Author: Caroline Duncan (DHT)

## **References**

*National Standards for Nursery and School Toothbrushing Programmes*, August 2019.

*Covid-19 Interim Childsmile Toothbrushing Standards in Nursery and School*, version 1.01 280720, August 2020.

*Infection Prevention and Control in Day care and Childminding Services Settings*, Health Protection Scotland, 2018.

*Setting the Table*, NHS, 2014.