Every site is unique and instructions below may need to be modified.

**Prepare**

♦ Each child has their own toothbrush with **name clearly labeled on the handle**. No sharing or borrowing is allowed.

♦ Use a **handwashing sink in the classroom** (not bathroom). Clean, rinse, and disinfect the faucet and sink.

♦ Children and teachers assisting with activity **wash hands before brushing** teeth. Teachers may also put on disposable gloves.

♦ Fill a pitcher with water from a clean water source (i.e. food preparation sink or water dispenser).

♦ To eliminate cross-contamination, **teacher dispenses dots of fluoridated toothpaste around rim of cup or plate** (as pictured).
  - 2 year olds → grain of rice-sized
  - 3-6 year olds → pea-sized

**Supervise Toothbrushing**

♦ Teacher takes child’s toothbrush from rack, puts a single dot of already-dispensed toothpaste on brush, then hands child their toothbrush along with a paper cup containing a small amount of clean water.

♦ Child begins brushing on the biting surface, then around the mouth from left-to-right and top-to-bottom. **Brushing continues for 2 minutes.** *(Exposure to fluoridated toothpaste is beneficial even with unsatisfactory brushing technique.)*

♦ Child takes small sip of water from the cup and spits water and toothpaste residue into sink or cup.

♦ Child holds the toothbrush over the sink and the teacher pours clean water from the pitcher over the toothbrush to rinse it. *(Never use water from handwashing sink to rinse toothbrush.)*

**Clean up**

♦ Child gives toothbrush to teacher, who puts it in the child’s designated spot on the drying rack.

♦ Child throws away the paper cup.

♦ Children wash their hands after brushing.

♦ Sink is cleaned with the 3-step process (clean, rinse, disinfect).