

**Crombie School**

**Early Learning and Childcare**

**Toothbrushing Policy**

**POLICY AIM**

At Crombie Nursery, we support the National Standards for Nursery and School Toothbrushing Programme which allows every child to brush their teeth daily in nursery helping to prevent dental decay and establish good oral hygiene practice.

The Toothbrushing Policy has been developed in line with The United Nations Convention of the Child (UNRC) (1989): Article 24: (Health & Health Services): You have the right to the best health possible and to medical care and information.

We aim to ensure that we meet the National Standards for Nursery and School Toothbrushing Programme as well as meeting the following Health and Social Care Standards:

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| ***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.* |

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| The Toothbrushing Policy is underpinned by the following national and local authority policy and guidance:   * NHS, 2011, “National Standards for Nursery and School Toothbrushing Programmes” * NHS, 2004, “Setting the Table” * HPS, 2018, “Infection Prevention and Control in Day-care and Childminding Settings” * NHS, 2017, “First Teeth Healthy Teeth” * United Nations Convention on the Rights of the Child, 1989 * Scottish Government, 2017, Health and Social Care Standards |

**Who is responsible?**

Early Years Senior Practitioner, Early Years Lead Practitioner, Nursery Staff, Parents/carers

***This policy will be reviewed regularly and in response to accident, incident or change in national or local policy or guidance***

**PROCEDURE**

***“We model behaviour which promotes wellbeing and encourages it in others” HGIOELC 2016***

At Crombie Nursery, we follow The National Standards for Nursery and School Toothbrushing Programme. Information for parents regarding the programme is displayed in the cloakroom along with relevant telephone numbers.

We are committed to help support children and families with the daily routine of toothbrushing.

* A representative from CHILDSMILE visits the nursery in Term 1 to share a story with the children and explain how to we should be brushing our teeth.
* Parents will receive a letter from Childsmile and they have two weeks from receiving the letter to contact the setting if they DO NOT give their consent to toothbrushing at nursery.
* Nursery staff will be given new toothbrushes for the children termly as well as a toothbrush and toothpaste to be sent home.
* A benefit risk assessment is in place and can be found in the Risk Assessment folder.
* All staff are trained by CHILDSMILE on how to carry out the toothbrushing routine.
* Children brush teeth daily, when indoors, in their Focus Groups, at the sinks in the bathroom.
* Surfaces are cleaned between groups of children using Anti-bacterial wipes.
* Staff distribute the correct amount of toothpaste and wear disposable gloves.
* Toothbrushing racks are washed at the end of every week in the industrial dishwasher.
* The racks are stored on a shelf in utility area, out of children’s reach and have lids on them.
* Toothbrushes are replaced as need be (Dropped on floor, wore down) and every term.
* Changes due to COVID-19 (please see attached guidance)

**References**

NHS, 2011, “National Standards for Nursery and School Toothbrushing Programmes”

<http://www.healthscotland.com/uploads/documents/5040-Toothbrushing%20Standards.pdf>

NHS, 2004, “Setting the Table”

<http://hub.careinspectorate.com/media/177298/nhs-setting-the-table.pdf>

HPS, 2018, “Infection Prevention and Control in Daycare and Childminding Settings”

<http://hub.careinspectorate.com/media/726344/infection-prevention-and-control-daycare-and-childminding-settings-2018.pdf>

United Nations Convention on the Rights of the Child, 1989 <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

Scottish Government 2017, Health & Social Care Standards, My support, my life.

<https://www.gov.scot/publications/health-social-care-standards-support-life>

**Date of original policy July 2020**

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| **Revision Number** | **Details of Change** | **Date** | **Date of next review** |
| 1 | Full review of procedures | July 2020 | August 2021 ü |
| 2 | Policy Update | March 2021 | August 2022 |
| 4 | Policy Update |  |  |
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**Read by Staff:**

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| --- | --- | --- | --- |
| **Staff Name** | **Date & Initial** | **Date & Initial** | **Date & Initial** |
| Adele Dickson |  |  |  |
| Claire Hawthorne |  |  |  |
| Diane Booth | **4/3/21 DB** | **30.07.21 DB** |  |
| Elizabeth Duffy | **03/02/21 ED** | **13/08/21 ED** |  |
| Denise Jamieson |  |  |  |
| Jamie Finnie |  |  |  |
| Mary Olszewska | **09.04.2021 MBO** | **03.08.2021 MBO** |  |
| Gemma Bremner | **6/7/21 GB** |  |  |
| Lesley Robinson |  | **03/08/21 LR** |  |
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**COVID-19 Interim Childsmile Toothbrushing Standards in Nursery and School**

Introduction

These COVID-19 Toothbrushing Standards have been reviewed by the following bodies:

* Antimicrobial Resistance & Healthcare Associated Infection Group, Health Protection Scotland
* The Care Inspectorate
* Chief Dental Officer

The purpose of this guidance is to update the infection prevention and control aspects of the Childsmile supervised toothbrushing programme in light of the COVID-19 pandemic. It seeks to manage the public health risk against the significant oral health improvement benefits of daily supervised toothbrushing.

This guidance should be read alongside Standards 1 and 2 of the [Childsmile National Standards for Nursery and School Toothbrushing Programmes](http://www.child-smile.org.uk/uploads/documents/5040-National%20standards%20for%20nursery%20and%20school%20toothbrushing%20programmes-August2019-English.pdf)

Planning and delivering services during the COVID-19 pandemic is complex and potentially subject to change at short notice. This document will be under continuous review to ensure it reflects the best available advice and guidance.

Background

On Friday 20th March 2020 all schools and a large number of early learning and childcare settings (ELC) ceased to have children on the premises other than those which hosted hub services or offered critical childcare in the private or voluntary sector. A consequence of this was that the Childsmile supervised toothbrushing programme stopped across the country in schools and nurseries. On 15th June 2020 the Scottish Government published their phase 3 recovery guidance for ELC settings which proposed a return to ELC and with that a return to toothbrushing where there are adequate facilities to do so. In addition, it was announced in June that schools would return on the 11th August but that the exact pattern of attendance had still to be finalised. This will depend on infection rates and scientific evidence and may vary from one local authority to another.

As schools and ELC settings return as part of the recovery phase of the pandemic, we expect there will be demand through Autumn 2020 to restart toothbrushing in at least some of the establishments.

Context

[The Care Inspectorate FAQs for the opening of early learning settings state that](https://www.careinspectorate.com/images/documents/coronavirus/FAQs/FAQs_opening_of_ELC_settings_.pdf) staff in ELC settings will not generally need to use PPE unless they would normally. PPE is only needed in a very small set of circumstances e.g. wearing gloves and an apron for nappy changing, toileting accidents or cleaning up after a child has been sick or cut themselves (bodily fluids). However, this situation is fluid and any up-to-date changes to this advice will be found at <https://www.gov.scot/coronavirus-covid-19/> in the Schools, education and young people section.

The Health protection Scotland ( HPS) guidance [for non-healthcare settings](https://hpspubsrepo.blob.core.windows.net/hps-website/nss/2973/documents/1_covid-19-guidance-for-non-healthcare-settings.pdf) states that workplaces should continue to use any PPE required as per local policies (business as usual) to mitigate against non-COVID-19 risks in their setting. The risk of COVID-19 should be managed by good hygiene measures and physical distancing.

This guidance also highlights that environmental cleaning and disinfection should be undertaken using disposable cloths and mop heads using standard household detergent and disinfectant that are active against viruses and bacteria.

The core public health measures that underpin reopening of services are:

* enhanced hand hygiene and cleaning practice
* caring for children in small groups
* minimising contact between these groups

Delivery Model

Until now two models have been used for supervised toothbrushing:

* Dry brushing where children can brush their teeth without the use of water or standing at a sink. This can take place with children seated or standing.
* Wet brushing where children brush their teeth usually standing at a sink.

The wet brushing model is no longer recommended during the COVID-19 recovery phase as it is considered there is a higher risk of droplet and contact transmission, and it offers no additional benefit to oral health.

Infection Prevention and Control

1. Toothbrushes are stored in appropriate storage systems or individual ventilated holders (see Appendix 1.6)
2. Storage systems allow brushes to stand in an upright position.
3. Storage systems allow sufficient distance between brushes to avoid cross-contamination.
4. If being used, each group or ‘bubble’ should brush together and separately from any other group or ‘bubble’.
5. Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.
6. Storage systems should allow air flow around the toothbrush heads to enable the toothbrushes to dry. Covers should allow sufficient ventilation to allow drying.
7. Storage systems which do not have covers are stored within a designated trolley or in a clean, dry cupboard.
8. Storage systems in toilet areas must have manufacturers’ covers and are stored at adult height or in a suitable trolley.
9. Manufacturers’ guidelines are followed when cleaning and maintaining storage systems, including dishwasher cleaning, where appropriate.
10. Dedicated household (or single-use disposable) gloves should be worn when cleaning storage systems and sinks. All cuts, abrasions and breaks in the skin must be covered with a waterproof dressing before toothbrushing and cleaning is carried out.
11. Storage systems, trolleys and storage areas are cleaned, rinsed and dried at least once a week (more if soiled) by nursery/school staff using a detergent/disinfectant product which is active against bacteria and viruses. Follow manufacturer’s instructions for dilution, application and contact time for all detergents and disinfectants.
12. Toothbrushes must not be soaked in bleach or other cleaner/disinfectant. Tubes of toothpaste can be cleaned with a damp, disposable cloth.
13. Supervisors and children must wash their hands with soap and warm water, and thoroughly dry them (or use alcohol-based hand rub) before and after the toothbrushing session.
14. Care is taken to ensure toothbrushes do not cross-contaminate when removed from, or replaced in storage systems
15. The storage system should not be placed directly beside the children while toothbrushing takes place to avoid contamination via spray.
16. Storage systems must be replaced if cracks, scratches or rough surfaces develop (see Appendix 1.5)
17. Any toothbrushes dropped on the floor must be immediately discarded.

COVID-19 Toothbrushing Model

1. Supervisors and children should wash their hands with soap and warm water, and thoroughly dry them (or use alcohol-based hand rub), before and after the toothbrushing session.
2. Supervisors must cover any cuts, abrasions or breaks in their skin with a waterproof dressing before commencing.
3. Supervisors should dispense the toothpaste onto a clean surface such as a plate or individual paper or tissue square to allow each child to apply toothpaste to their brush. A smear of toothpaste is used for children under 3 years and a pea-sized amount for children 3 years and over.
4. The child (under supervision) is responsible for collecting the toothbrush from the storage system. They must also collect their toothpaste and a tissue/paper towel (for spitting any excess toothpaste after brushing). Toothbrushes could be laid out by the supervisor for young children to collect to further minimise the risk of contact.
5. Children may be seated or standing while toothbrushing takes place.
6. After toothbrushing is completed, children should spit excess toothpaste into either a disposable tissue or disposable paper towel. Encourage children to raise the tissue to their mouths before spitting out the toothpaste.
7. Tissues and paper towels should be disposed of immediately after use in a lined bin with a lid.
8. Supervisor should observe each child in turn rinsing their own toothbrush and its handle at a sink under cold running water. When rinsing brushes the water should be left running to avoid each child touching the tap. Toothbrushes should be rinsed straight after use. Toothbrushes should not come into contact with the sink.
9. Each child (under supervision) is responsible for returning their own toothbrush to the storage system to air dry. Adaptations should be considered if a child has additional support needs. Lids should be replaced at this stage provided that there is sufficient air circulation.
10. After toothbrushing is complete supervisors are responsible for cleaning sinks following the guidance for non-healthcare settings, specifically environmental decontamination.

Suspected COVID-19 cases

If anyone becomes unwell with a new, continuous cough or a high temperature, or has loss of, or change in, their normal sense of taste or smell, establishments must follow national guidance for reopening [early learning and childcare services](https://www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-on-reopening-early-learning-and-childcare-services/pages/infection-prevention-and-control/#illness) and schools. If there is an outbreak, follow health protection advice and be sure to ask for advice regarding toothbrushing in the establishment. This will ensure advice provided is consistent and up-to-date.

Children With Additional Support Needs (ASN)

Establishments should follow existing Childsmile guidance for delivering supervised toothbrushing in ASN schools and undertake any risk assessment procedures advised by Scottish Government in relation to COVID-19.