

# Preschool Toothbrushing Policy

socially mistakes morally potential  
confidently Learn spiritually  
Grow academically  
Love St Jesus world  
ourselves faith  
others Joseph's

Date reviewed:	Lent 2026 (March)
Date approved:	Lent 2026
Date for next review:	Lent 2028

## Mission Statement

**At ST JOSEPH'S WE LOVE, LEARN AND GROW TOGETHER!**

LOVE	LEARN	GROW
Love of our faith	Learn about our faith and Jesus	Spiritually
Love of Learning	Achieve our potential	Academically
Love life/the world	Learn from our mistakes	Morally
Love ourselves	Learn who we are / who I am	Confidently
Love others	Learn from others	Socially

## Policy Statement

Our preschool is committed to promoting good oral health and hygiene as part of our wider health and wellbeing approach. We recognise that establishing positive tooth brushing habits in early childhood supports lifelong dental health. This policy outlines how tooth brushing will be implemented safely, inclusively, and in line with current health guidance.

## Aims and Objectives

- To encourage good oral hygiene practices from an early age.
- To support children in learning how to brush their teeth correctly.
- To work in partnership with parents/carers and health professionals.
- To maintain high standards of hygiene and infection control.

## Scope

This policy applies to all children attending the preschool, staff members, students, and volunteers involved in supporting tooth brushing activities.

## Parental Consent

- Written consent will be obtained from parents/carers before a child participates in tooth brushing activities.
- Parents/carers will be informed of the toothpaste used and may supply their own if required for medical, cultural, or personal reasons.

## Toothpaste and Equipment

- Children will use age-appropriate fluoride toothpaste in line with national guidance.
- Each child will have their own clearly labelled toothbrush.
- Toothbrushes will be stored hygienically so that they do not touch each other and can air-dry.
- Toothbrushes will be replaced regularly or sooner if damaged or after illness.

## Tooth Brushing Procedure

- Tooth brushing will usually take place once daily, preferably after a meal or snack.
- Staff will supervise and support children according to their age and development.

- A pea-sized amount of toothpaste will be used.
- Children will be encouraged to spit out toothpaste and not rinse with water.
- Staff will wear gloves where appropriate and follow hand hygiene procedures before and after the activity.

### **Infection Control and Hygiene**

- Hands will be washed thoroughly before and after tooth brushing.
- Surfaces will be cleaned and disinfected after each session.
- Gloves and aprons will be worn by staff if required by the risk assessment.
- Toothbrushes will never be shared.

### **Inclusion and Equality**

- Tooth brushing activities will be inclusive and adapted to meet individual needs.
- Reasonable adjustments will be made for children with additional needs.
- Children are not forced to participate; encouragement is always positive and supportive.

### **Staff Training and Responsibilities**

- Staff supporting tooth brushing will receive appropriate training.
- The designated oral health lead will monitor supplies, procedures, and compliance.
- All staff will follow this policy and report any concerns.

### **Partnership with Parents and Carers**

- Information and advice on oral health will be shared with families.
- Parents/carers will be encouraged to continue tooth brushing routines at home.

### **Monitoring and Review**

- This policy will be reviewed bi-annually by the EYFS Leaders and the LAC or sooner if guidance changes.
- Feedback from staff, parents/carers, and children will inform improvements.

### **Related Policies**

- Health and Safety Policy
- Safeguarding and Child Protection Policy