

INDIAN HEALTH SERVICE HEAD START PROGRAM

Classroom Circle Brushing

QUICK REFERENCE GUIDE



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Classroom Circle Brushing

1

Sitting at table in circle, children brush teeth as a group activity every day.

2

Give each child a small paper cup, a paper towel and a soft-bristled, child-sized toothbrush.



3

Put a small (pea-sized) dab of fluoride toothpaste on the inside rim of each cup, and have children use their toothbrushes to pick up the dabs of toothpaste.

4

Brush together for two minutes, using an egg timer or a song that lasts for about two minutes.



5

Brush your teeth with the children to set an example, and remind them to brush all their teeth, on all sides.

6

When the two minutes are up, have the children spit any extra toothpaste into their cups, wipe their mouths and throw the cups and paper towels away.

7

Children can go to the sink in groups to rinse their toothbrushes and put the toothbrushes in holders to dry.



Start Healthy. Grow Healthy.

Oral Health for Children

birth-3 years

- Babies should be seen by the dentist soon after the first tooth comes in, or by one year of age at the latest.
- Milk or formula left on the teeth overnight causes cavities. Babies should never be put to bed with bottles.
- As soon as babies get their first teeth, caregivers should clean them every day with a small smear of fluoride toothpaste.
- Between nine and 24 months of age, children should have at least four fluoride varnish treatments by a health care provider.
- Parents and caregivers should provide healthful snacks. Sodas, sweets and refined starches should be limited or cut out altogether.

3-5 years

- Every Head Start child should have a dental home – an accessible IHS/Tribal dental clinic or private practice where he/she can receive comprehensive oral health care.
- Head Start children should receive fluoride varnish treatments every 3 to 4 months to protect the teeth from cavities.
- Parents should consider having dental sealants applied to a child's molars if he or she is found to be at high risk for cavities.
- Parents and caregivers should make sure children know how important it is to brush their teeth every day with a small (pea-sized) dab of fluoride toothpaste.
- Parents and caregivers should provide healthful snacks. Sodas, sweets and refined starches should be limited or cut out altogether.



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