Classroom Circle Brushing

QUICK REFERENCE GUIDE
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.