



Brush Up on Oral Health

November 2018

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Did You Know?

- **There's a new video, [Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs](#), to show Head Start staff how to brush children's teeth in the classroom. The video is available on the [Early Childhood Learning and Knowledge Center website](#).**



Toothbrushing in Head Start

This issue of *Brush Up on Oral Health* is all about toothbrushing in a Head Start classroom. Head Start staff can help children brush and develop positive oral health habits that will last a lifetime. Scheduling time for children to brush their teeth with fluoride toothpaste during the program day ensures that children brush at least once a day.

The issue answers questions about the amount of fluoride toothpaste to use, the benefits of

brushing at the classroom table as a group, and how to clean and store toothbrushes. A recipe for a healthy snack that can be made in a Head Start classroom or at home is also included.

Brushing with Fluoride Toothpaste

Daily brushing with fluoride toothpaste is very effective at preventing tooth decay. The [American Academy of Pediatric Dentistry](#) and other professional associations recommend that children begin using fluoride toothpaste as soon as the first tooth comes into the mouth. The amount of toothpaste to use is based on the child's age. For children younger than age 3, a smear (the size of a grain of rice) is recommended. For children ages 3 to 6, a pea-size amount is recommended.

Brushing at the Classroom Table

A quick and structured approach to daily brushing in the classroom is to have children brush at the table as a group. The video [Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs](#) and the Indian Health Service's [Classroom Circle Brushing: Quick Reference Guide](#) offer simple step-by-step approaches to brushing at the classroom table.



The benefits of brushing at the table as a group are many:

- It provides a calm, orderly way to teach children how to brush.
- It takes less time when all children brush together and is less messy than brushing at the sink.
- It allows teachers to serve as role models by brushing their own teeth with children.
- It allows teachers sitting at the table with children to observe and encourage each child or make changes to their brushing method.
- It is less likely that children will pass bacteria (germs) from one toothbrush to another. Bacteria can easily spread when children rinse their toothbrushes under the same stream of water or if they play with their toothbrushes and the bristles touch each other.
- It provides an opportunity to include math and science concepts.

Cleaning and Storing Toothbrushes

Toothbrushes should be handled carefully to avoid spreading bacteria. Each child should have his or her own toothbrush. Remember to label each toothbrush with the child's name.

After brushing, toothbrushes should be rinsed with water to clean anything left on the bristles. Then, the toothbrushes should be stored in an upright position to air dry. Wet toothbrush bristles should not be covered because bacteria can grow on the bristles if they are kept in closed, dark spaces. If several toothbrushes are stored in the same holder, make sure there is enough space between toothbrushes, so they do not touch each other.

Toothbrushes should not be soaked in bleach water or other disinfecting solutions. Do not try to disinfect toothbrushes in dishwashers or microwaves, or by using ultraviolet devices, as doing so may damage the toothbrushes.

Cook's Corner: Mummy Dogs

Here is a delicious healthy snack that children can make in a Head Start classroom or at home with their families.

Ingredients

- 1 8-ounce roll or can of crescent dinner rolls
- 10 all-beef or turkey hot dogs
- Cooking spray



Directions

1. Preheat the oven to 375°F.
2. Unroll the dough and separate at the perforations, or cut into 4 rectangles.
3. Cut each rectangle lengthwise into 10 pieces.
4. Wrap 4 pieces of dough around each hot dog, stretching the dough slightly to completely cover the hot dog.
5. Place the wrapped hot dogs on an ungreased cooking sheet, and spray the dough lightly with cooking spray.
6. At about ½ inch from one end of each hot dog, separate the dough so that the hot dog shows through for the face.
7. Bake for 13 to 17 minutes or until the dough is light golden brown and the hot dogs are hot.
8. Using mustard or ketchup, add eyes to the mummy.

Makes 10 servings

Safety tip: An adult should slice the ingredients and supervise the use of the oven.

Contact Us

The National Center on Early Childhood Health and Wellness welcomes your feedback on this issue, as well as your suggestions for topics for future issues. Please forward your comments to health@ecetta.info or call 866-763-6481.

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School readiness begins with health!



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