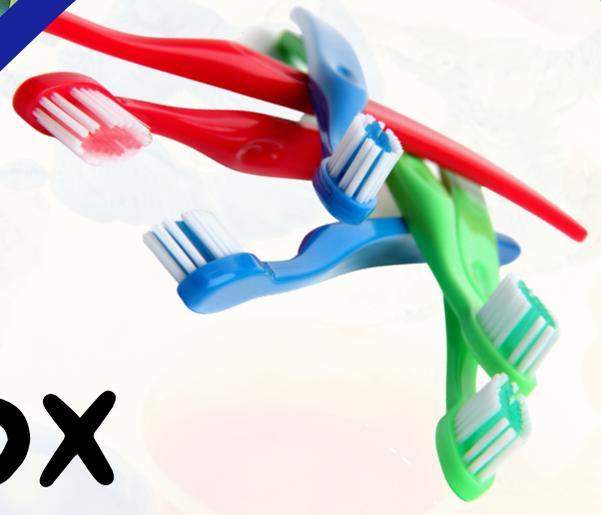
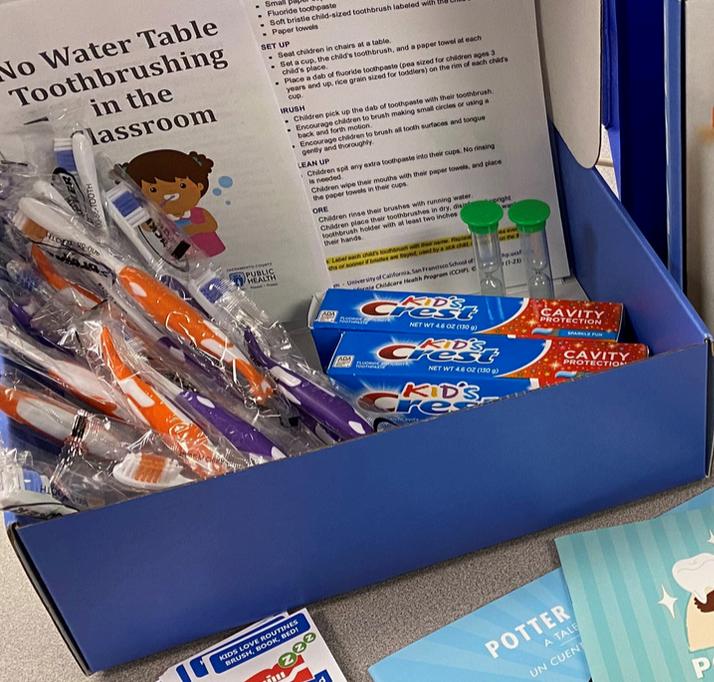


No Water Table  
Toothbrushing  
in the  
classroom

- SET UP**
- Small groups
  - Fluoride toothpaste
  - Soft bristle child-sized toothbrush labeled with the child's name
  - Paper towels
- BRUSH**
- Seat children in chairs at a table.
  - Give a cup, the child's toothbrush, and a paper towel at each child's place.
  - Place a dab of fluoride toothpaste (one sized for children ages 3 years and up, rice grain sized for toddlers) on the rim of each child's cup.
  - Encourage children to brush all tooth surfaces and tongue gently and thoroughly.
- LEAN UP**
- Children spit any extra toothpaste into their cups. No rinsing is needed.
  - Children wipe their mouths with their paper towels, and place the paper towels in their cups.
- ORAL CARE**
- Children rinse their brushes with running water.
  - Encourage children to brush making small circles or using a back and forth motion.
  - Children place their toothbrushes in dry, upright toothbrush holder with at least two inches between brushes.
- Additional Resources:**
- [Water with fluoride keeps teeth healthy for life.](#)
  - [Brush, Book, Bed](#)
  - [Stella's Shiny Smile](#)
  - [Daniel Tiger's Neighborhood](#)
  - [Potter the Dinosaur](#)

Water with fluoride keeps teeth healthy for life.

sacCountyOralHealth.net



Sacramento County Oral Health Program presents:

# BRUSH IN A BOX

## PRESCHOOL TOOTHBRUSHING PROGRAM

Early education programs are an important setting to implement a daily toothbrushing protocol, teaching children a lifelong healthy habit!

### PROGRAM FEATURES :

- ✔ Classroom toothbrushing supplies
- ✔ Brush, Book, Bed resources
- ✔ Oral health-themed picture books

For more information:

916-875-5869  
 OralHealth@sacounty.gov

SACRAMENTO COUNTY  
**Oral Health Program**  
[www.sacountyoralhealth.net](http://www.sacountyoralhealth.net)

SACRAMENTO COUNTY  
**PUBLIC HEALTH**  
 Promote • Prevent • Protect

