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Supervised Toothbrushing Toolkit



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Supervised Toothbrushing for Early Years School and Nursery Providers

The Big Brush Club Supervised Toothbrushing Toolkit is a comprehensive resource, designed to guide schools and nursery settings on how to incorporate supervised toothbrushing into their daily routine.

At Home Dental's Big Brush Club is committed to ensuring improved children's oral health. The scheme is aimed at 4 to 5 year olds attending reception, nursery or preschool in areas of deprivation. Setting up a supervised toothbrushing programme is a way to support oral health in the classroom setting. The aim of the programme is for every child to brush their teeth with fluoride toothpaste once a day and ideally twice a day at home. This helps to encourage children to brush their teeth from a young age, which will help reduce oral health inequalities amongst children.

At Home Dental specialise in bringing dentistry into the community. With many years of experience, we provide a unique service that delivers a full range of dental services directly to homes, care homes and work places. By embracing new technology, we can provide the most latest in dentistry and ensure the very best dental care is given.

We provide expert training to Early Years teachers and staff so that they become Oral Healthcare Champions (OHC) and are able to run the programme successfully. All materials are supplied, including toothbrushes and toothpaste. Our facilitators (who are fully qualified and registered with the General Dental Council) are available to be contacted directly for advice and support. We have plenty of resources available to parents/guardians, educators and children in our online resource center to enable you to best support the oral health of your children.



Brushing together for healthy smiles

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Background

The National Institute for Health and Care Excellence (NICE) has issued guidelines urging schools and nurseries to actively support children in brushing their teeth, with a particular emphasis on disadvantaged regions of England.

Tooth decay and gum disease are largely preventable. On average, children miss three school days each year due to dental issues.

Recent data indicates that visible tooth decay affects one in eight three year olds and one in four five year olds. Alarmingly, over 25,000 children aged five to nine have required hospitalisation because of tooth decay.

Close to 25% of 5 year olds in England suffer from tooth decay, typically affecting an average of three to four teeth. Tooth extraction stands as one of the primary medical procedures for children under the age of 6 in hospitals. Furthermore, it ranks as the leading cause of hospital admissions for children aged 6 to 10. Notably, children from economically disadvantaged backgrounds are at a higher risk of experiencing tooth decay.

Children experiencing toothache or requiring treatment may endure pain or infections that can have broader repercussions, affecting their eating habits, sleep, social interactions, and learning.

Big Brush Club is here to help prevent decay by encouraging children to brush their teeth twice a day, forming positive lifetime habits that will make a difference.

Daily application of fluoride toothpaste to teeth reduces the incidence and severity of tooth decay in children. For example, moving from brushing once a day to twice a day lowers an individual's risk of developing dental caries by 14%.

Reducing the consumption of sugary foods and drinks and maintaining regular dental check-ups, as advised by dentists, are also vital steps in maintaining oral health.

Sources:

Royal College of Surgeons England | GOV UK: Health Matters: Child Dental Health
GOV UK: Delivering Better Oral Health Toolkit



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Required Kit

You'll need some supplies in order to run your supervised toothbrushing sessions, most of which we supply for you in your Brushing Starter Kit. Here's an introduction to the kit you'll be using with the Big Brush Club.

We Supply the Following:

Toothbrush rack

Safe and hygienic, your Big Brush Club toothbrush rack will keep brushes separate from each other in a clean and sanitary space.

Toothbrushes (Also supplied in home pack)

We'll supply you with a new toothbrush at the start of each term, for each child! Their toothbrush will be the perfect size and have the perfect softness of bristle which will fit and be stored conveniently in our Big Brush Club toothbrush rack. The children will use these each day during their supervised toothbrushing sessions.

Toothpaste (Also supplied in home pack)

You'll also receive a classroom supply of toothpaste to use in your daily brushing sessions. This will contain fluoride, which is dentist recommended and plays an active role in strengthening teeth and preventing decay. Only the OHC should handle and dispense the toothpaste. They should place the right amount of toothpaste onto a paper towel for each child.

Reward charts (optional)

Toothbrushing charts (Big Brush Club will provide these) enable staff to monitor and assess the progress throughout the scheme. Reward charts could be on a display in the classroom for the children to keep track of their progress.



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You Will Need the Following to Hand:

Hand towels

When dispensing toothpaste, we find it best to use paper hand towels. A small amount of toothpaste should be placed onto a paper towel for each child. They can then use their toothbrush to scrape it off. It's a tried and tested method which is quick and easy to implement in the classroom.

Gloves

To keep infection control to a minimum, we'd recommend that you use gloves when handling toothbrushes and other associated equipment.

Disinfectant wipes/spray

Keep some disinfectant spray or wipes handy. These will be useful to wipe down any surfaces including the cleaning of toothbrush racks and are important to kill potential bacteria and micro-organisms living on surfaces.

Bin

Make sure that you have a bin handy for safe and effective disposal of aprons, gloves and paper towels. This will help minimise any risk of cross infection.

Sink

You'll be using water during the brushing session and also to rinse brushes at the end. Your sink will also be useful as a designated area for clean-up.

Big Brush Club Tune

Music is an effective tool to motivate children with their daily toothbrushing. Use the Big Brush Club tune and let them have fun whilst brushing!

Information for parents/guardians

Big Brush Club will provide the school with an introductory letter as well as a consent form that the school can then issue to parents/guardians.

Ensure that parents are passed on this information and can inform the staff of any known allergies to toothpastes. Any SEN pupils may have a non flavoured toothpaste.



Best Toothbrushing Technique

The information below is designed to help you in teaching children optimum techniques to use when brushing their teeth.

The great thing about Big Brush Club is that your toothbrushing will take place at whatever time is most suitable for your classroom. Although it is recommended that toothbrushing should not directly follow eating and drinking where possible, it is perfectly acceptable for your school to offer these sessions at whichever time of day best fits your schedule. It is considered that the benefits of decay prevention provided by brushing outweigh potential concerns of dental erosion and abrasion.

1. The children can collect their toothbrush and then await the staff member to distribute the toothpaste.
2. A pea sized amount of toothpaste should be dispensed onto a paper towel, one for each child. Children then get handed the paper towel and use their toothbrush to scrape off the toothpaste from it.
3. Once the children are prepared, a 2-minute timer should be initiated.
4. The bristles of the toothbrush should be at a 45-degree angle and brush strokes should be in small circular motions. These should reach up to the gums in order to provide the most efficient removal of plaque.
5. Brushing should begin at the back of the mouth (upper or lower) and then the brush should be progressed along the outside edge of the teeth (upper and lower).
6. Next progress to the insides of the teeth and brush all sides.
7. After this, move onto brushing the biting surfaces.
8. When the two minutes are up, and the children have brushed all surfaces of the teeth, children should be encouraged to wipe their mouths with a provided paper towel to remove any excess toothpaste from their mouth. We prefer not to use the term 'spit' into the paper towel, as we



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are aware of how children might interpret this! Children should be discouraged from rinsing their mouth after brushing, as doing this will rinse off fluoride and significantly decrease its associated benefits. Paper towels should be disposed of immediately after use.

Toothpaste should be kept out of reach of children.

For children aged 3-6, no more than a pea sized amount of toothpaste should be used.



Dry Toothbrushing Technique

We find that the dry brushing technique appeals most in a classroom setting, but you will also find instructions on a subsequent page for a wet brushing technique. Please choose the model which best meets the needs of your classroom.

Hand washing

Staff should always wash hands both before and after a supervised toothbrushing session. This is important in order to prevent cross infection.

Toothbrush collection

Staff will collect the toothbrush rack and toothpaste from the storage area. Under supervision, children will collect their toothbrush one at a time. Each child's brush will be individually identifiable through use of the toothbrushing rack.

Dispensing toothpaste

Staff will dispense a small pea sized amount of fluoride toothpaste 1350-1500ppm onto a paper towel which children can scrape off with their brushes. This is an easy and quick way to give all children toothpaste in a hygienic manner.

Toothbrushing time!

When all children have toothpaste on their brushes, they may be seated or standing while toothbrushing takes place.

The staff member should be on hand to monitor and supervise children's toothbrushing; It is also important to discourage children from swallowing toothpaste.

A timer can be set or a two minute video can be played while the children focus on brushing their teeth. You can also play the Big Brush Club tune to ensure the children have fun.

Wiping the mouth

When the two minutes are up, children should be encouraged to use a paper towel to remove any excess toothpaste from the mouth. Paper towels should be disposed of immediately after use. Children should be discouraged from rinsing



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their mouth after brushing, as doing this will rinse off fluoride and significantly decrease its associated benefits.

Rinsing and storing toothbrushes

Next, the supervisor opens the tap and each child rinses their toothbrush under the running tap, one at a time. Both the toothbrush head and handle should be fully rinsed. Once rinsing is complete the toothbrush should then be carefully shaken over the sink, making sure to avoid touching the sink or surrounding areas. The brush can then be put away in the toothbrush rack by the teacher or child and left to air dry. Paper towels can then be used to dry any visible water marks on the storage rack. Sinks should be rinsed after the toothbrushing is complete and this should be done by staff.

Reward charts (optional)

Staff may wish to give children the opportunity to have a stamp or tick on their individual toothbrushing reward chart or alternatively to display a reward chart for the whole class which they update at the end of the session.



Wet Toothbrushing Technique

Hand washing

Staff should always wash hands both before and after a supervised toothbrushing session. This is important in order to prevent cross infection.

Toothbrush collection

Staff will collect the toothbrush rack and toothpaste from the storage area. Under supervision, children will collect their toothbrush one at a time. Each child's brush will be individually identifiable through use of the toothbrushing rack.

Dispensing toothpaste

Staff will dispense a small pea sized amount of fluoride toothpaste 1350-1500ppm onto a paper towel which children can scrape off with their brushes. This is an easy and quick way to give all children toothpaste in a hygienic manner.

Toothbrushing time!

Toothbrushing will then begin at the designated sink area.

Children should be closely supervised and whilst brushing. It is important to discourage children from swallowing toothpaste, and if they have any excess toothpaste building up in their mouth, then to use the sink to spit out.

A timer can be set or a two-minute video can be played while the children focus on brushing their teeth. You can also play the fun Big Brush Club tune to ensure the children have fun.

Wiping the mouth

When the two minutes are up, the supervisor opens the tap and each child spits the excess toothpaste out into the sink, one at a time. The tap can be left running to continuously rinse away the excess. A paper towel can be provided for children to wipe around their mouth, making sure to discard it immediately into a bin. Children should be discouraged from rinsing their mouth after brushing, as doing this will rinse off fluoride and significantly decrease its associated benefits.

Rinsing and storing toothbrushes

Next, each child rinses their toothbrush under the running tap, one at a time. Both the toothbrush head and handle should be fully rinsed. Once



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rinsing is complete the toothbrush should then be carefully shaken over the sink, making sure to avoid touching. The brush can then be put away in the toothbrush rack by the teacher or child and left to air dry.

Paper towels can then be used to dry any visible water marks on the storage rack.

Sinks should be rinsed after the toothbrushing is complete and this should be done by staff.

Reward charts (optional)

Staff may wish to give children the opportunity to have a stamp or tick on their individual toothbrushing reward chart or alternatively to display a reward chart for the whole class which they update at the end of the session.



How much toothpaste and which toothbrush?

Toothpaste

Under 3 years of age

A smear of toothpaste containing no less than 1,000 parts per million (ppm) fluoride should be used for children under 3 years.

Over 3 years of age

A pea-sized amount of toothpaste containing at least 1,350 parts per million (ppm) fluoride should be used for children aged over 3 years.

Fluoride:

The fluoride contained in toothpaste has a number of advantages, including:

- ✓ It helps to create stronger enamel when teeth are forming.
- ✓ When in the saliva, it stops teeth de-mineralising (1st stage of decay) and helps teeth to re-mineralise (go back to normal strength).

Toothbrushes

Toothbrushes should have a small head size (the toothbrush needs to be small enough to reach behind the back teeth and brush them easily). The bristles should be medium/soft so that they do not hurt the gums.



Brushing tips for children

Step 1. Outside

Brush the outside surface of each tooth using small wiggling circular motions. Make sure to jiggle along every tooth down to the gums.

Step 2. Inside

Brush the inside surface of each tooth using the same circular motions. Don't forget to wiggle your brush close to the gums!

Step 3. To The Back

Brush the tops of the back teeth, where you chew, using a forward and backward motion.

Step 4. To The Front

Tilt your toothbrush vertically to brush behind each front tooth using small up and down strokes. Remember to brush both the top and bottom teeth!

Step 5. Tongue

Don't forget to brush your tongue. Lots of germs and bacteria hide here!

TOP TIPS!

- ✓ Brush your teeth for 2 minutes so you can keep your smile bright! Our two minute-long Big Brush Club tune helps keep track of time.
 - ✓ Use fluoride toothpaste. Fluoride helps keep your teeth strong and healthy!
 - ✓ Brush at least twice a day. Once when you wake up and once last thing before you go to bed.
- * Don't rinse with water after brushing, just spit!



Infection and Contamination Control

It is important to be aware of cross contamination and infection control when implementing the supervised toothbrushing scheme in your classroom. It is important good cleaning practice is enforced. This means we should know the importance of cross contamination and infection control in our class rooms.

- ✓ Ensure each child's toothbrush is easily identifiable, but do not write on or label these.
- ✓ Each child after brushing should be responsible for rinsing their toothbrush under cold running water. The tap should be opened by the supervisor to avoid each child touching the tap.
- ✓ Once rinsing is complete the toothbrush should then be carefully shaken over the sink by the staff to dislodge excess water. Toothbrushes should not touch the sink or surrounding areas.
- ✓ The toothbrush handle should then be dried with a paper towel, then replaced into the assigned toothbrush rack.
- ✓ Toothbrushes must not come into contact with or be soaked in cleaning products, disinfectants or bleach.
- ✓ Sinks should be disinfected and rinsed after toothbrushing is complete and this should be done by staff.
- ✓ To prevent cross contamination and infection, staff members must wash their hands prior to and after toothbrushing sessions.
- ✓ Ensure toothbrushes are stored in their designated toothbrush rack and allowed to air dry after use before replacing the lid. The racks should be stored in a clean dry area. Do not store in a toilet.
- ✓ Children with toothpaste allergies or children who do not use toothpaste containing animal derivatives should be provided with / permitted to use an appropriate alternative toothpaste. The guidelines on fluoride concentrations must still be observed.
- ✓ Children can sit around a table whilst brushing their teeth so if they drop the toothbrush, it will land on the table rather than the floor.
- ✓ Replace all dropped toothbrushes.



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Do's

- ✓ Ensure toothbrushes are individually identifiable enabling each child to recognise their own brush.
- ✓ Use covers when not in use to prevent contamination and air-borne dust and bacteria settling on toothbrushes.
- ✓ Locate in a position where they cannot be knocked over.
- ✓ Store brushes in the provided rack upright and allow sufficient distance between toothbrushes to avoid cross-contamination.
- ✓ Allow to air dry.

Don'ts

- × Dry in any other way other than natural air drying
- × Store with brushes touching.
- × Children shouldn't be using the toothpaste tubes themselves. It should be added to a paper towel



Cleaning Procedures

Good cleaning practices should be an integral part of the supervised toothbrushing scheme and standards should maintain these guidelines.

Do's

- ✓ Wear household gloves to clean storage systems and sinks.
- ✓ Ensure all cuts, abrasions, and breaks in the skin are covered with a waterproof dressing before cleaning is carried out.
- ✓ Ensure the champion washes hands before and after each toothbrushing session.
- ✓ Daily clean, rinse and air dry the storage systems and storage areas using warm water and general-purpose neutral detergent. Allow to air dry.
- ✓ Any toothbrushes dropped on the floor are discarded and replaced.

Don'ts

- ✗ Don't allow toothbrushes to touch when being removed or replaced in storage systems.
- ✗ Do not position storage systems adjacent to the sink area or next to the children whilst tooth brushing is taking place to prevent cross-contamination.
- ✗ Don't continue using storage systems if cracks, scratches, or rough surfaces develop. Replace them if these occur.
- ✗ Do not soak toothbrushes.



FAQS

Which toothpaste should be used at home?

When it comes to children under 3 years old, make sure the toothpaste has at least 1000 ppm (parts per million) of fluoride. For children older than 3, look for toothpaste with at least 1300 ppm of fluoride. This information should be easy to find on the labels of the toothpaste to help make sure you're getting the right strength.

What if a child isn't complying with the sessions?

Brushing together can motivate children and get them excited to join in. Children will also be eager to show off what they've learned to their interested guardian or parent.

We want children to enjoy toothbrushing time, so visit our website's resources tab for some great ways to keep them engaged. We've got a fun 2-minute toothbrushing song that they can enjoy while they brush!

When do we throw away toothbrushes?

We replace toothbrushes every term, but there's also another way to tell if it's time for a change – check for bristles that are splayed out. If you see that, it's time for a fresh one.

We also recommend that children sit at a table while brushing their teeth. This way, if the toothbrush falls, it won't land on the floor. If for any reason it does hit the floor, it's best to replace it.

What if there is an infection breakout?

When there's an infection breakout, it's a good idea to get new toothbrushes for everyone. It's also best to give the toothbrush racks and toothpaste tubes a good cleaning if they've been used recently.

If you need replacements, please contact your facilitator who will be more than happy to help.

Should the children spit or swallow toothpaste?

We don't really want children to swallow their fluoride toothpaste, so reminding them not to do so is the best way to ensure this doesn't happen. After brushing, they can use a paper towel to wipe off any extra toothpaste from their mouths.



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A great tip for at home is that it's best if they don't rinse their mouths right after brushing. This way, the fluoride in the toothpaste can stay on their teeth to work its magic and ensure that teeth remain strong.

Is fluoride toothpaste safe?

Don't worry, the amount of fluoride in toothpaste is completely safe for children. Think of fluoride as a superhero for teeth – it helps protect them from cavities and, if you use it as directed, it's safe for children.

How are SEN children supported?

We understand that not every child likes toothpaste. That's why we've got OraNurse. It's a toothpaste that doesn't foam up or have any taste, which is great for children with sensory sensitivities.

How long does supervised toothbrushing take to do?

Each session should wrap up in as little as 10 minutes. It's super easy to fit into your child's day without causing much interruption.

What time of day should the children brush their teeth?

While it's not usually recommended to brush right after eating or drinking, schools can still make time for toothbrushing as part of their routine.

It's still important though, for parents and guardians, to ensure that children brush at home too. Evening brushing is very important as is brushing in the morning before school.



Quality Assurance Checklist

Performance is monitored once every term and these are the points which your facilitator will cover with you.

	Achieved	Intervention Required	Programme Suspended
Organisation At Home Dental			
There is a designated programme lead who is responsible for the scheme within the setting.			
A model agreement outlining the responsibilities of partners has been completed and signed by all partners.			
Support and training are available for staff to deliver the programme, including infection prevention and control procedures. Training is recorded and monitored.			
Permission/consent is sought from parents or carers for their children to take part in the scheme and records are maintained.			
Quality assurance assessments are carried out by staff each term and by the provider team annually and documented using a quality assurance checklist. Monitoring should include observation of the toothbrushing session; discussion of the toolkit guidance with the key settings designated lead; (OHC?) feedback to the overall programme lead and arrangement of a follow-up visit.			
There is access to a named dental professional for advice if needed.			



Effective Preventative Practice

Fluoride toothpaste containing 1,350 to 1,500ppm fluoride is used in the toothbrushing programme.			
Correct amount of toothpaste is used: - Children under three years of age have a smear of paste applied to their brush - Children over three have a pea-sized amount of paste applied to their brush			
Children are supervised by an adult during brushing.			
Children should be discouraged from swallowing toothpaste during or after brushing their teeth.			
After brushing, children spit out residual toothpaste and don't rinse.			
Toothbrushes are replaced termly or once the bristles become splayed, or if they fall on the floor.			

Infection Prevention and Control

Supervisors wash their hands before and after the toothbrushing session and cover any cuts, abrasions or breaks in their skin with a waterproof dressing before commencing a toothbrushing session.			
Toothbrushes are individually identifiable for each child.			
Where toothpaste is shared a supervisor dispenses it onto a clean surface such as a paper towel.			
Toothbrushes are stored in appropriate storage systems or ventilated holders that enable brushes to stand in the upright position and ensure that toothbrushes do not contact each other to avoid contamination.			



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Storage systems display symbols corresponding with those on the toothbrushes to allow individual identification.			
Storage systems are stored within a designated toothbrush storage trolley or in a clean, dry cupboard. Storage systems in toilet areas must have manufacturer's covers which allow the free flow of air and be stored at adult height or in a suitable toothbrush storage trolley.			
Storage systems, trolleys and storage areas are cleaned, rinsed, and dried at least once a week (more if soiled) by staff using warm water and household detergent.			
Storage systems are regularly checked for cracks, scratches or rough surfaces and replaced if required.			
Toothbrushes should not be washed together in the sink.			
Toothbrushes that fall on the floor are discarded.			



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RE: NHS Supervised Tooth Brushing Programme

Dear Parent / Guardian,

Good news – our school has been enrolled to provide daily supervised toothbrushing for your children during the school day.

This NHS scheme is brought to us by Big Brush Club and our aim is to get children in Reception and Nursery/ Pre-schools brushing during school time to help tackle tooth decay.

Developmentally, this is such an important age and we can really make a difference to children's long term oral health by committing to this simple and effective programme. Tooth decay is the most common disease in children and an average of 3 days of school per year are missed due to dental problems causing parents and carers to have time off work for appointments. This is easily preventable through the use of fluoride toothpaste and regular brushing.

Children will be supervised during the brushing sessions every day and will be under the guidance of trained 'Oral Health Champions'. Each child will receive their own toothbrush, which will be easily identifiable and will be stored in a safe storage system.

It is important children continue to brush their teeth at home, with a fluoride toothpaste. To support this, we are sending children home with their own pack which includes a toothbrush, toothpaste and information leaflet. We would greatly appreciate your support to encourage your children with their brushing in a positive way.

Visit our website (www.bigbrushclub.co.uk) to learn more and view videos and apps that are useful in engaging your children and timing their brushing for 2 minutes.

Allergies: Please ensure you let the nursery or school know of any allergies or health issues your child may have which could mean they are unable to take part in the scheme.

Consent: to consent for your child to take part in the scheme, please fill in the attached form and return this to your child's school / teacher.

If you wish to discuss the scheme further or would like to know more about how to improve your child's oral hygiene, your Big Brush Club Facilitator can answer all your questions. Please get in touch via info@bigbrushclub.co.uk.

Yours Sincerely,

A handwritten signature in black ink that reads 'Justin Marney'.

Justin Marney
Managing Director



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Consent Form

Please complete this form to ensure your child is included in the scheme and return to the school / class teacher.

- Yes, I give permission for my child to be a part of the daily toothbrushing programme.
- No, I do not want my child to be included in the daily toothbrushing programme.

Child's name: _____

Parent's name: _____

Parent's signature: _____

Date: _____

You do not need to answer this question, but if you have chosen **not** to participate in the scheme it would be helpful if you could please let us know why you would prefer that your child does not participate. This will help us to continue to improve the service that we provide.



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R.E. NHS Supervised Tooth Brushing Programme

Dear Parent / Guardian,

As we reach the end of term, we would like to say a big well done to everyone taking part in the Supervised Toothbrushing Programme. Through brushing daily, we are helping to reduce the risk of dental problems among children and lead to better oral health and overall wellbeing.

With the holidays approaching, we kindly ask for your continued support and encouragement with brushing at home. At the start of the programme, we will have supplied your child with a home pack, so please do make sure your children are brushing twice a day with fluoride toothpaste. We have lots of resources available on our website as well as our social media platforms, so check them out for more information.

We know that home and education settings can work together to effectively support and encourage every child, so we really value your time and efforts with brushing at home. We hope that you and your families have a wonderful break!

Best wishes,

A handwritten signature in black ink that reads "J Marney".

Justin Marney
Managing Director



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Reward Chart

our weekly toothbrushing

class: _____

Monday Tuesday Wednesday Thursday Friday

Remember to brush at home each day and over each weekend too!

Brushing together for healthy smiles

www.bigbrushclub.co.uk info@bigbrushclub.co.uk



Brushing together for healthy smiles