



STOP
DENTAL
DISEASE

TOOTHBRUSHING

Oral Care for Infants and Toddlers in Child Care Programs

Build healthy habits and reduce the risk of cavities by ending a meal or snack with oral care for infants and toddlers. *This method does not require spitting into a sink or rinsing with water.*



GATHER

Gloves, paper towels, fluoride toothpaste, and a small paper cup.

For infants: disposable dental wipes or a soft infant toothbrush.

For toddlers: an easy-grip toddler toothbrush.

BRUSH:

Infants

- **Position:** Place the infant on your lap facing you, or sit or stand behind the infant with the infant looking up at you, or cradle the infant in your arms to one side.
- **Wipe/Brush:** Wear gloves. Gently wipe the infant's gums and/or teeth using an infant dental wipe or brush the infant's teeth with a soft bristle toothbrush and a rice sized amount of fluoride toothpaste. Wipe excess toothpaste with a paper towel.

Toddlers

- **Position:** Hold younger toddlers on your lap. Seat older toddlers in a chair at a table.
- **Brush:** Wear gloves. Place a dab of toothpaste the size of a grain of rice on rim of a paper cup. Pick up the dab of toothpaste with the toothbrush. Help the child brush their teeth. Have the child spit extra toothpaste into the paper cup and/or wipe their mouth with the paper towel.



CLEAN UP AND STORE

Dispose of infant dental wipes. Throw away cup and paper towel. Rinse individual toothbrushes in running water and place upright in labeled rack to air dry. Allow at least two inches between toothbrushes so they do not touch. Remove gloves. Wash hands.

Note: Label each child's toothbrush with their name. Replace toothbrushes every three months or sooner if bristles are frayed, used by a sick child, or dropped on the floor.