

# Supervised Toothbrushing Toothbrushing Checklist



- **WASH HANDS BEFORE TOOTHBRUSHING BEGINS**
- **DO NOT APPLY TOOTHPASTE DIRECTLY ONTO THE TOOTHBRUSH**  
A supervisor should dispense it onto a clean surface such as a plate or paper towel.
- **USE THE CORRECT AMOUNT OF TOOTHPASTE ON A DRY TOOTHBRUSH**



**0-2 year olds**  
Smear



**3+ years**  
Pea-sized

- **BRUSH TEETH FOR TWO MINUTES**
- **SPIT OUT TOOTHPASTE AND DO NOT RINSE**
- **RINSE TOOTHBRUSHES INDIVIDUALLY UNDER COLD WATER AFTER BRUSHING**