



Supervised Toothbrushing Scheme

# Information and Consent Form Come and join the fun



Welcome to Brilliant Brushers  
supervised toothbrushing scheme

Young children in this area have some of the worst rates of tooth decay in the West Midlands. Did you know that tooth decay remains the main reason for hospital admissions for children age 6 to 10. From 2022 to 2023 there were 47,581 children age 0 -19 that had tooth extractions in NHS hospitals. Tooth decay causes unnecessary pain, sleepless nights and time off school but the good news is that it is largely preventable.

## What is Brilliant Brushers?

An exciting supervised toothbrushing scheme that is being offered to all children in your child's nursery or classroom to help keep their teeth healthy.

## How will it happen?

The staff in the setting will be trained and supported by Oral Health Improvement Team, from Birmingham Community Healthcare NHS Foundation Trust, to supervise toothbrushing once a day.

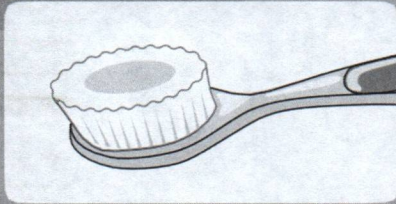
Each child will be given their own toothbrush for toothbrushing in the setting and a toothbrush pack for them to take home for you to help brush their teeth at home.

Resources for the supervised toothbrushing in the setting will be provided free of charge and replacements will be provided.

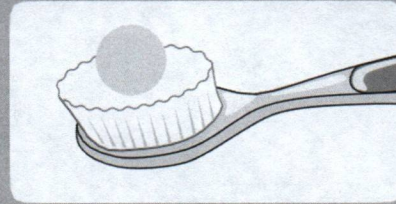
## At home you can do your bit too

Brush your child's teeth at home twice a day, especially last thing at night. They need your help with toothbrushing until they are around 7 years old. Children with additional needs may need help with their toothbrushing beyond the age of 7. Use a family strength fluoride toothpaste, that contains 1350-1500 ppm fluoride. You can find this in the list of ingredients.

For children aged 0-2 years, use a smear of family toothpaste on a dry toothbrush. If they are 3 years and over use a pea sized amount. Encourage them to spit out and not rinse out with water.



Smear for 0-2 years



Pea sized amount for those 3 years and over

Try to make toothbrushing fun, by using songs, apps or timers and brush together.

## Instructions

Please complete the consent form below and return it to the early years setting or school

*(Cut or tear here)*

## Brilliant Brushers Supervised Toothbrushing Consent

Your child can only take part in this scheme if the consent form below is completed by the parent or person with parental responsibility, and returned to the early years setting or school.

*(please tick one box below)*

I ~~would~~ like my child to take part in Brilliant Brushers

I ~~would not~~ like my child to take part in Brilliant Brushers

If not, please say why you do not want your child to take part

Name of setting

Child's Name

Room/Class/Year

Signature of parent/person  
with parental responsibility

Print Name

Date

I understand that by agreeing to my child taking part in the supervised toothbrushing scheme, I am consenting to his/her data being shared with the nursery or school setting.

I can choose to withdraw my child at any time by informing a member of staff in the setting.

*This information will be collected and stored securely by the setting so that the staff know which children have consented to take part. It will also be used to help monitor the number of children taking part in the scheme.*