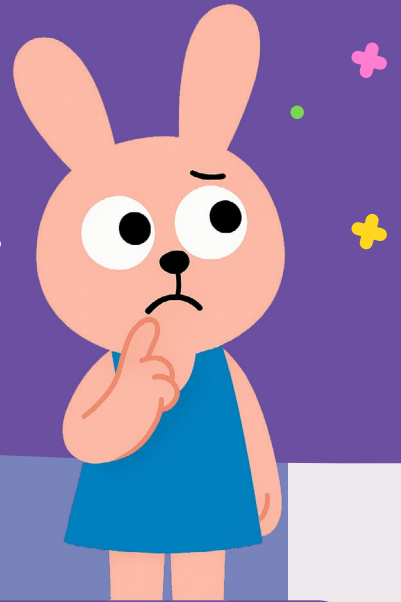


How to Set Up Supervised Brushing

My Dental
Buddy

Getting Started: It's Easier Than You Think



What You're Actually Doing

You're helping children brush their teeth once a day at your setting. That's all. We'll help you make it work smoothly, safely, and without adding to your day's burden.

The Basics

- ✓ Supervise daily brushing with the whole group (Target: 8 minutes).
- ✓ Use individual toothbrushes provided for each child.
- ✓ Use the simple storage system (we can help here!).
- ✓ Use the MDBuddy School Dashboard to make your task easy.

Why This Works

"I was worried it would be chaos with 30 children, but we started with small groups and now they know exactly what to do. They actually remind me if we forget!"

Emma, Year 1 Teacher

What You Don't Need to Worry About:

- Dental training
- Complex procedures
- Planning lessons about teeth
- Replacing brushing at home

"We've been doing supervised brushing for two years now. The children love it and it's just part of our day - like snack time or story time. Once you get into the routine, it's really straightforward."

Sarah, Reception Teacher

Daily Routine: How It Actually Works



The Complete Brushing Session (Using the MDBuddy Dashboard)



Step 1 Set Up Dashboard

- * Open the MDBuddy School Dashboard on your tablet or computer and log in.
- * Select your class and adjust the number to reflect the number of children present today using the plus/minus buttons.



Step 2 Get Ready

- * “Right, everyone, brushing time! Go wash your hands and come sit on the carpet.”
- * Start the session on the dashboard; this initiates the visual guidance for children.



Step 3 Get Brushes

- * The dashboard features fun animations that help children locate their brushes.
- * Ask children to find their brushes by colour or name, depending on storage style.



Step 4 Add Toothpaste

- * Follow the dashboard prompts for the correct amounts of toothpaste.
- * You squeeze toothpaste onto a plate, and children dab their brushes.
- * The screen reminds everyone about the right amounts.



Step 5

Brush Together

- * This is where the dashboard really comes in handy! The screen displays the correct brushing technique with engaging animations.
- * Children can follow along with the visual guide whilst you supervise.
- * “Let’s follow and brush with My Dental Buddy on the screen!”



Step 6

Clean Up

- * Dashboard guides the cleanup routine.
- * Children spit into tissues, rinse brushes under the tap, and put them back in storage.
- * Complete the session on the dashboard, add your name, and any notes.

Real Teacher Tips:



“The children love watching the screen - it keeps them all brushing properly and they know exactly what to do next.”

James, Nursery Manager

“I don’t have to remember all the steps myself. The dashboard guides us through everything and the children think it’s brilliant.”

Lisa, Reception Teacher



“The animations are really engaging. Even my most reluctant brushers join in when they see the fun characters.”

David, Year 1 Teacher

Making It Work for Different Ages

3-4 Year Olds (EYFS):

More help with finding brushes and holding them properly

Sing songs or count to keep them interested

Expect some mess initially - they learn quickly!

Lots of praise and encouragement

5-11 Year Olds (Primary):

Can be more independent with the routine

Help younger children if you have mixed ages

Understand why we're doing it

Can help with tidying up



Keeping It Safe and Clean

The Simple Safety Rules

The Big 4

Everyone washes their hands first

1

2

Each child has their own brush (NEVER share)

Keep brushes apart (in storage and when brushing)

3

4

Clean up properly after (rinse brushes, wipe surfaces)

Toothbrush Care:

- * Each child has their own brush with their name/picture
- * Rinse under the tap after brushing
- * Put back in storage to dry
- * Replace every term or if dropped on the floor

Simple Weekly Jobs:

- * Wipe down the storage system with warm, soapy water
- * Check that all brushes are in good condition
- * Make sure you have enough toothpaste





When Things Go Wrong

“A child dropped their brush on the floor”



Just give them a new one. We provide spares for precisely this reason.

“Children are messing about during brushing”



Start with smaller groups until they get used to it. The dashboard animations really help keep them focused. Most children love the routine once they know what to expect.

“The dashboard isn’t working properly”



No problem - you can still do brushing without it, just like before. Please give us a quick call, and we’ll resolve any technical issues.

“Children keep looking at the screen instead of brushing”



That’s actually good! They’re learning from the visual guides. Just remind them to copy what they see on screen with their own brushing.

“The storage system got messy”



Happens sometimes! Give it a quick clean and carry on. The children will help you keep it tidy once they’re used to it.

“Parents have questions”



We provide information sheets for families explaining everything. Please direct them to www.mydentalbuddy.com or call us.

The Reality Check



What This Really Looks Like



Week 1

A bit chaotic as children learn the routine

Week 2-3

It gets smoother as children know what to do more



Month 1

It starts to feel normal, and the children remind you if you forget

Long-term

It becomes part of your day, like any other routine



Remember:

“Every child deserves healthy teeth. You’re making a real difference to their lives, and we’re here to make it as easy as possible for you.”

Why It’s Worth It

- ✓ You’re helping prevent tooth decay - the most significant health problem for young children.
- ✓ Children develop habits that will last their whole lives.
- ✓ Parents see you care about their child’s health.
- ✓ It supports your EYFS requirements (if you’re early years).
- ✓ Children actually enjoy it once they get used to it.

Supervised brushing excellence programme:
Oldham Local Authority partnership
delivered through MBuddy’s NHS-qualified
professional support

Questions? Contact us at www.mydentalbuddy.com

- we’re always happy to help.

Quick Start Checklist



1 Week 1 - Setup

- MDBuddy onboarding arranged for setup and training
- Best time for brushing identified
- Space organised and storage positioned
- Staff trained on basic procedures
- Information sent home to parents

2 Daily Routine

- Open MDBuddy Dashboard, adjust the number of children present
- Start session on dashboard for visual guidance
- Children wash their hands
- Each child gets their own brush (following screen prompts)
- A small amount of toothpaste on the plate
- Brush together for 2 minutes with dashboard animations
- Rinse brushes, return to storage
- Complete session on dashboard, add teacher name and any notes
- Quick tidy up

3 Weekly Tasks

- Clean storage system with warm soapy water
- Check brush condition and replace if needed
- Make sure adequate toothpaste supply

Need Help? Just ask - we're here to make this work for you.

My Dental Buddy

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