

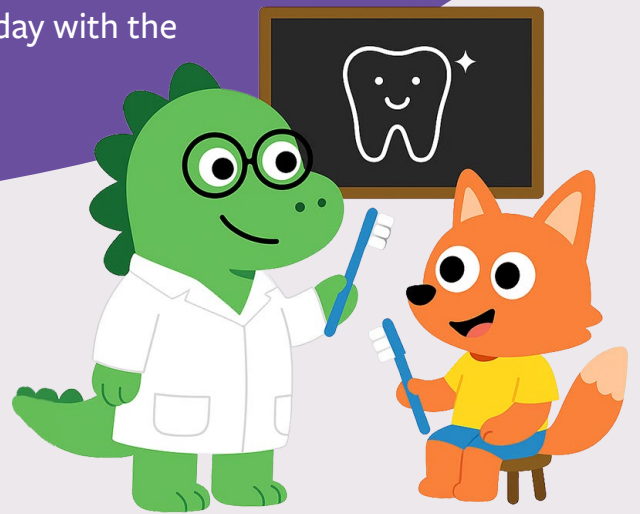


Understanding Supervised Brushing

**My Dental
Buddy**

What is it?

Supervised Brushing is a program where **trained staff oversee children brushing their teeth** once a day with the hope of establishing good oral health habits.



Child-led Sessions

Children brush as a group activity in a supervised setting.



Adult Supervised

Trained staff guide the children alongside the My Dental Buddy Dashboard.



Spit, Don't Rinse

Children are taught to spit the toothpaste to allow the fluoride to work.



Toothpaste & Brushes

We provide brushes and fluoride toothpaste in the classroom.



Daily Routine

Brushing occurs daily to establish regular habits.



Hygiene Matters

We ensure teachers are trained in proper handwashing and cleaning of equipment.



Programme Foundation



Evidence-Based Approach

Supervised brushing programmes follow NICE guidelines PH55 and are specifically recommended for settings in areas where children are at high risk of poor oral health. Research demonstrates that daily brushing at settings over a two-year period effectively prevents tooth decay and establishes lifelong healthy behaviours.



Government Investment

The UK government's £11 million investment (March 2025) specifically supports supervised brushing programmes for children aged 3-5 in the most deprived areas, projected to reach 600,000 children annually. Your programme contributes directly to this national public health initiative.

Core Principles



Daily Routine Integration

Supervised brushing becomes part of your normal daily activities, not an additional burden. The key is integrating toothbrushing into existing routines whilst maintaining quality and safety standards.



Supplementary, Not Replacement

Supervised brushing supplements, but never replace twice-daily home brushing. Your programme reinforces the importance of morning and evening brushing at home whilst providing consistent daily practice.



Quality Over Quantity

One well-supervised daily session is more effective than multiple poorly managed sessions. Focus on establishing excellent routines that can be sustained long-term.

Why is Supervised Brushing Important?

Prevent Tooth Decay

A proven way to prevent tooth decay is to ensure children use fluoride and establish good oral hygiene habits.

Builds Awareness

It helps children build awareness surrounding the importance of oral health.

Skill Development

It helps children develop motor skills needed for proper toothbrushing techniques.

Health Equality

It helps children establish oral hygiene if they are not brushing regularly at home.

Habit Formation

It helps establish daily toothbrushing routines and positive oral hygiene behaviours.

Cost-effective

It is considered a cost-effective intervention with a positive return on investment for public health.



How Does My Dental Buddy Help?

My Dental Buddy (MDBuddy) is an innovative NHS-aligned oral health programme that combines **expert education** with **groundbreaking technology** to significantly reduce the burden of tooth decay in children aged 2-6 years old.

By combining **dentist-led school visits** with an innovative **AI-powered dental application**, our solution reduces tooth decay in children while streamlining the operation for teachers.

How to Use :

1 Sign up to the dashboard and Log in

2 Navigate to the daily timer and use it during supervised brushing

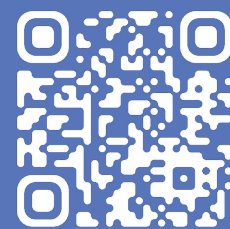
3 Leave feedback and request additional supplies if needed

4 Tell parents about the My Dental Buddy AI-Powered app!



It has proven to:

- ✓ Reduce dental anxiety
- ✓ Generate genuine excitement in children
- ✓ Create lasting behavioural changes through its interactive, child-friendly delivery.



Download
Search "MDBuddy" in
App Store or Google Play



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

My Dental Buddy

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