

The Benefits of Midday Brushing in the Classroom



Studies have found:

- A daily midday brushing program for Chinese preschoolers using fluoride toothpaste resulted in Decay Rates cut by 43%!⁽¹⁾
- Of preschoolers who participated in a brushing program 88% Reported Brushing at Home Two or More Times a Day!⁽²⁾
- Parents of children who participated in the daily brushing exercises were found to have Greater Involvement and Knowledge about the Importance of Brushing, and Better Attitudes Towards Oral Health!⁽²⁾

Teachers reported that successful programs can be run with "Limited Staff Involvement" and overall, the midday brushing program is "Feasible in the Classroom."

1. Prevention of Early Childhood Caries—Results of a Fluoride Toothpaste Demonstration Trial on Chinese Preschool Children after Three Years. Eli Schwarz, DDS, MPH, PhD, Edward C. M. Lo, BDS, MDS, PhD; May C.M. Wong, BsocSc, MPhil. Public Health Dent. 1998 Winter;58(1):12-8.

2. Effectiveness of an oral health education and caries prevention program in kindergartens in China.

Rong, Wen Sheng; Bian, Jin You; Wang, Wei Jian; De Wang, Jia, Community Dent Oral Epidemiol. 2003 Dec;31(6):412-6.