

GETTING YOUR CHILD TO BRUSH THEIR TEETH



Use a Small Amount of Toothpaste

It's important not to use too much toothpaste. A pea size amount is fine because it doesn't create too much foam to interfere with brushing.



Best Position for Brushing

It may be the easiest to stand behind or beside your child with your arms on their shoulders, but you should hold the toothbrush in a position that's comfortable for you.



Use a Timer

Some children pediatric dentists recommend brushing for 3 minutes. You can set a timer, or buy an inexpensive sand filled one.



Brush the Back Teeth First

The first 2 minutes of brushing should be focused on the child's upper and lower back teeth, where cavities usually develop first. Use short and circular motions, like you would with your own teeth, spending the most time on the chewing surfaces.



Rinse Thoroughly

Be sure to teach your child how to rinse, by swishing water around in their mouth and spit.



Finish up Front

Finish the final minute of brushing by focusing on the upper and lower front teeth. Angle the toothbrush where it is comfortable and flexible. Remember to brush the sides facing the tongue as well as the sides facing the lips.



Flossing

You should start flossing your child's teeth when they touch each other. You can use a piece of dental floss or a child's dental flosser. Kneel in front of or to the side of your child. Be sure to floss gently underneath the gumline.



Admire Your Child's Teeth

Congratulate your child for doing such a great job and compliment them on their beautiful and shiny teeth! Praising your child could boost their self esteem and possibly get them interested in oral health.

