

BRUSHING YOUR CHILD'S TEETH



WHO:

Children need **you** to help them build healthy habits!
A child needs help brushing their teeth until they are about 6 years old or when they can tie their own shoes. Teach them how to brush their teeth by showing them how you do it!

WHAT:

Your child should use a soft toothbrush. It should be the right size for them – a smaller toothbrush is better. **Never share toothbrushes.**



WHEN:

As soon as your baby has teeth, you can start using a small, soft toothbrush. Just like you, a child's teeth should be brushed at least twice a day and especially before bed.



WHY:

Brushing your child's teeth helps them learn healthy habits and protects them from cavities and tooth decay.



HOW:

Gently brush the teeth by using a circular, scrub-brush motion. It is important to brush the teeth near the gum line since this is where the germs that cause tooth decay are.

Make sure to brush all surfaces of the child's teeth. Start with the back teeth on top, then brush the bottom teeth the same way. Don't forget the inside (tongue side) too!

It should take about two or three minutes to brush your child's teeth.

NOTE:

Use a toothpaste **with** fluoride!

For children under two years old, use a small smear of toothpaste, no larger than a grain of rice. Once your child can spit, use a pea-size amount.

Store toothpaste out of your child's reach.



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