

BRUSHING CHILDREN'S TEETH CAN BE...FUN!?

As parents we can make a difference to the health of our children's teeth by ensuring that we brush their teeth for 2 minutes twice a day. Easy to say but is it easy to do? Here are some great tips to help make brushing time more enjoyable.

1. Start cleaning the mouth early

You don't have to wait until baby has teeth before cleaning the mouth. After feeding, wipe baby's mouth with a soft, wet cloth. This gets babies used to you being in their mouths and may make it easier as they get older. When the first tooth comes in choose a soft bristled toothbrush with a rice grain sized smear of fluoridated toothpaste.



2. Brush teeth before everyone gets too tired

Having a morning and bedtime routine lets children know what to expect next. Brushing teeth at a time when neither you nor your child are too tired will decrease the risk of one or both of you becoming frustrated.

3. Build play into brushing

There are many different ways to make brushing a fun experience. Use your phone to play a favourite song or find a toothbrushing song with a favourite cartoon character. There's many toothbrushing apps that may be fun as well. Dance, sing and brush!



4. Make toothbrushing time family time

Children's brushing should be supervised until they are 8 years old. That doesn't mean you can't give them some independence. Take turns brushing their teeth, even let them brush your teeth. Make toothbrushing time a family event. Children can learn how to brush by watching you or older siblings.

5. Have children keep track of their brushing

A great reward for brushing is giving children stickers to put on a toothbrushing chart. You can make your own chart or print an already made one.

The biggest reward for everyone is a lifetime of healthy teeth. Now, isn't that fun!?



**For more information about taking care of young children's teeth visit
Healthy Smile Happy Child social media and website
<https://wrha.mb.ca/oral-health/early-childhood-tooth-decay>**

