

TOOTHBRUSHING TIPS FOR PARENTS

Positioning You and Your Baby

It's easier and more comfortable to brush when your baby is lying down ~ you will see better to do a better job!

A Few Ideas To Try:

- Hold your baby in your arms in feeding position
- Lay baby on change table (always with an adult)
- Place baby on couch or bed, with head in your lap
- Lay toddler on the floor with head on a pillow placed between your legs
- Sit in a chair facing another adult helper in the knee-to-knee position:
 - baby lies on adults' legs with head in your (brusher's) lap
 - helper gently holds baby's legs and arms



It is easier to brush with your baby's head in your lap

Brushing Your Child's Teeth

- Use a child-size toothbrush with soft bristles
- Brush using small circles; begin where teeth and gums meet
- Brush:
 - both the cheek and tongue sides of the teeth
 - the flat chewing surfaces
 - the gums and tongue too!
- Gums that bleed need more brushing to make them healthy



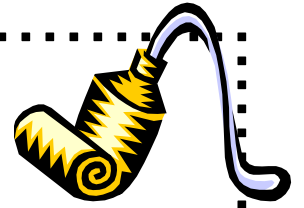
Help Your Child Develop Good Brushing Habits

Children will:

- Want to brush their teeth when they see you brushing your own teeth ~ great!
- Need you to finish brushing for them until they are about 8 years old and able to do a good job on their own
- Be motivated to brush longer with helpers such as an egg timer
- Enjoy getting a small reward once they complete their own toothbrushing chart (see other side) ~ a good way to encourage good brushing habits!

Toothpaste

- Before age 1 ~ just brush with water
- Age 1-2 ~ use a very small smear of toothpaste with fluoride
- Age 3-5 ~ use ½ of a pea-size amount of toothpaste with fluoride
- Age 6 & older ~ use a pea-sized amount of toothpaste with fluoride



Caution:

- Teach your child to always spit out toothpaste after brushing; swallowing toothpaste with fluoride can lead to permanent spots on forming teeth
- Always store toothpaste out of young children's reach so they don't eat it
































Use the 2 for 2 Rule

- Brush for 2 minutes
- Brush 2 times a day, especially before bed

Toothbrushing Chart

Place a sticker, star or checkmark on the

 when you brush in the morning & on the  when you brush at night

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|---|
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |



Remember...

Lift the Lip

- Once a month to check for white or brown spots on your baby's teeth
- Look closely along the gum line of the top front teeth



ME Wener & CA Yakiwchuk
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1st Dental Visit by 1st Birthday!