

Tips for brushing young teeth

Spark their interest

- Pretend to brush teddy's or doll's teeth
- Make up a story e.g. the toothbrush (the good guy) beating the invading germs (the bad guys)
- Face opposite each other and brush at the same time, mirroring how you brush - or brush each other's teeth
- ROAR like a dinosaur or a tiger (an open mouth will help you to access their teeth)
- Try different products, like a milder toothpaste, a fun toothbrush, a 2 minute timer or brushing in front of a mirror
- Have a few different coloured brushes they can choose from to suit their mood!
- Distraction – watching TV or a tablet while you brush their teeth? They can spit out into a tissue or some kitchen roll
- Try apps, Youtube videos or songs to make brushing fun and engaging



Be Positive

- Brush your teeth at the same time together...
"I like it when we brush our teeth together!"
- Give an immediate reward: a bedtime story, watch something on TV or play outside
- An independent child? Let them brush first, then you follow up
- Take a deep breath and be patient if they are not co-operating
- Choose your timings well i.e. avoid overtiredness and stressful times of the day
- Try to leave at least 30 minutes after eating or drinking
- Develop a routine each time
- Give praise for any compliance or achievement
"Well done! Great brushing!
Your teeth are so clean!"
- Build on each achievement by reminding them of how well they did before

