

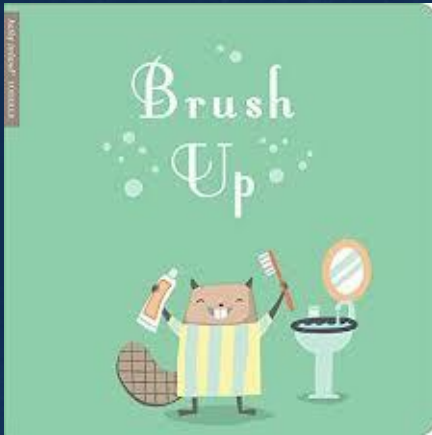
Parent Resource

Brushing Your Teeth

Brushing our teeth is part our daily routine when we are getting ready for the day and getting ready for bed. It is important to teach these habits to our children that will be in our daily routine for the rest of our lives. We want to teach our children that this habit will keep us healthy and keep



On the next slides will be a few articles for some tips and tricks to help with brushing your child's teeth!



Click on the book cover to read and listen along to the book Brush Up!

Click on the pictures below and it will link you to the article!

What to Do When Your Toddler Resists Brushing His Teeth

Reviewed on January 17, 2019



A photograph of a young child in a green shirt crawling on a wooden floor. The child is looking down at the floor.

Brushing Baby's Teeth

by [Marygrace Taylor](#)
Medically Reviewed by [Michelle Kelman, D.D.S.](#), on July 15, 2020



A close-up photograph of a baby's mouth, showing the lower teeth and gums.



Suitable for 1-3 years
Dental care for toddlers

A photograph of a young child with dark hair being held by an adult. The child is looking down.

STRUGGLING TO BRUSH CHILDREN'S TEETH IS NORMAL

HERE ARE TIPS TO MAKE BRUSHING TIME EASIER



Sing your child's favorite song or play your child's favorite tune.

This can distract them during brushing and make it a more pleasant experience.



Use play to get your child to open up.

Don't force it, but encourage them by making funny faces. Each time they open up, brush a few more teeth.

Lead by example.

Brush your teeth with your child to show how brushing is done, then take over toward the end. This will ensure your child's teeth are thoroughly brushed and that they do not swallow the toothpaste.



Use lots of cheers.

Give praise and encouragement, especially for good behaviors like opening their mouth and allowing you to brush.



Don't be afraid to hold them.

If they move their head away from the brush, try sitting them on your lap and gently hold their forehead.



STAY POSITIVE AND DON'T GIVE UP

If you're struggling to brush your child's teeth, remember that you are not alone. Any amount of brushing with a fluoride toothpaste is better than not brushing at all.