

# Tips for Brushing Children's Teeth



**Baby teeth are important for a child's nutrition, speech development, and self-esteem.**

**Brushing teeth 2 times a day for 2 minutes is very important for your child's overall health.**

- ✓ Use a small soft-bristled toothbrush.
- ✓ Brush in small circles – getting all the way to the gums, on the top, inside and outside surfaces of all teeth!
- ✓ Don't forget to brush the tongue!
- ✓ Toothbrushes should be replaced every 3-4 months or when the bristles bend out or flatten.
- ✓ Floss once daily as soon as the sides of teeth touch each other. There are handy floss-piks that can help to reach into those small mouths!

**Brushing teeth is essential, so here are some tips to encourage your child to look forward to it!**

- ✓ Use 2 brushes – one for you to hold and one for your toddler to hold.
- ✓ Take turns gently brushing each other's teeth.
- ✓ Play peek a boo with teeth and practice counting them as you brush.
- ✓ Model the behaviour by making brushing a family activity.



For more information call  
**1-800-660-5853**  
or visit our website  
[www.healthunit.org](http://www.healthunit.org)



# Toothpaste with Fluoride — A guide for use with children

Monitor the amount of fluoridated toothpaste used! **More is NOT better.**

Swallowing too much fluoridated toothpaste can result in fluorosis (white splotches) on adult teeth.

## How to know if your child is at risk for tooth decay?

- Speak to your dental provider.
- Call the Health Unit and speak to a member of our dental team.

<b>Child's Age</b>	<b>Amount of toothpaste with fluoride to use:</b>
<b>0-3 yrs old</b>	Adult to brush child's teeth twice daily. Use water only, unless deemed at risk for tooth decay by a health professional. If fluoridated toothpaste is recommended, use an amount equal to the size of a grain of rice. Encourage the child to spit out excess toothpaste.
<b>3-6 yrs old</b>	Adult to monitor and assist child brush their teeth twice daily with fluoridated toothpaste. Use an amount equal to the size of a green pea. Encourage the child to spit out excess toothpaste.
<b>7+ yrs old</b>	Child to brush their teeth twice daily and adult to monitor and assist as required. Slightly more toothpaste can be used as more teeth erupt. Encourage the child to spit out excess toothpaste.