

# 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 and 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*

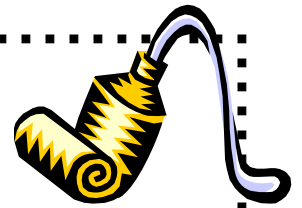
*Children will:*

- 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

Use a small smear of fluoride toothpaste\* for cleaning your child's teeth, unless otherwise advised by your child's dental professional

\*not generally recommended before age 3 unless advised otherwise by your dental professional or health region



### 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!