

6 TIPS to help your kids brush

You know brushing your child's teeth morning and night is important but some children just don't like brushing their teeth!

Here are some things you can do to make it fun – and help get your child brushing twice a day.



1

Make it a game



Play games, tell stories and sing songs. There are lots of apps, videos, books and songs that help make brushing fun.

4

Be a role model



Lead by example. Let your child see you and other family members brushing their teeth.

2

Let kids play with a toothbrush



Help them develop this new skill by letting them have a go at brushing first. Letting them hold the toothbrush with you will help them feel they're part of the action.

5

Reward your child for good teeth brushing



One way to reward your child and make brushing fun is a reward chart and stickers. Try a Tooth Brushing Chart.

3

Teach them using 'Tell-Show-Do'



First, **TELL**. Explain the steps to brushing and how brushing keeps teeth clean and healthy. Second, **SHOW** them what you do. Have your child watch you when you brush. Third, **DO**. Help your child brush their teeth alongside you in front of a mirror.

6

Let kids pick out their own toothbrush



The best way to find a toothbrush that your child will be happy to use is to let them choose it for themselves. (Manual and electric toothbrushes are both effective).

