

# How to brush

## your child's teeth

18 months to six years

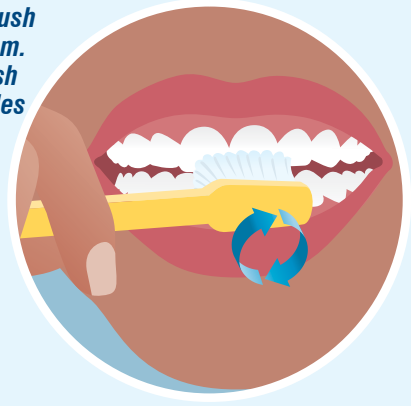
- 1 Smear a pea-sized amount of low-fluoride toothpaste on a soft toothbrush that is designed for children.



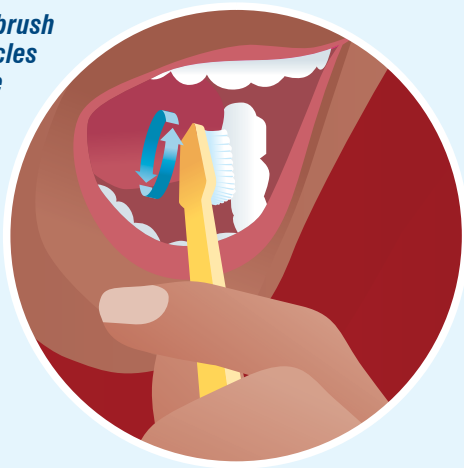
- 2 Sit the child on your lap, facing away from you, or stand behind tall children. Tilt the child's head back against your body so you can see all the surfaces of the teeth.



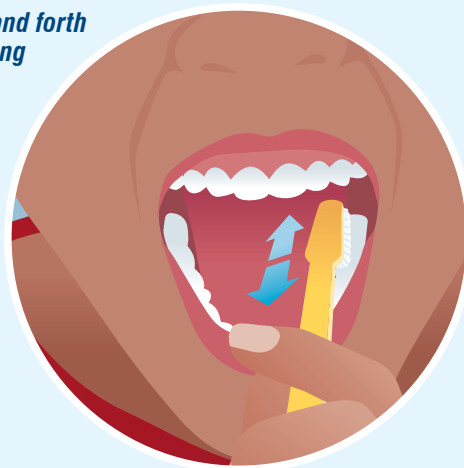
- 3 Angle the bristles of the toothbrush toward the gum. Move the brush in gentle circles to clean the outer sides of the teeth and gums.



- 4 Continue to brush in gentle circles on the inside of teeth and gums.



- 5 Brush back and forth on the chewing surfaces of the teeth.



- 6 After cleaning all surfaces of the teeth, encourage the child to spit out the toothpaste.

