

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 to 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

- Age 0-3 ~ ask your dental professional if your child is at risk for tooth decay*
→ If child is at risk, use the size of a grain of rice amount of fluoride toothpaste
- Age 3-6~ use a green pea-sized amount of fluoride toothpaste



Picture derived from: http://www.cda-adc.ca/_files/position_statements/Fluorides-English-2010-06-08.pdf

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

***Some risk factors:** living in an area with non-fluoridated water, has visible defect or white chalky areas, regularly consumes sugar between meals, caregiver has tooth decay...

































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



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September 2011



1st Dental Visit by 1st Birthday!