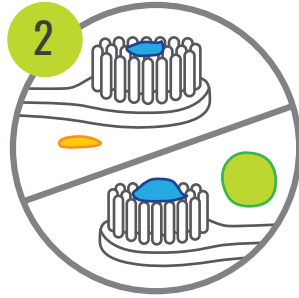


# How to Brush Your Child's Teeth



**1**  
Find a comfortable position to brush your child's teeth.

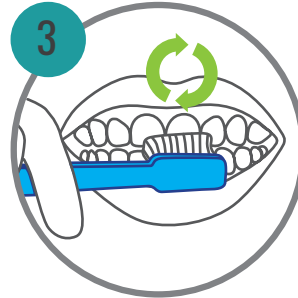
Some parents like to sit the child on their lap, both facing the mirror. If your child is able to, he or she can stand on a step-stool in front of the mirror with you standing behind him or her, or facing you.



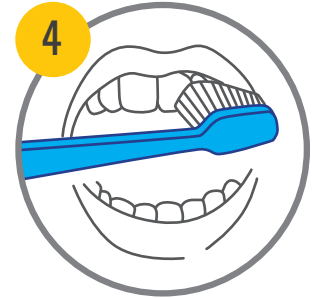
**2**  
Apply toothpaste to the toothbrush.

For children younger than 3 years of age, use an amount of toothpaste the size of a rice grain.

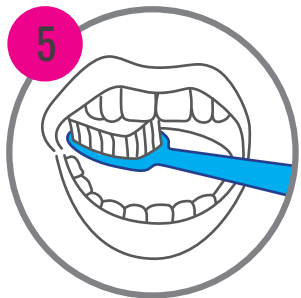
For children 3 to 6 years of age, use a pea-size amount of toothpaste.



**3**  
Using soft, circular motions, brush the top and bottom teeth.



**4**  
Brush the outer surfaces (surfaces facing the lips) of the top and bottom teeth.



**5**  
Brush the inner surfaces (surfaces facing the tongue) of the top and bottom teeth.



**6**  
Brush the tops (surfaces used to chew) of each tooth.



**7**  
Ask the child to spit out the toothpaste in the sink.



**8**  
Ask the child to rinse his or her mouth.

## TIPS FOR PARENTS

- Brush teeth for at least two minutes, twice daily, and always before bedtime.
- Begin brushing teeth as soon as the first tooth appears.
- Use a soft-bristled child's toothbrush. Children's toothbrushes are especially designed to fit inside small mouths comfortably.
- Replace toothbrushes every three to four months.
- Give each child his or her own toothbrush to prevent sharing bacteria that may cause tooth decay. Do not share toothbrushes!
- Supervise children while brushing until they are at least 7 or 8 years old and they demonstrate good brushing habits.
- Allow children younger than 7 years of age to brush their own teeth. When child is done brushing, conduct a visual check of your child's teeth to ensure he or she did not miss any areas, and if needed, brush again.
- Set a good example by brushing your teeth twice daily. Make brushing a family activity and brush with your child, if possible.
- Visit <https://youtu.be/KqhRiBgydY> for additional information.