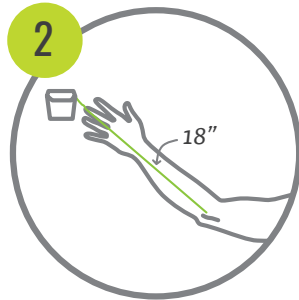


# How to Floss Your Child's Teeth

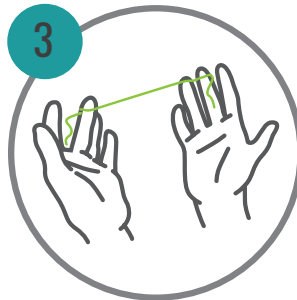


**1** Find a comfortable position to floss your child's teeth.

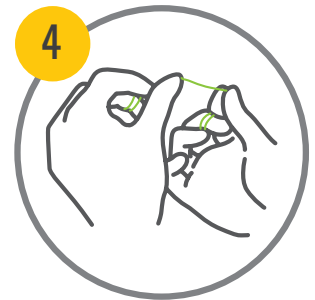
Some parents like to sit the child on their lap, both facing the mirror. If your child is able to, he or she can stand on a step-stool in front of the mirror with you standing behind him or her, or facing you.



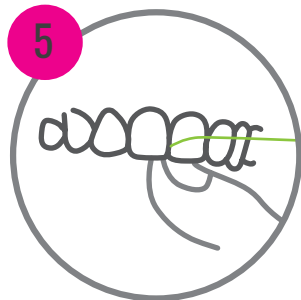
**2** Cut 18 inches of floss (about the distance from your elbow to the tip of your middle finger).



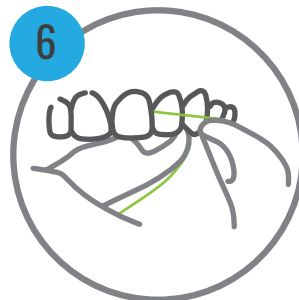
**3** Wrap the floss around the middle finger of each hand.



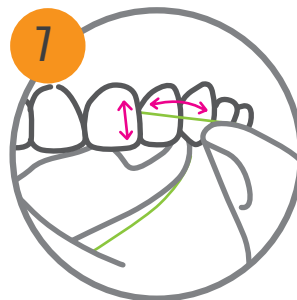
**4** Hold the floss tightly between your thumbs and forefingers.



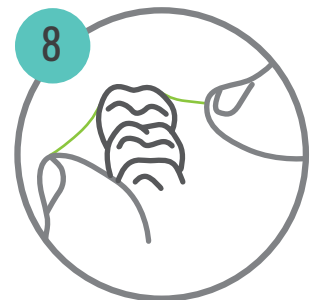
**5** Gently guide the floss between the teeth.



**6** When the floss reaches the gums, curve into a C-shape tightly against the tooth.



**7** Gently rub the side of the tooth, moving the floss up and down from the chewing surface of the tooth to under the gum.



**8** Floss all teeth, including the back teeth, switching to a clean area of floss every two or three teeth.

## TIPS FOR PARENTS

- Start flossing your child's teeth as soon as two teeth touch each other.
- Floss teeth at least twice daily and always before bedtime.
- Use floss sticks for younger or fussy children. Floss sticks should be wiped or washed clean between teeth.
- Floss your child's teeth and gradually allow your child to do it on his or her own as your child becomes able to do so.
- Demonstrate how to floss on your own teeth and conduct a visual check of your child's mouth after flossing to ensure he or she did not miss any areas.
- Allow children ages 7 and up to floss their own teeth, but continue to supervise until the child demonstrates good flossing habits.
- Set a good example by flossing twice daily. Make flossing a family activity and floss with your child, if possible.
- Visit <https://youtu.be/TPoU4imKo3M> for additional information.