

How to encourage your



child to brush their teeth



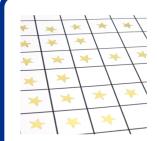
Did you know that children need help with toothbrushing until they are at least 7 years old?



Top tips to encourage your child to brush:



Get a fun toothbrush that your child looks forward to using



Try a reward system such as a toothbrushing chart



Be a good role model - show your child how to brush by brushing your own teeth at the same time



Use an app or song
- play for 2 minutes
whilst you brush Try brushdj.com

Top tips for healthy teeth:





Brush your teeth twice a day, before bed and at one other time



Cut down on sugary foods and drinks



Brush for 2 minutes using a family fluoride toothpaste.

Spit don't rinse



Visit your dentist regularly, as often as recommended