

# 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](https://www.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