



Struggling with toothbrushing at home?

Here are some handy tips.



Let your child choose their own toothbrush.



Swap to an electric toothbrush or manual toothbrush.



Use a blindfold whilst brushing your teeth.



Try different toothpaste flavours BUT remember they must be 1450ppmF.



Use a fun timer: sand timer, favourite song, phone apps.

3 Top Reminders...

1. Always give lots of praise.
2. Be positive.
3. Make toothbrushing a routine.

Fun activities to try with your children.

Traffic Lights Toothpaste: squirt three blobs of different toothpaste and get your child to try different ones to see which one is their favourite.

Customer Survey: Get your children to seem in charge and rate the best toothpastes and toothbrushes.

Disclosing Tablets: as a family all use a disclosing tablet to talk about how decay and the importance of toothbrushing.

Role Play: Get your child to brush your teeth and play the parent - this shows how brushing others teeth is a tricky task and show how it can hurt the child.

Musical bumps: When brushing teeth play some music and every time it stops change your location.

Instructional Brushing: Direct your child where to brush i.e. brush the top right for 10 brushes, brush the bottom row for 6 brushes etc.

Copy Cat: Stand in front of each other and copy exactly the way each of your brush your teeth.

Toothbrushing Charts: Use a daily toothbrushing chart to monitor and encourage regular toothbrushing.



Distraction Game: Toothbrush in a variety of positions such a standing on one leg, sitting on the floor, standing on the bed etc.

Bath time: Let younger children get used to the toothbrush and paly with it in the bath or with their toys.

Reward Time: Reward your child if they brush twice a day or brush all week morning and night such as staying up for an extra 30mins or go to the park at the weekend (use healthy and non sweet rewards to encourage a healthy lifestyle).



Toothbrushing Chart

DAY	 MORNING	 EVENING
Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

