

# Let's brush!



Little Croc says,  
grab a grown-up  
– it's toothbrushing  
time!

To brush the **OUTSIDES...**

Make a **BIG** smile  
like a monkey

Brush in circles



To brush the  
**INSIDES...** open  
wide and **ROAR**  
like a lion

Brush in circles

Keep roaring like a lion  
to brush the **BACK** teeth...



brush **BACK-and-FORTH**  
on the top and the bottom

To finish,  
spit out the  
toothpaste  
bubbles

You did a great job  
brushing your teeth



CUT HERE

Stick the other side to the  
bathroom mirror. Use it as  
a prompt when brushing.

Join our fun  
animal friends to help  
children brush.

It doesn't matter where you start. You might  
start at a different spot each time to make  
sure all teeth are brushed over time.

## Toothbrushing for kids

Brush twice a day • in the morning  
(after breakfast) and last thing at night

Use a **soft small toothbrush**

<b>If under 18 months</b>	NO toothpaste
<b>18 months to 5 years</b>	Use a pea-sized amount of low-fluoride toothpaste
<b>6 years and over</b>	Use a pea-sized amount of standard (adult) fluoride toothpaste

Kids under 8 years need a grown-up to  
help them brush. Take turns brushing with  
your child.

## Make brushing fun!

Scan the code to play fun toothbrushing  
songs on your phone.

A quick check: have we brushed  
all sides of all teeth?

top +  
bottom?

outside +  
inside?

front +  
back?

Spit out the toothpaste bubbles –  
don't rinse.

The leftover fluoride helps build strong  
healthy teeth.



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oral health for better health

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