

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

PEEL HERE

This mirror sticker is
removable and reusable

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**

If under 18 months	NO toothpaste
18 months to 6 years	Use a pea-sized amount of low-fluoride toothpaste
Over 6 years	Use a pea-sized amount of standard (adult) fluoride toothpaste

Kids under 7 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.



dental health
services victoria
oral health for better health

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