

6 TIPS to help kids brush

Baby teeth are really important. Starting good toothbrushing habits when baby teeth first appear helps set your child up for a lifetime of healthy smiles.

It may not always be easy, but here are some tips to support you.



1

Be a role model



Lead by example. Invite your child to watch family members brushing their teeth.

4

Keep it fun



There are lots of apps, videos, books and songs to help make toothbrushing fun. (See page 2 for ideas.)

2

Create a routine



Make toothbrushing part of the morning and bedtime routine. If a brushing session doesn't go so well, you can always try again later.

5

Let kids pick their own toothbrush



You could let your child choose from several toothbrushes at the shop. Just make sure all options have soft bristles and a small head.

3

Let kids have a go



Help your child develop this new skill by letting them brush first. Follow by brushing all surfaces of their teeth again for them.

6

Celebrate progress



Toothbrushing charts can motivate children and remind you to celebrate milestones together, such as brushing twice a day for a whole week.

Toothbrushing
with babies
0 - 18 months



Scan to watch
short videos
Available in a
range of languages



Toothbrushing with
young children
18 months - 6 years

Ideas to make toothbrushing FUN!

APPS

Apps can help motivate kids to brush their teeth using their favourite characters or by making a game out of it.

Pokémon Smile

An interactive brushing game



Magic timer

Brush with Disney characters



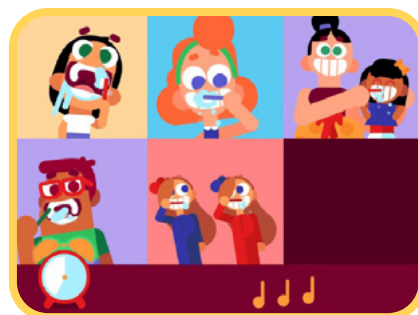
VIDEOS

YouTube has lots of catchy songs to keep toothbrushing sessions light and fun.

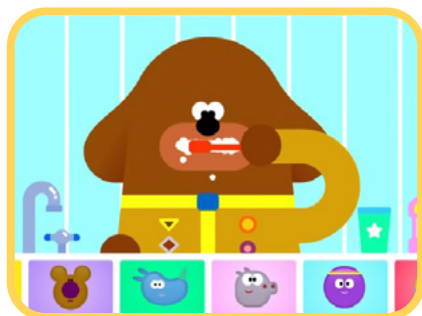
Healthy Teeth, Healthy Me: Brushy Brush PSA | Sesame Street



The Tooth Brushing Song Queensland Health



The Tooth Brushing Song Hey Duggee



Brush Your Teeth Kids The Wiggles



Brush Your Teeth Super Simple Songs - Kids songs

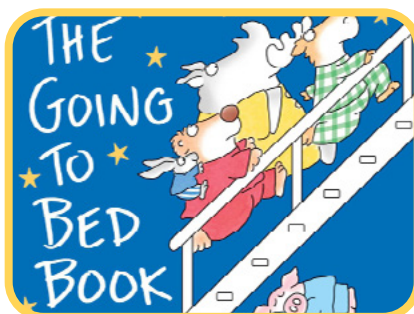


STORYBOOKS

Books can help children learn about toothbrushing as an important, everyday activity.

Ask for recommendations at your local library.

The Going to Bed Book by Sandra Boynton



Sesame Street Ready, Set, Brush! by Matt Mitter

