Brushing your toddler's teeth
Hints on toothbrushing

• Brush your child’s teeth as soon as they appear.
• Clean their teeth daily because plaque (a sticky, invisible film of bacteria and left-over food) will form in your toddler’s mouth, just as it does in your own.
• Encourage children to brush their own teeth but supervise and assist them until they are about eight years of age.

• When brushing your toddler’s teeth, you may find it easier to lay them in your lap with their head resting against your arm or to stand behind them. This way you will have more control and feel more secure.
Toothbrushes

Use a child-sized soft toothbrush and replace it regularly.

Toothpaste

<table>
<thead>
<tr>
<th>Is your local water supply flouridated?</th>
</tr>
</thead>
<tbody>
<tr>
<td>✗ NO</td>
</tr>
<tr>
<td>✓ YES</td>
</tr>
<tr>
<td>Birth to six months Brush your child's teeth without toothpaste.</td>
</tr>
<tr>
<td>Six months to five years Brush your child's teeth with a small pea size amount of low flouride toothpaste.</td>
</tr>
</tbody>
</table>

Children should not be allowed to dispense toothpaste without supervision. Keep toothpaste out of reach of children.

Brushing

• Brush along the chewing surfaces of the teeth.
• Use a circular or jiggling motion on the outside surfaces, being sure to brush the gums gently.
• Repeat on the inside surfaces using a jiggling motion.
• Spit out toothpaste but don't rinse.
Remember

- Brush as soon as your child’s teeth have come through the gums.
- Brush teeth twice a day using a low fluoride toothpaste. The fluoride in toothpaste will help to prevent tooth decay.
- Many toddlers cannot avoid swallowing toothpaste, so a low fluoride toothpaste should be used eg. My First Colgate®, Macleans Milk Teeth®, and Oral B Stages® toothpaste.