

TIPS AND TRICKS FOR THE RELUCTANT TOOTH BRUSHER



Before brushing look for signs of discomfort or pain; like sores, bleeding gums, or discolored teeth



Find toothpaste that your child likes or use water only to start



Select a toothbrush for each child's needs, such as an electric or battery toothbrush, musical toothbrush, or specialty toothbrush



Allow your child to hold a comfort item if necessary



For effective removal of bacterial plaque, aim for TWO continuous minutes of brushing, use of a timer or counting out loud may help



It is important to build trust, count out loud and allow your child to express their desire to stop or take a break



For children unable or unwilling to stay open, use a soft mouth prop such as a tape wrapped tongue depressor or toothbrush handle, or another soft oral prop



Provide extra support for security and comfort for children that require it

Alternative tooth brushing techniques:

- Hand over hand
- Side by side in mirror
- Parent brushing first, then child brushing

- Tell them how to brush
- Show your child how to brush
- Have them show you how they brush



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