

# 8 Tips to Successfully Brush Kids' Teeth



## 1. Give them a good story

Talk about why we need to brush – how the sugar bugs make holes in our teeth if we don't brush them away. Sometimes kids need a reason or a good story to get on board.

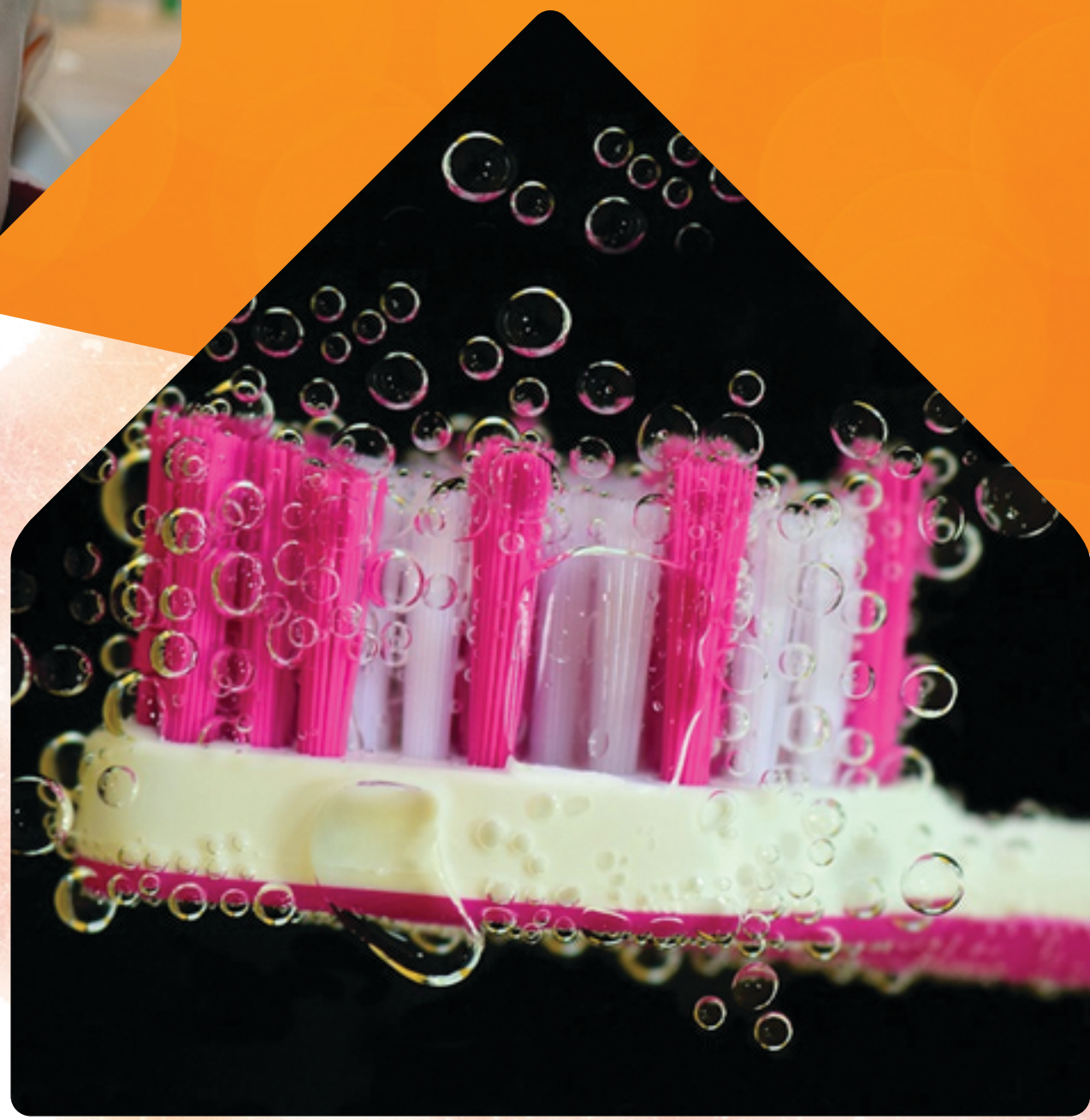
## 2. Show and tell

If they're still unconvinced, you can try using a dissolving agent, available at pharmacists' counters and dental offices, to clearly show them the plaque on their teeth. They just chew them and the pink shows them where the plaque is to prove that brushing makes a difference.



## 3. Brush like train wheels

Having kids think of the wheels of a choo-choo train helps them to brush correctly. They should use big circles in a massaging stroke – round and round instead of back and forth or scrubbing.



## 4. Make bubbles

Encourage them to create lots of bubbles – that means they're brushing well. You could hold a bubble-making contest with your kids to see who can create the most bubbles.

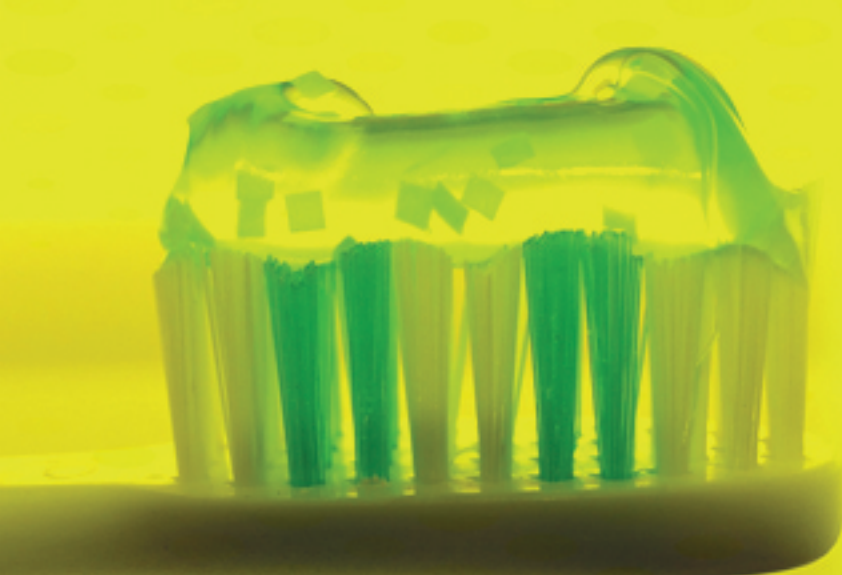


## 5. Let your kids choose their toothpaste

As for toothpaste, let your children choose a kids' toothpaste they want to use. Adult toothpastes can be too strong for tiny palettes. Just be sure to only use a dab.

## 6. Make it a family activity.

Brush and floss in front of your child enough times, and he or she is going to want to join in! Dance, turn it into a game, or do whatever it takes to convince your child that this is a fun daily routine that they're missing out on.



## 7. Get out of the bathroom.

Pack travel toothbrushes and flossing sticks so you can brush on the beach after a family picnic. Brush in the car. Stash toothbrushes in the center console of your car, purse, and briefcase, so your kids can always see you brushing and flossing after snacks on-the-go.



## 8. Get in front of the mirror.

Most parents sit their child down on the toilet and stick a toothbrush in their mouth. Kids invariably hate this. Have your child looking at a mirror instead, while you stand behind to brush. This makes kids feel more in control and more at ease.

Presented by:

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<https://www.drgreene.com/perspectives/8-struggle-free-tips-to-brush-your-childs-teeth/>

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