

# Brushing Teeth

**TIP #1**

Have a set routine so your child knows what to expect. Talk through the steps and/ or try using pictures or photos to help them follow the routine.

**TIP #2**

Encourage your child to have a turn brushing. Your child will need your help and supervision with teeth brushing until they can do a thorough job.

**TIP #3**

Set a clear time limit. Try using a sand timer, visual timer or sing the same song each time so your child knows when it will finish.

**TIP #4**

Use a soft bristle toothbrush. Explore different types of children's toothpastes and toothbrushes to see what best suits your child.



**Who can help? Where? When?**

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**My Tips**

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## Disclaimer

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