



# Brushing Your Child's Teeth

Children  
Six Months  
and Older

## When should I start brushing my child's teeth?

- You should start to brush your child's teeth as soon as the teeth start to come, (usually around 6 - 8 months old).
- Wipe or brush the teeth with a clean, wet cloth or small, soft toothbrush.
- Ask your child's physician or dentist about using a fluoride toothpaste.

## How should I teach my child to brush his/her teeth?

- You can start teaching your child how to brush his/her teeth by showing them how to hold the toothbrush and by showing how you brush your teeth.
- Let your child 'help' brush as soon as they want to. **Note: you will need to brush their teeth after they brush their teeth.**
- Always watch your child brush, making sure that the toothpaste gets spit out. Your child should not swallow toothpaste.
- By age 7 - 8 years, most children will be able to brush completely on their own, with reminders!

## What is the proper way to brush teeth?

- Put a **small, rice-grain amount of toothpaste** on the brush. Ask your child's physician or dentist about using of fluoride toothpaste for children under age 2.
- Gently brush the teeth by using a 'circle' motion. Pay close attention to the area where the teeth meet the gum. Make sure to brush the 'cheek' side, the 'tongue' side, and the 'chewing' side on all teeth.
- Do not share a toothbrush with anyone.



## How many times a day should a child's teeth be brushed?

Children should brush his/her teeth at least twice a day, once after breakfast and again before the child goes to bed.

## How often should a child's toothbrush be replaced?

The toothbrush should be replaced every three months or when the bristles become bent or look worn out.