



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-sized amount of toothpaste** on the brush.  Ask your child's physician or dentist about using 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 gums. 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 their 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.