

Making Brushing Fun

“2 for 2 is what you do!”

Brush your teeth at least two times each day
for two minutes each time.



Try these tips to help make brushing fun for kids.

1. Use a monthly brushing chart!

Give your child a sticker to put on their brushing chart after they brush in the morning and at night.



2. Use a two minute timer!

Watch the brushing timer together.
When the two minutes are up, the child knows it's time to stop brushing their teeth.



3. Pick a fun new toothbrush every three months!

Take your child shopping to pick a fun toothbrush.
Be sure the toothbrush is very soft.



4. Sing or play music while brushing!

Sing to your child or play their favourite song while they brush.

5. Practice brushing on a favourite stuffed animal!

Pick a toothbrush for your child's stuffed animal. Have your child practice brushing the stuffed animal's teeth with its toothbrush.

Then, have your child use their own toothbrush to show that they know how to brush.



6. Be a good role model!

Brush your teeth regularly.
Have fun brushing with your child.



7. Take turns brushing!

Let your child brush your teeth with your toothbrush.
Then, they can brush their own teeth with their toothbrush.
Brush their teeth properly afterwards.

Tips:

- Develop a brushing routine while your child is young.
- Help your child brush until they have the ability to brush properly on their own.

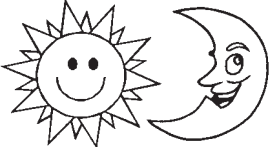
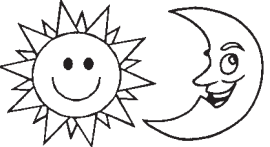
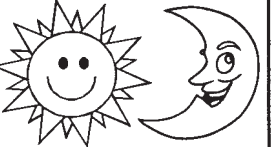
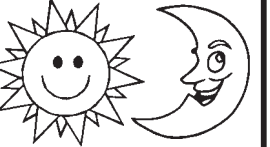
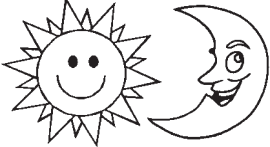
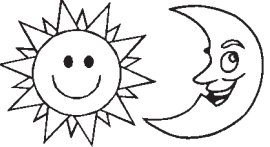
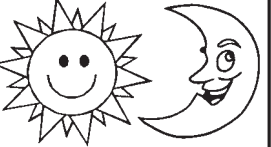
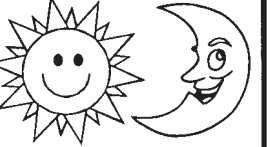
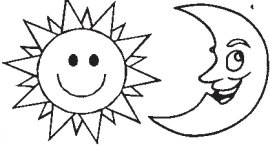
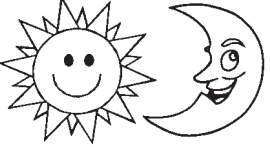
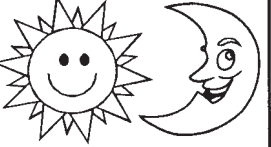
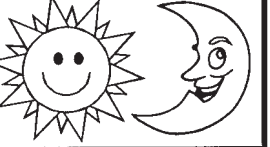
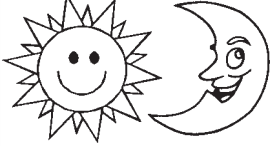
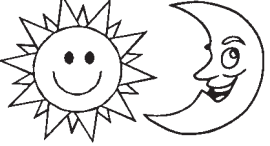
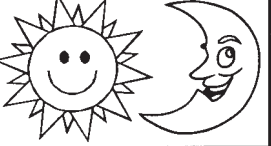
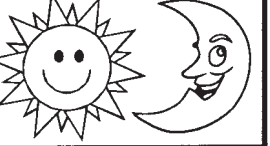
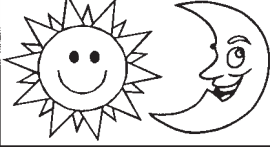
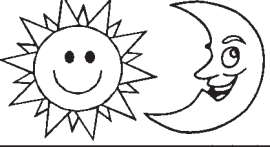

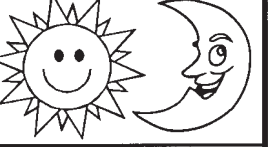
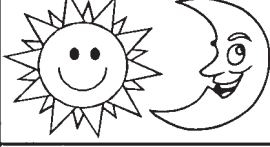
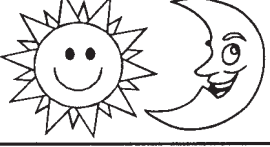
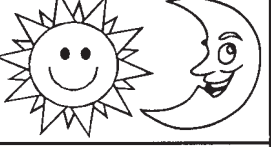
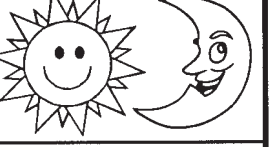
For more information, visit peelregion.ca/dental or call Peel Public Health at 905-799-7700.



Monthly Brushing Chart

To show that you have brushed your teeth in the morning, colour the sun. To show that you have brushed your teeth at night, colour the moon.

Name: _____

Day	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday	