

Tips and tricks for better brushing habits

Brush along to a silly song

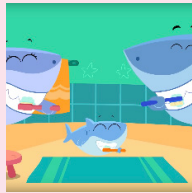
Try one of these on Youtube!



Brushy Brush Song
Sesame Street



Tooth Brushing Song
Blippi



Brush Your Teeth
Finny the Shark

Try one of these non-mint toothpaste flavors:

Strawberry



Watermelon



Sparkle Fun



Make a Reward System

You could use a sticker chart to track progress and set goals.

S	M	T	W	T	F	S
★	★	★	★	★	★	★
★	★					

Use the right amount of toothpaste



For children under 3, use a rice-sized amount of toothpaste.



For children 3 and up, use a pea-sized amount of toothpaste.

Brushing Role Models

It helps to learn by watching someone!



- Take turns brushing with your kid.
- Have them brush at the same time as an older sibling.

Keep a routine

- CHANGE INTO PAJAMAS
- BRUSH TEETH
- GO POTTY BEFORE BED