

This is the way we...



COVER
NOT FINAL

Brush
our

Teeth



WITH
SLIDERS
AND
FLAPS

Fernando Martín

This is the way we brush our teeth.
Do you know what to do?

TOP TIPS

You can brush your child's teeth anywhere – at the sink, in the bath or in the highchair. Do what works with your routine and helps your child feel comfortable.



First open up
the cupboard.
Now which brush
belongs to you?



Choose the right type of toothbrush for your child's age, so the bristles are not too hard. Replace it regularly, especially if it gets chewed!

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Squeeze the toothpaste out.
It doesn't need too much!



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Pick a child's toothpaste, as adult ones contain more fluoride. Try out a few flavours: many children dislike mint. Only use a small smear of toothpaste.

Then open wide – or pull
a face – let's see those
teeth to brush.



Pulling a funny face can encourage children to open their mouth nice and wide. Being silly helps them get involved and have fun, too!!

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Many children find role-play with toys helps them practise real-life activities. Why not take teddy or dolly along to have their teeth brushed, too?



Now let's ALL brush –
and teddy, too!
Together it's more fun.



Next rinse under the tap.
You can show teddy how it's done!



Brushing your teeth together is a great way to lead by example. Let your child see exactly what you are doing and try to copy you.



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Using a timer, listening to a song, or watching a short video can help children brush for the recommended 2 minutes.



Mum sets a timer on her phone, and picks a song to play.



Side to side,
then up and down,
we *brush-brush-
brush* away.



Let little ones hold their own toothbrush if they want to. You can hold younger babies on your lap while you brush their teeth for them.



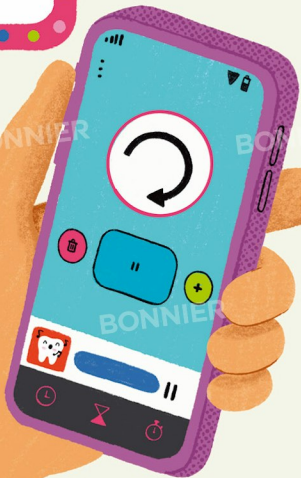
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Here's a sticker for your chart. You did good work tonight.



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Make sure to praise your child when they are doing well. Try to avoid big rewards like presents, but a sticker chart can be a great motivation.

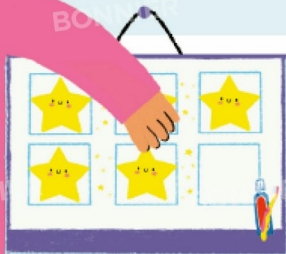
Just keep on brushing twice a day, for teeth that sparkle bright!



TOP TIPS

Encourage your child to brush their teeth at the same time each day: first thing in the morning and just before bedtime.

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