star Skills

Brush and Shine

With FLAPS and SLIDERS

Fernando Martín

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

TOP TIPS

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.

TOP TIPS

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

TOP TIPS

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!

TOP TIPS

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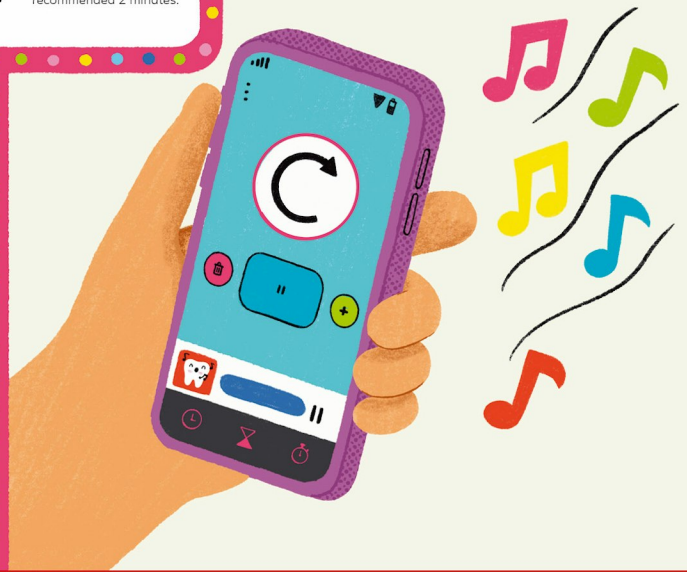
Using a timer, listening to a song, or watching a short video can help children brush for the recommended 2 minutes.

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.

TOP TIPS

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.