



Time to Brush Teeth

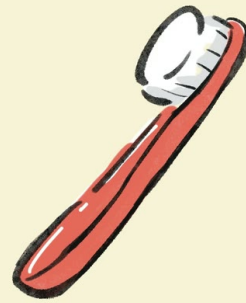
Brush together at the same time and place each day. Use the same short song and ending so the routine becomes familiar to your baby.

Helps Your Child Grow



Sense of Identity and Belonging

A repeated family toothbrushing routine helps your baby anticipate what happens next and experience daily care as familiar and secure.



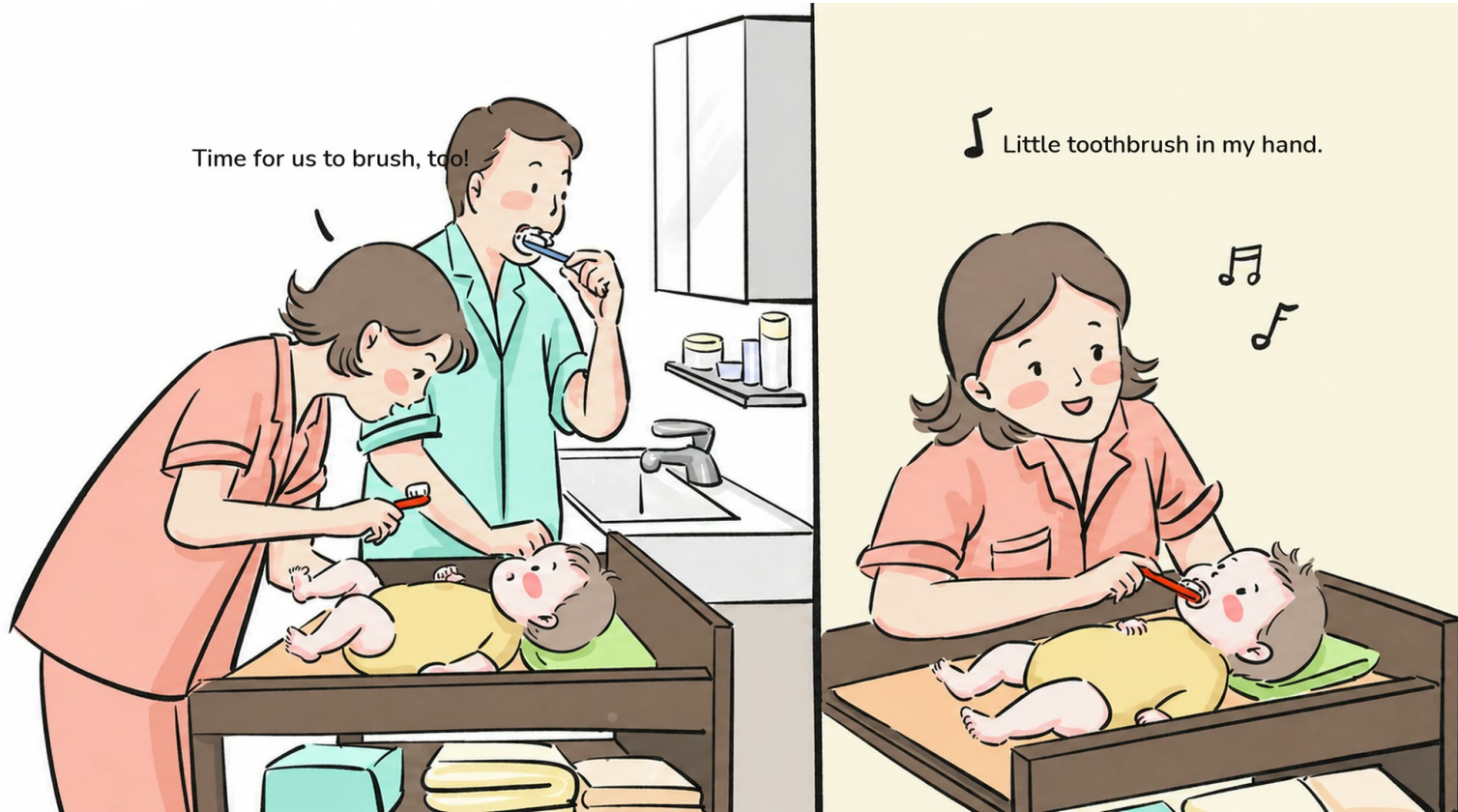
Baby Toothbrush



Brushing Chart

What You'll Need

1. A baby toothbrush
2. a toothbrushing chart



It's Family Toothbrushing Time

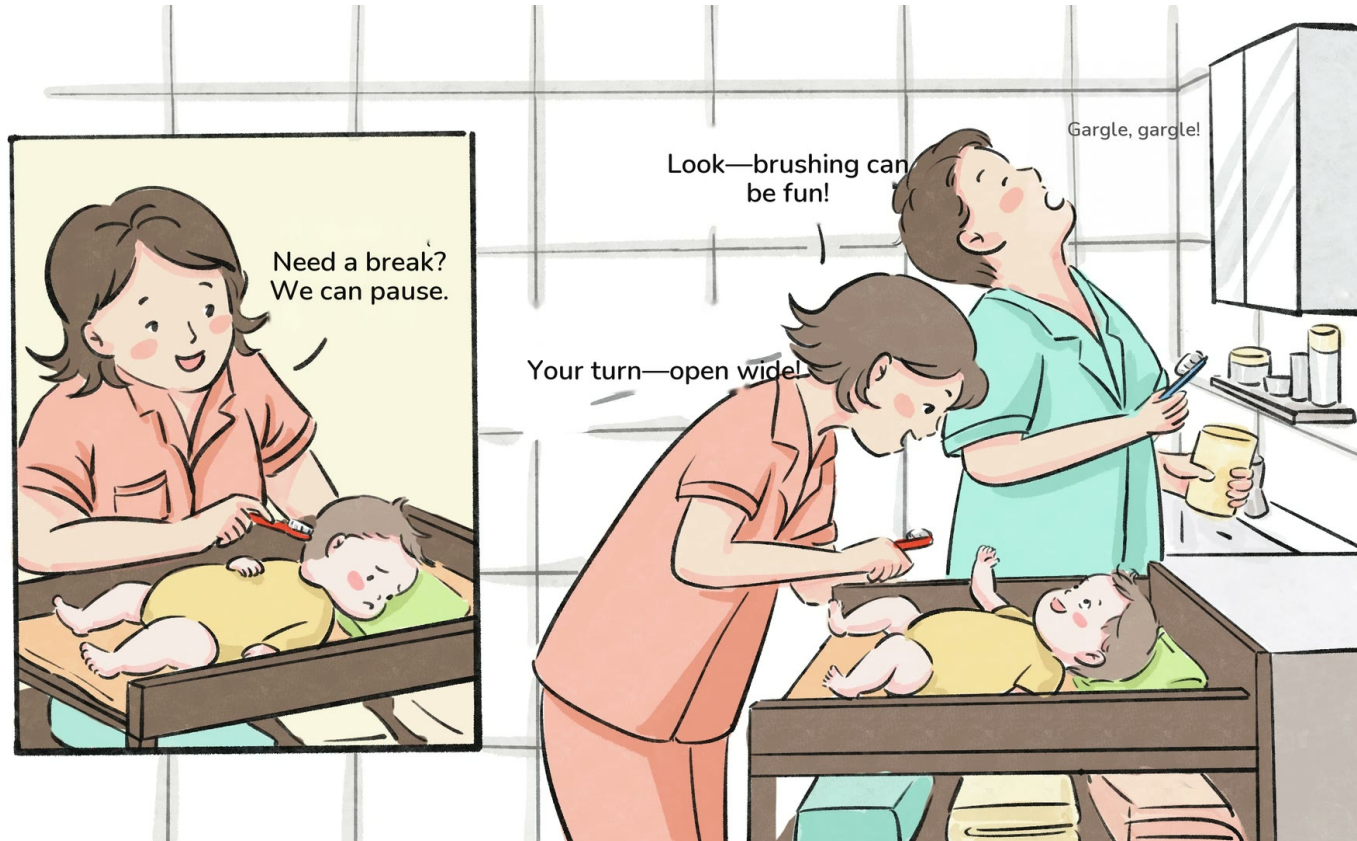
As your baby's teeth begin to appear, make brushing a predictable part of the bedtime routine. Go to the same brushing place, brush together as a family, and sing the same short toothbrushing song while you help your baby.

Observations

- Opens their mouth as toothbrushing begins
- Looks at you while you sing the toothbrushing song

Tips

- If your baby is not yet comfortable with the toothbrush, begin gently and keep the first turns brief.
- Repeat the same short song so its melody becomes a cue that toothbrushing is beginning.



Make Toothbrushing Playful

If your baby turns away or resists during brushing, pause and respond to them. A playful sound or expression can lighten the moment before you invite them back to the routine.

Observations

- Stops crying when they hear you make a gurgling sound
- Turns their head away to communicate that they do not want brushing

Tips

- If your baby cries or resists, pause and help them settle before continuing.



Finish the Same Way Each Day

Use a familiar ending: admire your baby's clean teeth, return the toothbrush to its cup, and mark the toothbrushing chart. Repeating the sequence helps your baby recognize the routine.

Observations

- Smiles at you when praised
- Keeps their mouth open to cooperate after hearing the familiar toothbrushing song

Tips

- Marking the chart together can become a small family ritual that signals the routine is complete.
- A calm, responsive routine repeated over time helps toothbrushing become a familiar part of the day.