



Build a Toothbrushing Habit

Let your baby join small steps of the toothbrushing routine.

Helps Your Child Grow



Health, Safety, and Nutrition

Taking part in small steps of the daily toothbrushing routine with your help supports a healthy habit and growing independence.

Steps

- Your baby may sometimes resist toothbrushing or lose interest before you finish. The routine is still new and takes time to become familiar.
- Invite your baby to take part in small steps they can manage. Participating can make toothbrushing more interesting and help the routine feel familiar.
- As you get the water ready, invite your baby to reach out and turn on the faucet.
- Your baby cannot brush independently yet, but you can let them hold the toothbrush and try moving it in their mouth. They get to experience, “I’m helping clean my teeth.”
- After you finish brushing, let your baby rinse the toothbrush under the faucet and place it in the toothbrush cup.
- Repeat the same small jobs each time. As the sequence becomes familiar, toothbrushing can settle into a natural part of the day.

Tips

- As your baby grows, gradually let them complete more of the routine, such as helping put toothpaste on the brush. Each new step can build independence and a sense of accomplishment.

Observations

- ☐ Completes part of the toothbrushing routine with your help
- ☐ Opens their mouth when it is time to brush their teeth