



I Love Brushing My Teeth!

Turn toothbrushing from a task into a familiar self-care routine.

Helps Your Child Grow



Health, Safety, and Nutrition

A consistent morning-and-evening sequence and an accessible sink setup help your child participate in toothbrushing and build a personal-hygiene routine.

Steps

- Many children resist brushing their teeth. A predictable routine can make morning and evening brushing easier over time.
- Read a picture book about brushing teeth together. An engaging, accurate story can help your child understand why teeth need care.
- Use the same sequence each time: wash face, brush teeth, rinse, and wipe mouth. Repeating the order helps the routine become familiar.
- Place a sturdy step stool at the sink and let your child take part - getting the toothbrush, adding toothpaste with your help, rinsing, and putting the toothbrush away.
- After brushing, look in the mirror together and admire the result: "Wow - your teeth are sparkling!" This gives the routine a cheerful finish.
- Offer a choice between two toothbrush colors or suitable toothpaste flavors. A small decision can make it easier for your child to get started.

Tips

- You can create a child-height toothbrushing area by keeping the toothbrush, toothpaste, cup, and small towel where your child can see and reach them.
- A child this age cannot yet brush every tooth thoroughly on their own. Let them practice the routine, then make sure you complete the brushing.

Observations

- ☐ Cooperates with toothbrushing when the familiar time arrives
- ☐ Remembers and follows the toothbrushing sequence you taught