

# Teeth Brushing Tips For Kids

A guide to effective teeth brushing for children.

Based on Teeth Brushing Tips For Kids by Cool Mountain Kids Pediatric Dentistry

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## Step 1: Choose the Right Tools

Select a soft-bristled toothbrush that fits your child's mouth and fluoride toothpaste.

- Use a pea-sized amount of toothpaste for children aged 3-6.
- Use a smear of toothpaste for children under 3.



## Step 2: Brush All Surfaces

Brush the outer surfaces, inner surfaces, and chewing surfaces of all teeth.

- Angle the brush bristles towards the gum line.
- Use gentle, circular motions.



## Step 3: Brush the Tongue

Gently brush your child's tongue to remove bacteria.



## Step 4: Brush Twice Daily

Ensure your child brushes their teeth at least twice a day, once in the morning and once before bed.



## Step 5: Supervise and Assist

Supervise children under 7 years old to ensure they are brushing effectively and not swallowing toothpaste.

- Help younger children with brushing until they develop the dexterity to do it themselves.



## Step 6: Replace Toothbrush Regularly

Replace your child's toothbrush every 3-4 months, or sooner if the bristles become frayed.



## Step 7: Make it Fun

Incorporate fun elements into brushing routines to encourage children.

- Use a timer to ensure brushing for the recommended two minutes.
- Let children choose their own toothbrush and toothpaste flavor.

## Resources & Further Reading

*Related guides for this process:*

### ■ Kids Teeth Brushing Checklist

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-a10c96/pediatric-dentistry/Checklist/kids-teeth-brushing-checklist.pdf>

### ■ Action Sheet: Brushing Your Child's Teeth

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-8878a5/pediatric-dentistry/Action%20Sheet/teeth-brushing-tips-for-kids-action-sheet.pdf>

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Consistent and proper brushing habits are key to a healthy smile.