

MY HEALTHY SMILE: brushing your teeth

Here are a few ways to turn brushing into a fun experience.

Whether the toothbrush is manual or electric, it has to be right for your child's age and replaced every 3 months.

Choose a toothbrush with soft bristles.



The importance of routine

A solid routine will help your child feel more confident and independent. It will also create the right frame of mind at home.

Have fun!

Brushing should be supervised by a parent up to the age of 6 or 7.

Be creative

A song, an hourglass, a timer or even a flashing toothbrush will encourage your child to keep brushing!

Let your child choose the toothpaste flavour.

How often?

Make sure your child brushes twice a day for 2 minutes with a fluoride toothpaste.