

Let's Talk About Teeth: Toddlers and Toothbrushing

Why does my toddler not cooperate?

- Growing independence
- Want more control of self
- Learning to make their own decisions
- Busy exploring their world



Why battle over brushing?

- Mouth care is just as important for health as car seats are for safety
- Brushing protects baby teeth from cavities
- Sets the foundation for a lifetime of healthy smiles
- Baby teeth matter! They will have them until 11-13 years old



How can you encourage your toddler to brush?

- Make it part of your daily routine, like bath time
- Let them try it first before you step in to help
- Brush your teeth together
- Have a dental professional talk to them about the importance of caring for their teeth



Helpful tips!

- Use timers and toothbrushing charts
- Offer praise and celebration
- Involve them by letting them pick out their own toothbrush and toothpaste
- Play games and sing fun or silly songs
- Use toothbrushing apps

