



Brushing teeth

How to help your child brush their teeth properly.

Brush teeth twice a day for 2 minutes. Can use a 2 minute timer.

Use a mirror so they can see where they need to brush.

Hand over hand guidance so your child can feel the movements.

An electric toothbrush can be motivating for older children.

Reward charts can be used to help motivation.

Step by step



1. Squeeze a pea sized amount of toothpaste onto toothbrush



2. Wet the toothbrush



5. Gently brush all the surfaces of teeth, gums and tongue in a circular motion.



4. Spit into the sink



3. Wash your toothbrush





6. <https://www.anchorpediatricdentistry.com/how-brush-teeth>

Tips to Help with Fine Motor Skills

Use toothpaste in a pump rather than a tube.

Use a floss pick rather than dental floss string. You may choose to wash the floss pick as you progress in the mouth and continue to practise using dental floss.

Use a mirror so your child can see their teeth whilst brushing.

Tips to Help with Gross Motor Skills

Use a stool to help reach the sink.

Sit down to brush and spit into a bucket or bath.

Brush teeth whilst sitting in the bath.

Sensory considerations

Touch/Proprioception: Toothbrush/toothpaste

Smell: Toothpaste, bathroom

Vestibular: Poor body awareness, balance

Auditory: Sound of toothbrush

Oral/Taste: Toothbrush in mouth, taste of toothpaste (Can try flavourless toothpaste)

