

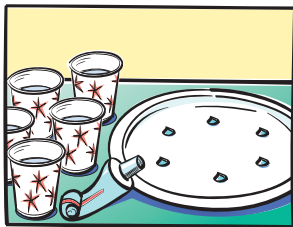


# TOOTHBRUSHING



Use a soft bristled, child-sized toothbrush

- Use fluoride toothpaste  
Infants and toddlers: grain of rice-size amount  
Preschoolers: pea-size amount



Do not share the toothpaste tube

- Dole out toothpaste on a sheet of disposable wax paper or along the edges of a paper plate.
- Have each child "pick up" a bit of toothpaste with toothbrush (one dab per child) or
- Give each child a small paper cup with a dab of toothpaste along the rim, and use the cup for rinsing after brushing.



Brush all tooth surfaces gently and thoroughly

- Use a side to side motion.
- Brush along the edge of the gum, at the base of the teeth, where plaque can build up.



Assist child to

- Rinse with water.
- Spit into the sink (or cup if there is no sink).
- Children need supervision and assistance brushing their teeth until at least age 8.