



# TIPS FOR TOOTHBRUSHING



Establishing good tooth brushing habits early in life helps prevent tooth decay, gum disease, and other problematic issues as children's permanent teeth emerge. Here are some tips for introducing tooth brushing to your child:

1. **Practice brushing your baby's gums before the first tooth erupts!** Use a finger brush or a clean, damp cloth to gently rub the top and bottom of your baby's gums. Your child will better tolerate tooth brushing if he or she is familiar with this sensation.
2. **Once the first tooth erupts, swap the damp cloth for an infant toothbrush.** Use a rice grain size of low-fluoride children's toothpaste, and angle your baby's head slightly forward while brushing to prevent him or her from swallowing the toothpaste.
3. **At 18 months, begin using a pea-size amount of toothpaste.** Start flossing once your baby has two teeth next to each other and it is harder to clean between them.
4. **Aim to brush your baby's teeth at least twice a day, but definitely before bed.** This prevents sugar from staying on the teeth overnight and causing decay.
5. **Make toothbrushing a fun experience!** Brush your own teeth in front of your child - smile and dance while doing it! Give your baby his or her own toothbrush to copy you.
6. **Positioning Tips:** Sit in front of a mirror, sit baby on your lap, and rest baby's head against your chest. Cup baby's chin in your hand for stability, and brush using gentle, circular motions, keeping brushing time short and sweet.

## CONTACT US

**Ketchikan** (907) 225-7825 **Prince of Wales** (907) 826-3891 [comconnections.org](http://comconnections.org)

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### EARLY LEARNING PROGRAM

We provide a wide range of services, in partnership with families and the community to support the development of children age birth to 3 years.

#### Services May Include:

- Parenting classes
- Playgroups
- Home Visiting
- Infant massage
- Developmental Screenings
- Developmental Evaluations
- Vision and Hearing Screenings
- Developmental Therapy
- Speech Therapy
- Physical Therapy
- Occupational Therapy