



Tips to help when a child refuses to brush their teeth

- **Role model** - lead by example
- **Choose a time to suit** - e.g. when child is not too tired or irritable
- **Choose a place** - where everyone feels comfortable
- **Stand behind them to brush** - it gives children a sense of security when they can lean back in to you if the sensations of tooth brushing cause them irritation
- **Do a swap** - let child 'brush' your teeth after you've brushed theirs
- **Make it a game/sing a song/poem/play music/phone app**
- **Use toothbrushing chart (see reverse)** - appropriate rewards e.g. stickers/praise
- **Use novelty toothbrushes/toothpaste or 'egg timer'**
- **Use a mild tasting fluoride toothpaste**
- **Don't make a big deal of it** - small steps until toothbrushing is no longer an issue



For further information please discuss with your dental practitioner

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



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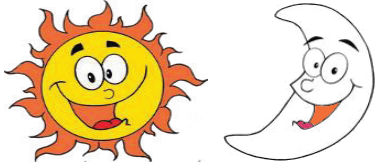
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Toothbrushing Chart

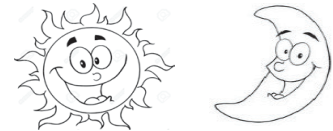
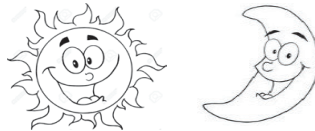
Always brush teeth after **breakfast** and at **bedtime**



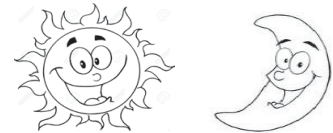
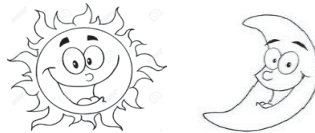
Week 1

Week 2

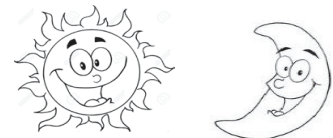
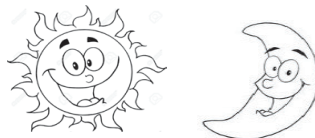
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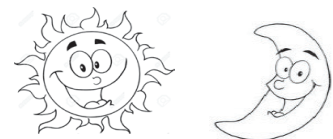
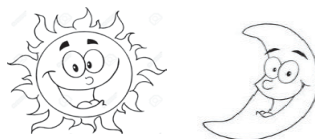
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Wednesday



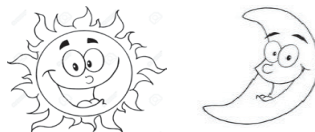
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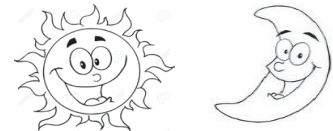
Friday



Saturday



Sunday



Use a **soft** toothbrush and **fluoride** toothpaste
Remember to **spit** and **not rinse** after brushing

Name: Date: