

# CLEAN WELL

## TIP CARD FOR PARENTS

- ★ *Careful brushing can help protect your child's teeth against plaque and dental decay.*
- ★ *Encourage your child to brush their teeth thoroughly at least twice a day.*
- ★ *Parents should assist children (up to 7 years of age) to brush.*
- ★ *The most important aspect of toothbrushing is to develop a regular habit from an early age.*



**BRUSHBOY™**

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### Tips on how to brush teeth

- ★ *Smear a pea-sized amount of toothpaste onto a small soft toothbrush.*
- ★ *Use low fluoride toothpaste for young children (aged 2 – 6 years) unless otherwise recommended by a dental professional.*
- ★ *Aim the toothbrush bristles at an angle towards the gum line.*
- ★ *Gently jiggle the brush or move it in small circles over the teeth and gums.*
- ★ *Repeat for inside surfaces of all teeth.*
- ★ *For chewing surfaces, use a light back and forth motion.*
- ★ *It is important for children to develop the regular habit of brushing their teeth from an early age.*

