

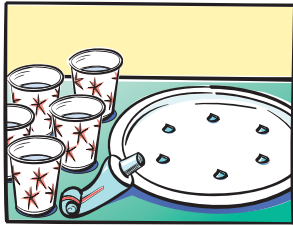
**STOP  
DENTAL  
DISEASE**

# TOOTHBRUSHING



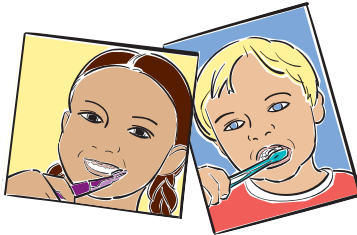
## Use a soft bristled, child-sized toothbrush

- 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.