

# 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 his/her teeth thoroughly at least twice a day.*
- ★ *Parents should assist children (up to 7 years of age) to brush.*
- ★ *The most important aspect of tooth-brushing is to develop a regular habit from an early age.*

**BRUSHBOY™**



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## Tips on how to brush teeth correctly

- ★ Smear a pea-sized amount of toothpaste onto a small soft toothbrush.
- ★ Use low fluoride toothpaste (2-6 years of age) 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.
- ★ Children should be encouraged to spit out the toothpaste after brushing.



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