

How to brush a child's teeth

Children need an adults assistance when brushing their teeth until they are at least 7 years old to ensure that the teeth are cleaned thoroughly.

Teeth should be brushed twice daily with toothpaste containing fluoride. A small, soft bristled brush is ideal for children.



Step 1

Place the toothbrush at an angle on the outer gum with the bristles facing towards the gum. Wiggle gently back and forth. Repeat for each tooth all the way around the mouth, top and bottom.

Step 2

Brush the inside of the teeth using the same wiggle technique.

Step 3

Then brush the chewing surface of the teeth using backward and forward motion.

Step 4

Use the tip of the brush to clean behind the top and bottom front teeth.

Step 5

Finally gently brush the gums and the tongue.

Make sure the child spits out excess toothpaste and doesn't rinse their mouth.