

Spark their interest...

Pretend to brush teddy's or doll's teeth

Make up a story e.g the toothbrush (the good guy)
beating the invading germs (the bad guys)

Face opposite each other and brush at the same time,
mirroring how you brush

Brush each other's teeth

ROAR like a dinosaur or a tiger (an open
mouth will help you to access their teeth)

Try different products, like a milder
toothpaste, a fun toothbrush, a 2 minute
timer or brushing in front of a mirror

Have a few different colour brushes they
can choose from to suit their mood!

Distraction – watching TV while you brush
their teeth? They can spit out into a tissue or
some kitchen roll

Try apps, youtube videos or songs to make brushing
fun and engaging

Be positive...

Brush your teeth at the same time together...
"I like it when we brush our teeth together!"

Give an immediate reward: a bedtime story, watch
something on TV or play outside

An independent child? Let them brush first,
then you follow up

Take a deep breath and be patient if
they are putting up a fight

Choose your timings well i.e. avoid
overtiredness and stressful times of the
day

Develop a routine each time

Give praise for any compliance or
achievement...

*Well done! Great brushing! Your teeth are
so clean!!*

Build on each achievement by reminding
them of how well they did before



Tips for brushing young teeth

